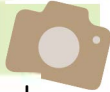



# GIRL SCOUTS LOVE THE OUTDOORS CHALLENGE



Take the national outdoor challenge! Check out the activities below to choose which you'd like to do to earn yourself a brand-new patch. Summer is the perfect time to celebrate our love of the great outdoors. You have so many options for how to explore—from your window, a campsite, the sidewalk, or an open trail. Use #gsoutdoors to share your adventures and see how other girls are completing this challenge.

The challenge begins in May and ends with Girl Scouts Love State Parks Weekend, September 10 and 11, 2022. Based on your grade level, complete the required number of activities to earn an awesome new Girl Scouts Love the Outdoors Challenge patch. **Circle each activity you've completed. To receive your patch, submit your completed list to GSMW at [www.gsmw.org/outdoorchallenge](http://www.gsmw.org/outdoorchallenge) by September 9, 2022\*.**

1. Attend Girl Scouts Love State Parks on Sept 10 and/or 11
2. Sing "Happy Birthday" to Girl Scouts, we are 110 
3. Take a selfie in a national park
4. Paint an underwater scene
5. Meditate for five minutes in nature
6. Visit a state park virtually on [www.girlscouts.org/stateparks](http://www.girlscouts.org/stateparks)
7. Write a poem about a tree
8. Make a nature-inspired gift for a family member
9. Earn a Math in Nature badge
10. Draw a map of your neighborhood & mark a star on your favorite place
11. Visit a zoo or botanical garden
12. Practice yoga outside at sunset
13. Pledge to clean up public lands on [pickupamerica.com/girlscouts](http://pickupamerica.com/girlscouts)
14. Imagine you are a wild animal and go on an adventure—where will you end up?
15. Dance in a puddle
16. List ten mental wellness benefits to the outdoors
17. Plant a tree and track it for the Girl Scout Tree Promise
18. Complete the Girl Scouts 110th Anniversary Challenge
19. Catch and release a fish 
20. Tie a clove hitch
21. Make a watershed model
22. Identify three examples of finding nature in an unusual place
23. Sit silently for two minutes in nature. What did you hear?
24. Become a citizen scientist
25. Create or replenish your own first aid kit 
26. Practice tai chi outdoors
27. Sing a song about the sunshine
28. Float on your back in water
29. Write a "thank you" note to nature
30. Create a dance about the seasons
31. Learn about the history of the original Indigenous stewards of the land where you live
32. Draw your favorite constellation
33. Learn how recycling works in your community
34. Cook over a campfire 
35. Read a book outside
36. Watch the sun rise and set in the same day
37. Hike at least one mile
38. Use a compass on a neighborhood walk
39. Identify five different bird species
40. Sketch the phases of the moon for ten nights
41. Create a sign or social media post about how to identify poison ivy/oak/sumac
42. Invite a friend to join Girl Scouts
43. Observe the Delta Aquariids (July 12 to Aug 23, 2022) or Perseids (Aug 12-13, 2022) meteor showers 
44. Teach a principle of Leave No Trace to a friend 
45. Identify a tree by its bark
46. Count the number of trees in your yard, street, or block
47. Squish sand between your toes
48. Observe a butterfly in flight
49. Interview an adult in your life about their outdoor memories
50. Plan and take a night hike with your troop or family 

## Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch



Daisy	_____	20
Brownie	_____	25
Junior	_____	30
Cadette	_____	35
Senior & Ambassador	_____	40

To submit your form\*, go to:  
[gsmw.org/outdoorchallenge](http://gsmw.org/outdoorchallenge)

\*There is an out of council charge of \$3/patch.