



gsmw

Outdoor Skill
Building Activities
Volunteer
Guidebook



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Outdoor Skills Activities Guide

In the Outdoor Basics Skills Guide, you learned about the 10 Outdoor Skills and how to execute them safely during an outdoor adventure with your troop. Now, it's time to facilitate activities that will get your girls prepared for the outdoors and engaging with the 10 Skills. Enter the Outdoor Skills Activities Guide - host to a number of activities you can use with your troop or be inspired by to create your own experiences.

Supplemental Materials

1. Outdoor Basics Skills Guide - Provides leaders with an overview of The 10 Outdoor Skills.
2. Outdoor Basics Troop Activity Booklet - A fun handout leaders can print. Have the girls fold and staple the handout into a small booklet. Girl Scouts fill-in blanks and tick check boxes as they learn about each of The 10 Outdoor Skills

The 10 Outdoor Skills

As a reminder, the 8 Outdoor Skills you learned in the Outdoor Basic Skills Guide are:

1. Leave No Trace
2. Weather
3. Animal Aware
4. Water & Nutrition
5. Knife Safety
6. Basic First Aid
7. Managing Fire
8. Cooking Outdoors
9. Setting Up Camp
10. Knots



Dressing for the Weather Activities

Relay Race

Gather at least two sets of clothing for multiple weather scenarios. Refer to the Outdoor Basics Skills Guide (page 8) and the Troop Activity Booklet (page 5) for ideas on the types of clothes to bring. Examples of weather scenarios and proper clothing include:

Objective:
Prepare Girl Scouts for changing weather!

Summer Hiking

- Sun Hat
- Shorts
- T-shirt
- Rain Coat

Winter Snowshoe

- Warm Hat
- Puffy Coat
- Warm Gloves
- Snow Pants

Spring Nature Walk

- Fleece Shirt
- Rain Pants
- Mid-Weight Gloves
- Rain Coat

Other supplies:

- Large whiteboard or notepad that is big enough to be seen across the room. Bring appropriate marker.
- Masking tape or cones to indicate the start line.

Set Up:

- Mark the starting line and walk ten paces away to lay out clothing.
- Walk ten paces away from the clothing in the opposite direction to mark the finish line.
- Separate the clothing so each team has at least three items for each weather scenarios.
- Separate the group into two teams. Split each team in half and have half the girls stand behind the start line while the other half stands behind the finish line.

Game Play:

- The leader will write the weather scenario girls will need to dress for. You can make one giant pile or one pile assigned to each team.
- The leader will then immediately count down 3-2-1-GO! and the first girl at the start line can run to the clothes pile to dress in weather scenario-appropriate gear.
- Girls will put the clothing and gear on over the clothes they are already wearing.
- Once the first girl is dressed, she goes to the finish line and takes off the weather scenario items and the next girl in line puts them on.
- The second girl quickly runs to the starting line and exchanges scenario clothes, and the third girl puts them on. Repeat until all girls on one team have worn the appropriate clothes and gear.

Tip: If you have a younger troop, it's fun to use big clothes, but consider items that won't make girls trip while running.

Tip: If you have an older troop, focus on gear in case clothing doesn't fit all girls. For example, use sunscreen, hats, umbrella, etc.

Weather Fortune Teller

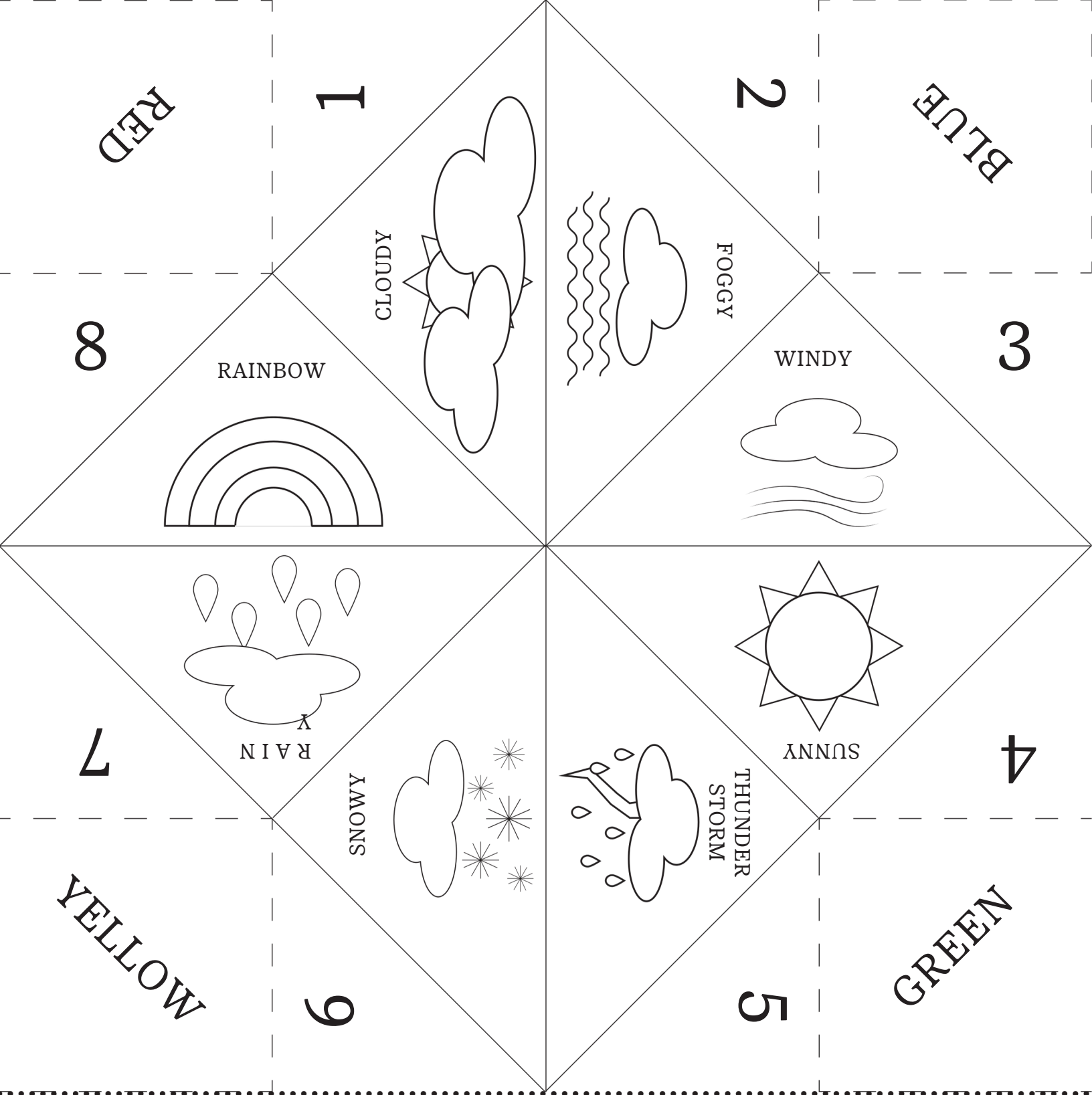
Supplies:

- Print the next page for every member of your troop.
- Scissors

Instructions:

Have each participant follow the directions on the bottom of the printed page. Consider watching a YouTube video for help.

Objective:
Learn about different weather we may encounter



HOW TO FOLD:

1. Print page and cut along the dotted line at the bottom so you have a square.
2. Color it in
3. With the colored side facing down, fold the paper diagonally, making a triangle.
4. Fold it in half to make a smaller triangle.
5. Unfold. You should have creases in the shape of an X.
6. Fold each corner towards the center of the X, making a smaller square.
7. Flip it over and fold the corners to the center of the X again.

8. Fold the square in half horizontally, making a rectangle. Unfold and repeat in the opposite direction. Unfold.
9. Fold in half horizontally again. Place your fingers under each corner slit and gently bring the points together in the middle.

HOW TO PLAY:

1. Hold the fortune teller with your fingers.
2. Pick a color. Spell out the letters of that color (i.e. R-E-D) while alternating a pinching and pulling motion with the teller.
3. The teller will reveal 4 numbers. Pick one and move the teller the corresponding number of times.
4. Choose a number again, then open the flap and reveal your weather forecast!

Wacky Weather Riddles

1. Can bees fly in the rain? *Only if they wear their yellow jackets*
2. What does a cloud wear under his raincoat? *Thunderwear*
3. What did the tornado say to the sports car? *Want to go for a spin?*
4. Why does heat move faster than cold? *Everyone can catch a cold*
5. What blooms when it rains and shrivels when it stops? *An umbrella*
6. I'm not a spy but I watch over the night. Changing my shape, with silver light. Full or crescent, I'm a celestial sight. What am I? *The moon*
7. I am something you see when outside there is a storm. I come down from the clouds and appear in droplet form. What am I? *Rain*
8. Why is the sun so smart? *It has over 5,000 degrees*
9. I come in three in forms, but this is my solid state. When I'm hard enough, on me you can skate. What am I? *Ice*
10. I grumble and roar without a mouth. My temper is heard from North to South. After lightning's flash, I come forth. What am I? *Thunder*
11. I float in the sky, a castle of vapor. Shifting shapes from dragon to caper. I may pour, drift, or simply taper. What am I? *A cloud.*
12. I slither unseen, through field and town. Hugging the Earth as I move around. Where I pass, the tree bow down. What am I? *The wind*
13. I'm not a flower, yet in the sky I bloom. After the rain, I'm the colors bloom. Look up, and you'll see my arc resume. What am I? *A rainbow*
14. I hang in the air, a delicate lace. A myriad of jewels in a cold embrace. I'm the artist's breath in winter's face. Crafting beauty with icy grace. What am I? *Frost*
15. I follow you quietly in the morning light, shrink beneath you when the sun is bright. I'm your silent companion, lacking might. In the evening, I stretch to an impressive height. What am I? *A shadow*
16. I have an eye but cannot see. I'm stronger and faster than any man, but I have no limbs. What am I? *A hurricane*

Objective:
Have fun talking about all sorts of weather

Thunder! Game

Set Up:

Arrange Girl Scouts in a circle with one in the middle. The Middle Girl Scout is the "Storm Cloud".

Objective:
Fun with weather patterns - thunder always follows lightning.

Game Play:

1. The Storm Cloud turns in place then randomly points to someone in the outside circle and shouts "Lightning!"
2. The recipient of the Lightning should duck. The two girls on either side of the Lightning then have to point to the other and shout "Thunder!" The first girl to shout Thunder is safe, and the other leaves the circle and is done playing this round. If anyone forgets to shout or shouts Lightning instead, they are out for the round.
3. The circle reforms and the Storm Cloud points at another Lightning, two more girls try to shout Thunder, and play continues until there are only two girls left along with the Storm Cloud.
4. When there are two girls left, they stand back-to-back. Each time the Storm Cloud shouts "Lightning!" the two competitors take a step forward (away from each other). The Storm Cloud can shout "Lightning!" as many times as she wishes before shouting "Thunder!" When they hear "Thunder!" the two girls spin around, point at the other girl and shout "Thunder!" The fastest girl to point and shout "Thunder!" wins.

Camp Rules & Leave No Trace

Buddy Tag

Supplies:

A whistle and a large open space like a gym or playing field.

Objective:
Always have
a buddy!

Game Play::

- Assign each player a buddy (i.e. count-off 1-2-1-2)
- Tell girls the boundaries of the playing field, assign someone to be “it” and set them free to play a traditional game of tag. The “it” player cannot tag their own buddy.
- If a player is tagged, they become “it” and no tag-backs.
- Randomly during play, the leader blows the whistle. When girls hear the whistle, they have to find their buddy and hold their clasped hands up between them.
- When everyone has found their buddy, the leader will blow the whistle again, and the game of tag resumes.
- Play as long as it’s fun! Change buddies occasionally.

Silent Buddies

This game is suited for girls who can read.

Set Up & Supplies:

- Index cards or sticky notes
- Tape
- For older girls, write a number on each card until you have enough for every Girl Scout.
- For younger girls, write an animal on each card for half the number of players. Then, repeat the same set of animals on the other half of the cards so you have two of each animal. Pick animals that are easily acted out.

Game Play for Older Girls:

- Tape a card on each player’s back.
- Without talking or looking at their own card, girls must find an even/odd match buddy. For example, a girl with a three on her back will first silently ask for help determining the value of her own number. Once she knows her own number, for example an odd THREE, she will need to find another player with an even number like a two, four, six. The numbers do not have to be consecutive.
- Play ends when everyone has found a buddy.

Game Play for Younger Girls:

- Tape a card on each player’s back.
- Without talking or looking at their own card, girls must find an animal match buddy. For example, a tiger must find a tiger, a pig must find a pig. They should first silently ask other players to help them figure out their assigned animal. Once they know their animal, they can mingle around trying to find someone with the same animal. They do this all while acting and making sounds (no words) like the animals.
- Play ends when everyone has found a buddy.

Objective:
Count on your
buddy and
communicate well

Mother, May I?

Objective:
Friendly phrasing

Game Play:

- Choose one Girl Scout to be the “Mother”. Have the Mother stand 20 feet away from a line of girls. The Mother and the line of players face each other. Keep in mind, you can always change the term “Mother” to another term for leader, Like Captain, Your Majesty, etc.
- Each player in the line takes turns asking the Mother questions. All questions begin with “Mother, may I...?” Players fill-in the end of the sentence with appropriate movements like:
 - “Take three steps forward?”
 - “Do two cartwheels?”
 - “Take ten bunny hops?”
- If any girl forgets to say “Mother, may I?” before their question, they must go back to the starting line.
- The Mother will respond to each question either “Yes you may” or “No, you may not, but you may do _____ instead.” The player must do as the Mother says. For example, the mother may say, “No, you may not take three giant steps forward, but you may take two giant steps backward.”

Turtle Tag

Objective:
Respect plants
and wildlife.

Game Play:

- In a large field or gym area, select one participant to be “it”, and direct them to begin playing a game similar to “freeze tag”. If touched by the tagger, a player is frozen until they are tagged by another non-tagger player.
- To prevent from freezing, before being tagged, a player can lay on their back and act like a turtle with their feet in the air. The tagger may not tag any “turtles” on their back. They may only stay in the turtle position for 10 seconds before they must stand up again.

Huggy Bear

Objective:
Learn to respect
personal space.

Game Play:

- In an open playing field or gym, players will run-around freely.
- The leader will call out a number (no more than the total number of girls in the group).
- Once players hear the called number, they need to gather in groups totaling the number called. The group then does a “group hug” (putting arms around each other’s shoulders in a circle). If the caller calls “ONE”, girls give themselves a hug.
 - Girls must make sure everyone feels comfortable with the closeness in their group. They may choose to put their feet in the middle of the circle rather than wrapping arms over each other’s shoulders
- Groups with an incorrect number are out.
- Continue calling numbers until only one girl remains.

Please Don't Litter Song

Teach your Girl Scouts the “Please Don't Litter Song”, and then sing it on your next nature walk

This song may be best sung while picking up garbage on a nature hike, in the park, or on the school ground. Set to the tune of Frere Jacques.

*Please don't litter, Please don't litter.
Glass and tin, aluminum,
Paper, cardboard, plastic,
Once again is fantastic!
Use again, Use again!
(repeat)*

Objective:
Encourage recycling and proper disposal of garbage.

Eco-Friendly Bird Feeders

Supplies:

- A pine cone for each girl
- Natural twine, jute, or raffia (synthetic string won't biodegrade)
- Creamy, unsalted, no added sugar peanut butter (sticky peanut butter can harm the birds)
- Native-species bird seed (sunflower hearts are a universal option)

Objective:
Respect animals and the environment.

Instructions:

- Tie six to eight inches of twine to each pine cone.
- Using butter knives or stiff brushes, lightly spread peanut butter on the pine cone.
- Roll in the seeds or sprinkle seeds over the pine cone.
- Hang in trees or bushes.

Megaphone

Supplies:

- Cut the bottom off six styrofoam cups (the megaphones)
- Print and cut-out TWO copies of the squares on the following icons sheet.
- Paste one set of the icons onto each megaphone cup.
- Print and cut-out ONE copy of the questions sheet.
- Two hats or bowls or buckets or other containers that are not translucent.

Objective:
Practice using the right voice at the right time.

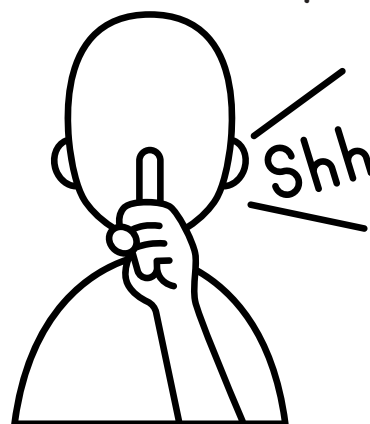
Game Play:

- Put the labeled megaphones on a table or on the ground in front of the group. Put the questions all in one bucket, and put the icon squares in the other bucket.
- Call up the first girl to pull an icon out of the container. She then pulls a question out of the container. These two cards together make up her task.
- She then must grab the megaphone with the correct icon and answer the question into it. For example: If she pulled the question “What's your favorite food?” and the bird icon, she should sing her answer into the microphone.
- Repeat until all girls have had a chance to play.

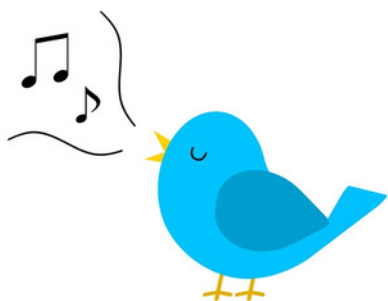
Say it fast!



Say it quietly!



Sing it!



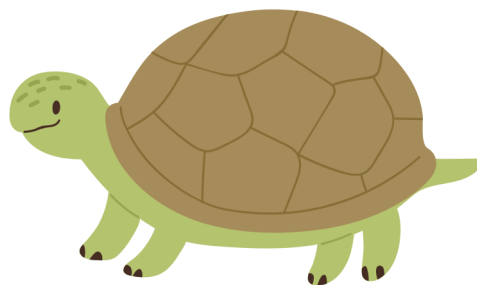
Say it in a silly voice!



Say it loud!



Say it slowly!



What is your
favorite color?

What day of the
week is it?

What is your
favorite food?

What do you want to
be when you grow up?

What is your
favorite TV show?

What is your
favorite animal?

In what month is
your birthday?

What is your
favorite subject in
school?

Tying Knots

Square Knot Relay

Supplies:

- Segments of rope cut into 2-foot lengths. Have enough so that each girl has one piece of rope. Then, add two more lengths of rope. For example, if you have 12 players, have 12 lengths of rope plus two for a total of 14 lengths of rope.
- Mark a starting line with cones or tape and another line about 12 feet away.

Objective:
Girls become proficient at tying square knots.

Game Play:

- Each girl starts with a piece of rope. Start by teaching girls how to tie a square knot.
- Put girls into two teams forming lines next to each other at the starting line.
- Put one extra piece of rope at the end line.
- When the leader says “Go!” the first player in each line will run across to the end line and will tie a square knot between their rope and the extra rope. They run back and high five the next girl in line.
- The second girl and consecutive girls will run across and add their rope to the previous ropes using a square knot.
- The first team to connect all of their ropes with square knots wins!



Right over left and left over right
Used for joining cords of the same thickness

Human Knot

Game Play:

- Instruct players to form a circle. If your group is larger than 12 girls, divide into two groups and form circles.
- Each player should take their right hand and hold another girl's right hand. Players cannot hold the hand of a person directly next to them. Repeat with left hands. Be sure each girl is not holding both hands with the same person.
- Finally, challenge the girls to untangle their giant human knot! They must not let go of any hands. Remind them not to hurt each other while they step over and under and between all the linked hands until they are in an untangled circle, holding hands.

Objective:
Learning
Teamwork within the theme of knots

Bowline Rescue Relay

Supplies:

- Two skateboards or cardboard squares, large enough for kids to sit on.
- Two 30-foot-plus ropes

Objective:
Practice tying and using a bowline knot properly.

Game Play:

- Divide players in two teams with one person from each team sitting on the skateboard
- In a line about 15 feet from the skateboards, the first person tosses the end of the rope to their teammate on a skateboard
- The girl on the board ties a bowline knot around her waist, and the first girl pulls her to the line where she unties herself, hands the rope to the next girl in line. The first tosser then takes the board back and sits on it, waiting to tie another bowline around her waist.
- The game continues until all girls have tied the knot and been pulled back to the line.

Practice Using Knives

Before trying the following knife-skills activities, ensure your Girl Scouts are able to handle knives safely. Review each activity and try it for yourself before trying with girls. Remember, knife skills come with progression. Do not rush the process. Reference GSMW's Outdoor Basics Skills Guide for proper knife safety techniques and knife care.

Cooking

Prepare:

- Ask Girl Scouts to research and choose an outdoor cookout recipe that involves cutting or handling knives. Peeling potatoes and carrots is a good way to introduce knife skills. Cutting soft fruits like strawberries and bananas are also good starter foods for knife practice.
- Ask for adult volunteers to help each girl on a one-to-one basis throughout the cutting process. Once you know the number of adult volunteers, you will know how many knives and stations you will need.
- Have troop members gather cookout supplies. Set up a clean cooking environment with several work stations that allow each girl to have their safety circle. You may need to have girls take turns.

Objective:
Practice
using knives
safely

Instructions:

- Participants will wash their hands and tie-back their hair.
- Assign various kitchen duties such as food prep, cutting and chopping, cooking, plating, cleaning, dishes, etc. Demonstrate what will happen at each station. Ensure each girl has an opportunity to practice their knife skills.

Whittling a Marshmallow Stick

Considerations:

Before beginning, be sure to find a site where your group is permitted to harvest green sticks off of shrubs and trees. Ask park rangers, campsite hosts, or land owners. Discuss the ethics of harvesting sticks, making sure your group will only harvest one or two branches per plant. Not every child needs to have their own stick, so they can practice whittling in teams.

Instructions:

- Start with a nature walk to identify appropriate, flexible, live, green wood, such as willow, aspen, cottonwood, or poplar. Be sure to identify plants in case any are poisonous like Yew, Elderberry, or the invasive Buckthorn.
- Teach children that taking a small branch from a thick, healthy tree or shrub is okay, if permitted.
- Find branches roughly arm's length or longer for safety, about the thickness of a thumb.
- Establish each knife user's safety circle.
- With a small knife, at the tip, remove the bark and create a sharpened point. Teach to always cut away from the body. Keep hands and legs clear of the blade's path.
- Cut at less than a 45 degree angle. Ten to thirty degrees is ideal. Think of it like peeling a potato or carrot. Rotate the stick to create a smooth, symmetrical point.
- Close or sheath the knife immediately after use.

Making Feather Sticks

Supplies:

- Arrange to have work stations in an area on the ground or around the fire circle with plenty of room for each girl to have their safety circle. It's okay to take turns.
- One sharp knife for every available adult volunteers so that you can have adult supervision for each Girl Scout using a knife.
- Two or three wood sticks per participant. The best piece of wood to use is one without knots that's about a foot in length and a couple of inches in diameter. Soft woods like pine, birch and cedar are ideal.
- Safety glasses (sunglasses may work)

Objective:
Practice using knives safely, making fire starters

Explain:

It's drizzling, and you want to start a fire. Tinder you gather will likely be too wet, right? Wrong. Girl Scouts can create an effective fire starter, even with a wet piece of wood. Rainwater will not seep into the very middle of some branches. This means the interior of the stick often stays dry.

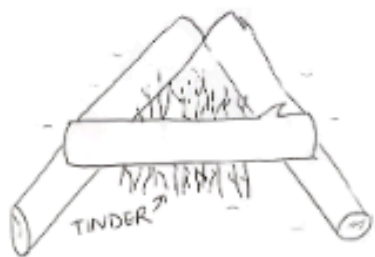
Every outdoor adventurer should know how to use a good knife to make a wet stick of wood into a feather stick! This trick will help in a pinch if it is rainy and you need to dry-out, cook out, and warm-up.

Instructions:

- First, while stabilizing the stick against a large rock or log and the ground in a near-vertical position, strip off the bark.
- Then, angle your knife along the wood and slide the blade to create thin, spiral-shaped shavings. Always push the knife away from you.
- Leave the shavings attached to the wood. The thinner the shavings, the easier they'll catch fire.

Do not get discouraged if it takes several tries or if you lose curls. Everyone hones their knife skills with time and practice.





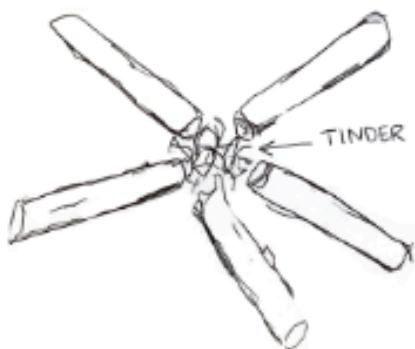
Lean - To



Star



A-Frame



Teepee



Log Cabin

Fire Kisses

Using fire kisses makes building a campfire easier, faster, and more reliable, especially for beginners. They help your fire catch quickly so you use less wood and avoid frustration. They can also support basic Leave No Trace practices by keeping fires small and efficient. For even more environmentally friendly kisses, use leftover beeswax.

Objective:
Fire starting & using resources wisely

Instructions:

1. Gather wax paper and wax leftovers like old crayons, used candles, etc.
2. Break or cut the wax into small chunks about the size of a marble or smaller.
3. Tear or cut the wax paper into small squares, about 4–6 inches wide.
4. Place a small pile of wax chunks in the center of each piece of wax paper.
5. Fold the sides of the wax paper over the wax to hold it in place.
6. Roll the wax paper tightly into a small bundle, like a little log or candy wrapper.
7. Twist or tuck the ends to keep everything secure.
8. Store the finished fire kisses in a dry place until you're ready to use them.



Egg Carton Fire Starters

Fire starters made from egg cartons, dryer lint, and old wax are an easy, low-cost way to reuse materials and make fire building much simpler. They light quickly, burn steadily, and help you use less kindling.

1. Gather an empty cardboard egg carton, dryer lint, old wax, and a clean tin can.
2. Tear off the lid of the egg carton and place it on a flat, protected surface.
3. Fill each cup of the egg carton loosely with dryer lint.
4. Put pieces of old wax into the tin can.
5. Set the tin can in a pot of hot water to create a simple double boiler and heat until the wax melts.
6. Use an oven mitt or tongs to carefully lift the hot tin can, keeping hands away from the rim and moving slowly to avoid splashing.
7. Slowly pour the melted wax over the lint in each cup, holding the can close to the carton to reduce spills.
8. Set the tin can back in a safe place to cool, and do not touch it until it is no longer hot.
9. Let the wax in the carton cool and harden completely.
10. Cut or tear apart each section of the carton to make individual fire starters.

Bag Skits

Write different fire safety mistakes on slips of paper and place them in a non-see-through bag or container. Keep the ideas simple and easy to act out, such as forgetting a water bucket, not using a fire ring, leaving a fire unattended, throwing unsafe items into the fire, or placing objects too close to the flames.

1. Divide the girls into small groups of 2–3.
2. Have each group pick a slip of paper from the bag.
3. Give them a few minutes to plan a short skit where they act out building or being around a fire and include the mistake from their slip.
4. Each group performs their skit for the rest of the group.
5. After each performance, the audience guesses what the fire safety mistake was.
6. Briefly discuss why the mistake is unsafe and what should be done instead.

Objective:
Learn fire safety, team building

Campfires & Cooking

Edible Campfires

Suggested supplies (modify as you wish)

- Paper Napkin or cracker = Clear Space
- Jelly Beans or M&M's = Fire Ring
- Coconut = Tinder
- Pretzel Sticks = Kindling
- Potato Sticks = Matches
- Red Hots or Candy Corn = Fire
- Pretzel Logs, Licorice, Twizzlers, or Tootsie Rolls = Fuel
- Mini Marshmallows = Fire Starters
- Cup of Juice, Water = Fire Bucket
- Spoon = Shovel
- Coffee Stirrer or Popsicle Stick = Critter Stick

Objective:
Learn about fire building supplies and terms



Instructions:

1. Have girls wash their hands.
2. Give each girl a place, cup and fork. You can have bowls of other supplies on tables.
3. Walk through the steps of building a fire, using the treats as fire supplies.

Campfire Cooking

Cooking over a campfire is a fun way for Girl Scouts to build confidence, practice teamwork, and learn simple outdoor skills. With a little guidance from leaders, girls can safely create tasty treats while learning how to cook in nature. Here are just a couple of the fun and tasty treats Girl Scouts can cook over hot coals in a fire pit:

Campfire Banana Boats

1. Slice a banana lengthwise through the peel, leaving the bottom side intact.
2. Gently open the banana and add chocolate chips and mini marshmallows inside.
3. Wrap the whole banana in foil.
4. Place it near the coals of the fire (not in big flames).
5. Let it warm for about 5-10 minutes until everything is melted.
6. Carefully unwrap and eat with a spoon.

Campfire Pizza Sandwiches

1. Spread pizza sauce on one side of an English muffin or bread slice.
2. Add shredded cheese and toppings like pepperoni.
3. Place another piece of bread or muffin on top to make a sandwich.
4. Wrap the sandwich in foil.
5. Place it near the coals of the fire.
6. Cook for about 5-8 minutes, flipping once if needed.
7. Carefully unwrap and let cool slightly before eating.

Simple First Aid

Build a First Aid Kit

Supplies:

- Pen and not cards for each girl
- A pouch or small box to contain First Aid kit items
- Items for each girl to include in a first aid kit like: Bandages, gauze, antiseptic wipes, gloves, tweezers, instant ice pack, medical tape, etc.
- A few items that do not belong like a toothbrush, makeup, or random objects.

Instructions:

Have the girls sort the items into what belongs in a first aid kit and what does not. After deciding, use the correct items to build a troop kit or small personal kits. Each girl should also create a simple emergency contact card with their caregiver's name and phone number, their trip volunteers' names and numbers, GSMW's number (406-252-0488) and Poison Control (1-800-222-1222). Finish the activity with a discussion, asking which item they think is most important and why.



Objective:
First Aid basics

First Aid Charades

Supplies:

- Slips of paper with simple scenarios (too hot, dizzy, cut, nosebleed, too cold, bug bite, twisted ankle)
- A bag or hat/container to hold the slips

Instructions:

Teach the girls how charades works, then split them into two teams. Teams take turns. One girl draws a slip and silently acts out the scenario. Her team guesses the problem, then explains how to give first aid. If they get both the problem and the response correct, they earn a point. Continue until all scenarios are used, then see which team has the most points.

Optional:

Add a rule that everyone must demonstrate at least one action (like how to clean a cut or stay warm) to keep everyone involved.

Objective:
Communication and
First Aid basics



7 Principles of Leave No Trace

Leaf Rubbings

Supplies:

- White paper
- Crayons (wrappers removed)
- Cardboard or a hard surface



Objective:

Leave what you find

Instructions:

Have each girl find 4–5 leaves on the ground (no picking from plants). Place a leaf on the cardboard with the veins facing up, then lay the paper over it. Using the side of a crayon, gently rub over the leaf to reveal its pattern. Repeat with different leaves and colors to create a collection. When finished, return the leaves to where they were found.

Optional:

Challenge girls to find different shapes or sizes and compare their patterns. What species of tree do they come from?

The Floor Is Not a Durable Surface

Supplies:

- Colored construction paper spread around the room
- Color spinner (like Twister)

Objective:

Travel & camp on durable surfaces

Instructions:

Explain that the floor is not safe, just like in camping when you need a durable surface. Scatter the colored papers as the only “safe spots.”

Call out, “The floor is not a durable camping surface!” and spin the color spinner. Girls have 5 seconds to get to a paper that matches the color. Anyone not on the correct color is out. Remove a few papers each round to make it more challenging. Continue until one girl remains.

Optional:

Let the winner spin or call the next round.

Water Graffiti

Supplies:

- Paintbrushes (one per girl)
- Access to a stream or slow-moving water
- Light-colored, medium-size rocks



Objective:

Respect wildlife and be considerate of other users

Instructions:

Have girls dip their paintbrush in water and “paint” pictures or designs on their rocks. The water will dry and disappear, leaving no trace. Remind girls to respect nature by not disturbing plants or habitats and to return all materials when finished.

Optional:

Challenge them to create shapes, write words, or work together on a group design.

Giggle Giggle Game

Supplies:

- Bandana, hanky, or tissue.

Objective:
Dispose of waste properly

Instructions:

Have girls stand in a circle with one person in the middle. The person in the middle tosses the item into the air, and everyone giggles while it is in the air. As soon as it touches the ground, everyone must freeze and stop laughing immediately. Anyone who keeps laughing or smiling is out or switches places with the middle person. Repeat for several rounds.

Optional:

Speed it up or add silly noises to make it more challenging to stop laughing.

Hiking and Other Outdoor Activities

Types of Hikes

- Alphabet Hike
 - Look for items in nature that begin with each letter of the alphabet.
- Breakfast (Sunrise) Hike
 - Head out early to watch the sunrise and observe birds and animals starting their day.
- Color Walk
 - Choose one or two colors and find as many natural items as you can in those colors.
- Insect Hike
 - See how many different kinds of insects you can find along the trail.
- Litter Hike
 - Divide into teams and collect litter. The team that gathers the most wins.
- Monogram Hike
 - Find at least three natural items that start with your initials.
- Never-Ending Story Hike
 - Start a story as a group. Each person adds one sentence as you hike.
- Paul Bunyan Hike
 - Collect firewood along the way. Divide into teams—the team with the largest pile wins.
- Penny Hike
 - At trail intersections, flip a coin—heads go right, tails go left (stay on trails).
 - Add fun twists like: heads = sing “Make New Friends,” tails = moo like a cow until the next landmark.
- Pioneer Hike
 - Use a map and compass to navigate your route.
- Shape Hike
 - Look for shapes in nature (circle, triangle, square, oval, rectangle, etc.).
- Stop, Look, Listen Hike
 - Hike for five minutes, then stop for one minute. Write down everything you see and hear. Repeat.
- Stargazer Hike
 - Hike at dusk to watch the stars, moonrise, and nocturnal animals.

Hiking Prompts & Challenges



Nature Detectives:

- Find homes (nests, burrows)
- Spot animal signs (tracks, scat, feathers)
- Notice “homemaking” (webs, nests, ant hills)

Look Closer

- What’s under logs or near water?
- Find tiny plants (1 inch or smaller)
- Look for “nature leftovers” (shells, skins)

Use Your Senses

- Feel: smooth, rough, prickly
- Smell: pine, flowers, earth
- Listen: how many sounds in 1 minute?

Observation Games

- Colors in a 1-foot space
- Things that move (clouds, leaves, bugs)
- Count types of trees or plants

Think & Wonder

- Find: thorny, dead, dying, “dancing” plants
- Signs of people (trash, trails)
- What was here before?

Campfire Games & Conversations

Conversation Starters

- This weekend I hope...
- I wonder...
- I learned...
- I enjoy the outdoors because...
- A skill I value is...
- A value I’ve gained is...
- I care most about...
- My favorite camp smell is...

Games

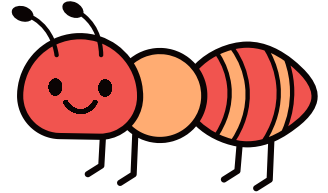
- Charades – Act it out, no talking
- 20 Questions – Guess with yes/no questions
- I Went to the Market – Memory + add-on game
- Winking Assassin – Secretly wink to “eliminate” players
- Would You Rather – Silly or serious choices
- Skits – Create and perform short group skits



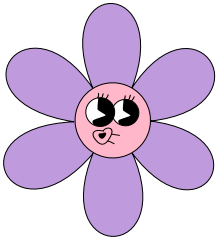
5 Senses Scavenger Hunt

Sight

- Find something orange _____
- Find something tiny _____
- Find something heart-shaped _____
- Find something colorful _____
- Find 5 of the same thing _____



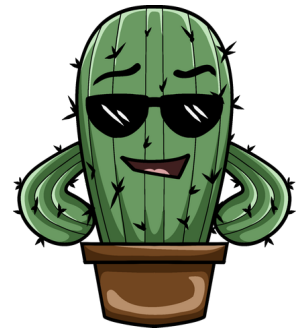
Smell



- Find a flower with a scent _____
- Find a smell you like _____
- Find a smell you dislike _____

Touch (only if it's safe—Leave No Trace!)

- Touch something soft _____
- Touch something bumpy _____
- Touch something smooth _____
- Touch something wet _____
- Touch something prickly _____



Sound



- Hear something crunchy _____
- Hear something soft _____
- Hear something loud _____
- Hear an animal _____

Pollinator BINGO

Ready for a nature walk, Girl Scout? Here's an extra challenge: try to find three pollinators in a row during your hike.
Level up: Can you find them all?



Bee



Lizard



Bird



Wasp



Moth



Fly



Butterfly



Ant



Toad



Spring Seek-and-Find

Signs of spring are blooming, chirping, and growing all around you. Head out on a nature walk and see how many you can find.



**Columbia
Spotted Frog**



Earth worm



Buttercup



**Mountain
Bluebird**



**Pasque
Flower**



**Arrowleaf
Balsamroot**



**Western
Sword Fern**



**American
Robin**



Bald Eagle



Outdoor Ceremonies and Kapers

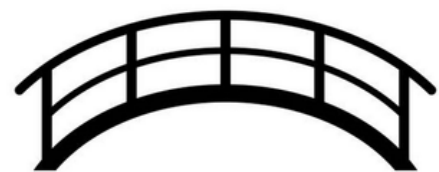
Ceremonies are as much a part of camp as fresh air and sunshine. They help capture the memories of camp life while highlighting the values and lessons behind everyday activities. Creating meaningful ceremonies starts with inspiration. Share poetry, songs, stories, images, and thought-provoking questions to spark imagination and set a positive, reflective tone.

Once that foundation is in place, guide your group through creating their own ceremony:

- Choose a theme
 - The theme can connect to what the group is experiencing at camp, such as a service project, badge work, environmental stewardship, or a shared adventure.
- Explore symbolism
 - Consider symbols that represent the theme. A tree might symbolize growth and conservation, a knot could represent strength and unity, or birds might reflect freedom and new perspectives.
- Decide on a central message
 - While themes and symbols can be broad, the ceremony should focus on one clear idea. Identify the most important message you want participants to remember.
- Plan how to express it
 - This is where creativity shines. The message can be shared through speaking, storytelling, music, movement, art, silence, or hands-on elements. Let the group choose how they want to bring their idea to life.
- Share the ceremony
 - Bring it all together by leading the ceremony and sharing the message with others. This is the moment where meaning, creativity, and community connect.

Examples of ceremonies that can be held outdoors:

- Opening and Closing Ceremonies
- Flag Ceremonies
- Investiture
- Rededication
- Court of Awards
- Bridging Ceremony
- World Thinking Day Ceremony
- Pinning Ceremony



Graces

Morning Is Here

*Morning is here, the table is spread,
We give our thanks for this goodbread.*

Back of the Bread

*Back of the bread is the flour,
Back of the flour the mill,
Back of the mill are the wind and the rain,
And the Maker's will.*

Thank You

(Tune: Twinkle, Twinkle, Little Star)

*Thank you for the food we eat,
Thank you for the friends we meet,
Thank you for the Girl Scout days,
As we learn in fun-filled ways.
May we always try to do
As we promise, kind and true.*

Girl Scout Grace (Tune: Auld Lang Syne)

*For all the bounty we receive,
Let us offer thanks and praise,
And be courageous, strong, and fair,
As we live the Girl Scout way.*

We Are Thankful (Tune: Are You Sleeping?)

*We are thankful, we are thankful,
For this day, work and play,
Learn and share together,
Girl Scouts here together,
As we live, thanks we give.*

For Health and Strength

*For health and strength and daily bread,
We give our thanks for all that's spread.*

We Thank You

(Tune: Simple Gifts / Lord of the Dance)

*We thank you for our evening meal,
For friends and fun and joy we feel,
For guidance, love, and each new day,
Be with us, we humbly pray.*

Eagle Grace

*The eagle is thankful for the mountain.
The fish is thankful for the sea.
We are thankful for the wind and the rain,
And for what we are about to receive.*

World Hunger Grace

*For food in a world where many go hungry,
For faith in a world where many live in fear,
For friends in a world where many walk alone,
We give our humble thanks.*

Addams Family Grace

(Tune: Addams Family Theme)

Chorus 1:

*Da-da-da-dum (snap snap),
Da-da-da-dum (snap snap)
Da-da-da-dum, Da-da-da-dum
Da-da-da-dum (snap snap)
We've filled our plates and dishes
With food that is nutritious,
And all that we can wish is,
to thank you very much (repeat first first)
We thank you for giving
The things we need for living—
The food, the fun, the friendship,
The Girl Scout family.*

Chorus 2:

*Ah-ah, amen (snap snap)
Ah-ah, amen (snap snap)
Ah-ah, amen, Ah-ah, amen,
Ah-ah, amen (snap snap)*

(Note: cross arms when snapping fingers)

Good Grace

Good bread, good meat, good gracious—let's eat!

Time to Eat (Tune: Ain't She Sweet)

*Time to eat, thankful Girl Scouts in each seat!
We thank you for your generosity—time to eat!*

Girl Scouts is a secular organization, and any references to “God” in songs, graces, or ceremonies are meant to be inclusive and can be adapted to reflect each person’s beliefs, such as saying “God,” “Mother Nature,” “the universe,” or any other term that is meaningful and respectful to the individual.

What's a Kaper?

A kaper is simply a chore or task in Girl Scout lingo. Kapers help share the work of camp so each girl has a responsibility, either individually or as part of a pair or small group. Assigning kapers right when your troop arrives is a great way to set expectations for caring for your space. It also helps girls explore their surroundings, get comfortable, and learn where things belong.

Keep these kapers in mind when planning your group's duties:

Arrival Kapers

Set the tone by getting your space clean, organized, and ready to use.

1. Sweep unit house (floor to ceiling)
2. Sweep sleeping areas, including corners and ceilings
3. Store food and gear in proper locations
4. Wipe down mattresses with disinfectant wipes
5. Set up a clothesline
6. Latrine Crew
 - Sweep and tidy the space (floor to ceiling)
 - Sanitize toilet seat
 - Restock and protect toilet paper
 - Set up a trash bag or bin for hygiene items
7. Prepare the fire area:
 - clean out fire ring or fireplace
 - gather supplies (water bucket, broom, rake or shovel)

Meal Kapers

1. Fire Builders (with adult supervision)
 - Collect firewood
 - Start and tend the fire safely
 - Keep water and tools nearby at all times
2. Preppers
 - Gather all needed equipment and ingredients
 - Coat pots with soap if they will be used over the fire
 - Wash produce and supplies
 - Chop and prepare food
3. Cooks
 - Follow the recipe and lead the meal preparation
 - Manage cooking times and heat (stove or fire)
 - Work with Preppers to ensure ingredients are ready
 - Practice safe food handling (clean hands, proper temps)
 - Serve food or coordinate serving order

4. Hostess(es)

- Set and organize the eating area
- Support other kaper groups as needed
- Coordinate handwashing before the meal
- Lead grace

5. Cleaners

- Scrape plates and collect dishes
- Set up dishwashing system (wash, rinse, sanitize)
- Wash and dry dishes
- Wipe down tables and cooking areas
- Store leftovers properly
- Strain dishwater
- Collect and dispose of all garbage (secure tightly or take to dumpster to avoid attracting animals)

Departure Kapers

(Leave it better than you found it!)

1. Remove all personal and troop items (soap, clothesline, paper goods)
2. Dispose of all trash properly
3. Sweep and clean all used areas
4. Return items to their original locations
5. Pack vehicles efficiently (car packers)
6. Check units and tents (clean, tied, or properly taken down)
7. Replenish and cover wood pile
8. Empty ash bucket (follow fire safety guidelines)

Rainy Days at Camp

Rain might hinder your original plans for getting outdoors during your visit to camp, but we encourage you to pivot and make the most of it! Rainy days can provide new opportunities for bonding and connecting while stuck indoors.

Use these program suggestions for inspiration and go-to badge opportunities:

Theme	Badge Recommendations	Non-Badge Recommendations
Financial Literacy – Come prepared with a money game or create your own!	Daisy: Money Explorer Brownie: Budget Builder Junior: My Money Plan Cadette: Budget Manager Senior: My Financial Power Ambassador: Financial Independence	Play Monopoly Plan troop activities and create a budget
Outdoor – Learn about the outdoors from inside, or brave the rain and get a little wet	Daisy: Outdoor Art Maker Brownie: Bugs Junior: Outdoor Art Explorer Cadette: Outdoor Art Apprentice Senior: Sky Ambassador: Outdoor Art Master	Practice knots Practice knife skills (pumpkins, fruit, or wood) Observe nature from indoors Make fire starters for later use
STEM – Get hands-on with science and technology	Daisy: Automotive Design Brownie: Home Scientist Junior: Detective Cadette: Digital Movie Maker Senior: Game Visionary Ambassador: Photographer	Study weather (clouds, wind, pressure) Try experiments (slime, homemade playdough)
Life Skills – Get creative and build practical skills	Brownie: Dancer Junior: Playing the Past Cadette: Comic Artist Senior: Collage Artist Ambassador: Dinner Party	Learn traditional songs and dances Create comics or collages Write and perform a short play Learn and practice first aid

Check out the [Badge Explorer](#) for even more badge ideas, and don't underestimate the value of downtime at camp. Simple activities like a movie night, arts and crafts, making tie blankets, doing puzzles, playing board games, or putting on a talent show can create just as many lasting memories. Most importantly, take time to relax and enjoy each other's company.

Slithery, Slimy, Snake Solve

Snake Encounters Game Guide

Learn about these snakes and follow the movement directions when you land on one!

Smooth Greensnake (*Opheodrys vernalis*)

A small, bright green snake with a pale underside. Harmless and well-camouflaged in grassy areas.

Move: 1 space in any direction (including diagonal)

Common Garter Snake (*Thamnophis sirtalis*)

Often green, brown, or black with a yellow or whitish stripe down its back. Common in grassy areas.

Move: 1 space left or right

Western Terrestrial Garter Snake (*Thamnophis elegans*)

Highly adaptable and found in many habitats, from wetlands to forests. Color patterns vary widely.

Move: 2 spaces in any direction (including diagonal)

Bullsnake (*Pituophis catenifer sayi*)

A large, tan or yellow snake with dark blotches. Known for hissing loudly but nonvenomous.

Move: Up 2 spaces

Racer (Yellow-bellied Racer) (*Coluber constrictor flaviventris*)

Fast-moving and slender with a bluish or greenish back and yellow belly.

Move: 3 spaces up, down, left, or right

Prairie Kingsnake (*Lampropeltis calligaster*)

Light brown or tan with darker blotches. Often hides under rocks or logs.

Move: 1 space up or down

Western Hog-nosed Snake (*Heterodon nasicus*)

Recognizable by its upturned snout. Known for dramatic bluffing behavior (playing dead!).

Move: Down 1 space

Rubber Boa (*Charina bottae*)

A small, smooth snake with a rubbery feel and blunt tail. Very gentle and slow-moving.

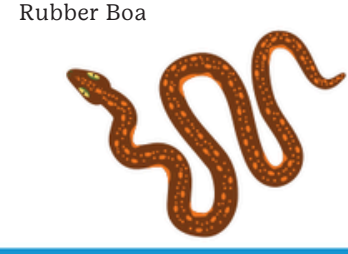
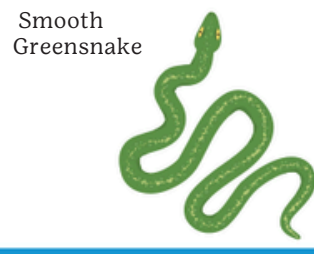
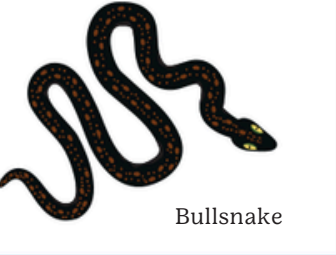
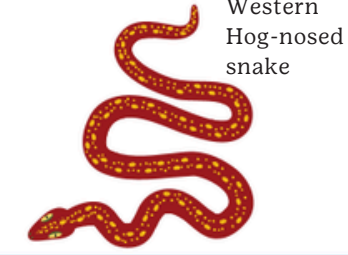
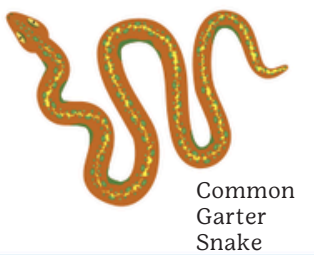
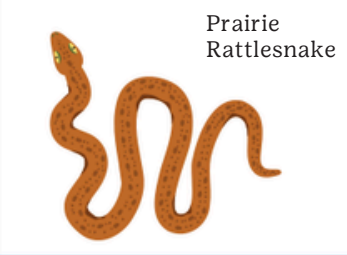
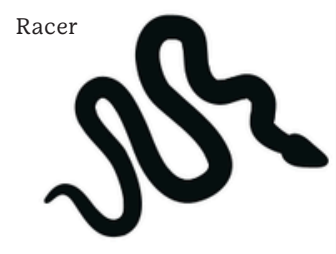
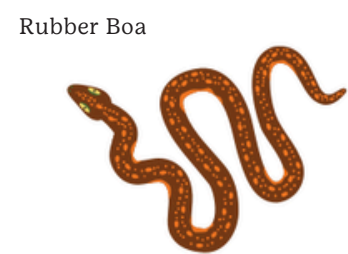
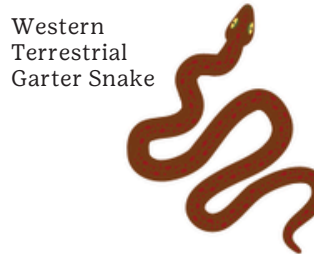
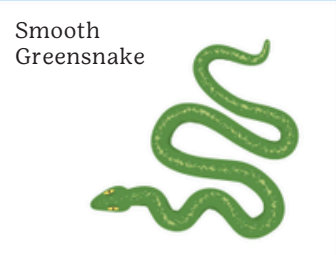
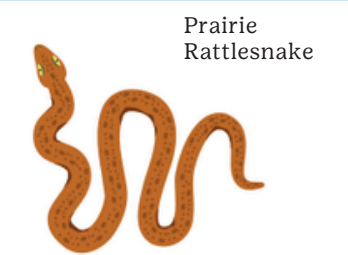
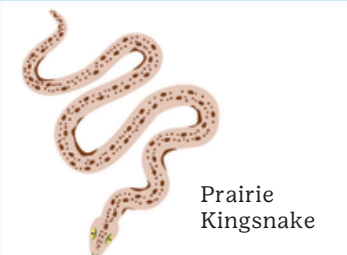
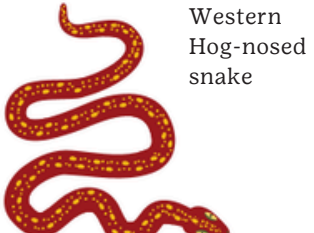
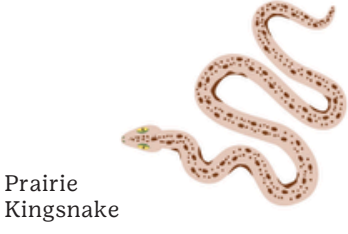
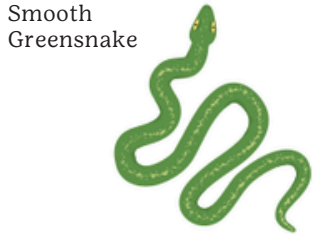
Move: Go to the other Plain-bellied Watersnake on the board, then move 1 space left

Prairie Rattlesnake (*Crotalus viridis*)

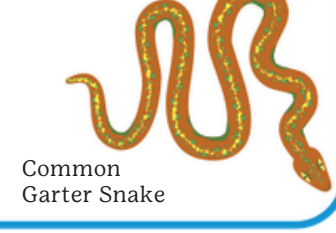
The only venomous snake commonly found in this region. Usually greenish or brown with dark blotches and a rattle on its tail.

Move: Return to start

Start Here!



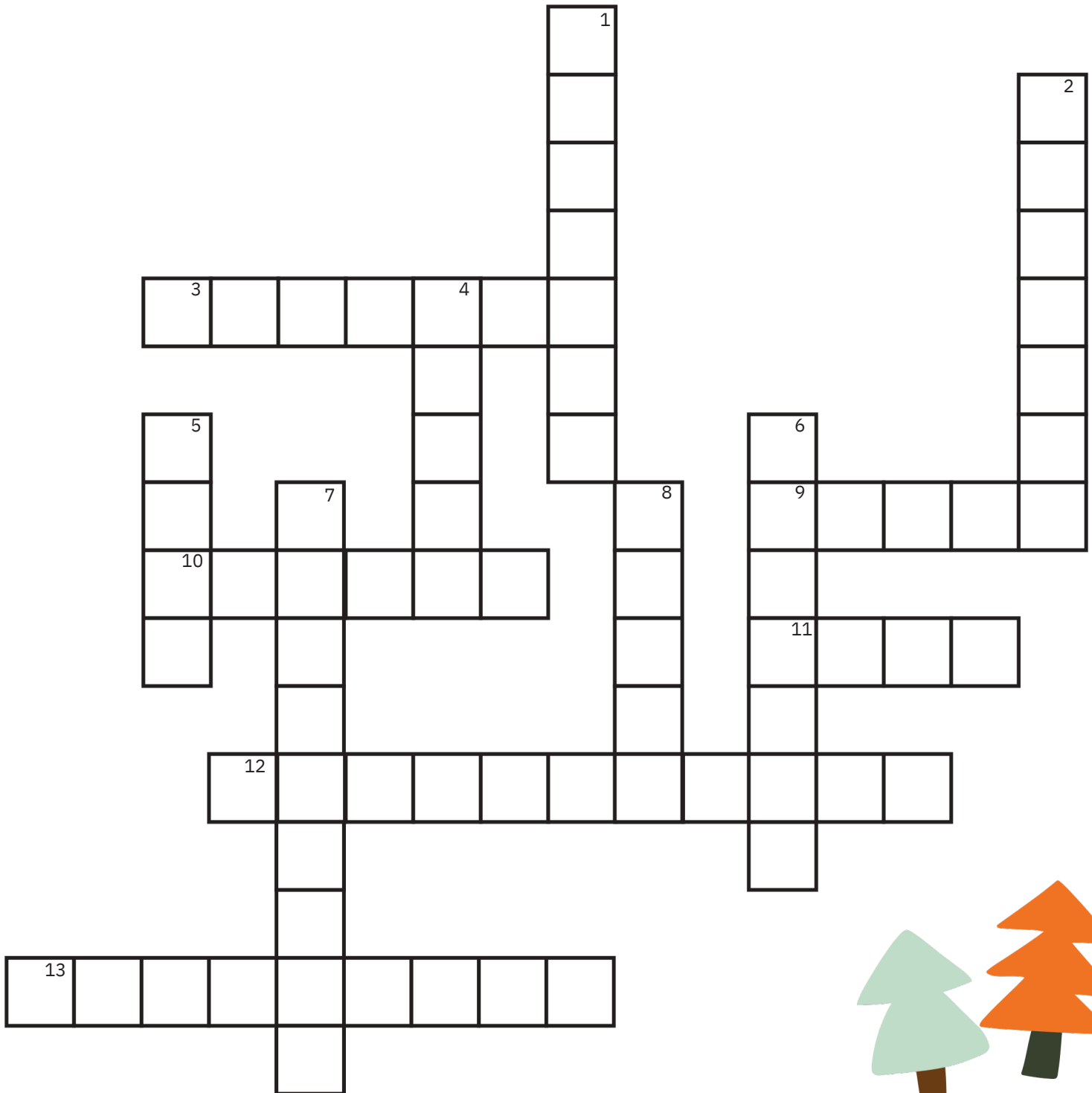
You made it!



Autumn Outdoor Crossword



gsmw



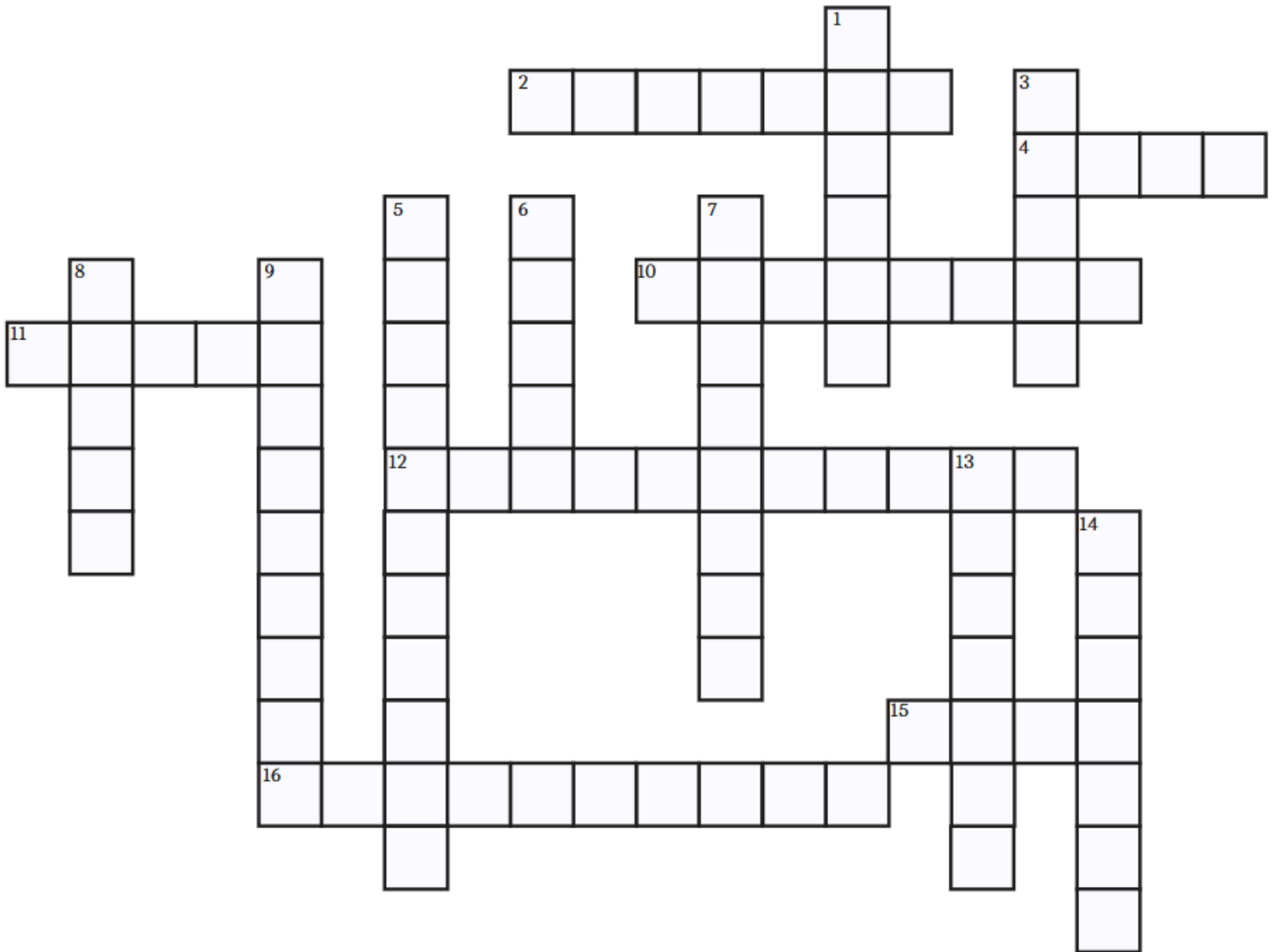
Down:

1. To reap or gather
2. Good for pies and carving
4. One a day keeps the doctor away
5. Another name for autumn
6. Fun activity on a farm
7. Spooky holiday
8. Beverage made from apples that can be served hot or cold

Across:

3. The leaves of a plant or tree
9. Falls from an oak tree
10. Change colors in the fall
11. Tool to clear the grass of leaves
12. Girl Scout holiday celebrated on October 31
13. The month in which autumn begins

Geology Crossword



ACROSS

- 2. The gradual destruction of rock by wind, water or other natural agents
- 4. When magma erupts to the Earth's surface, it's called this
- 10. Solid material that is moved and deposited in a new location through the process of erosion
- 11. Molten rock under the Earth's surface
- 12. Type of rock formed through great heat and pressure
- 15. Loose upper layer of the Earth's surface where plants grow
- 16. Caused when pieces of the Earth's crust suddenly shift

DOWN

- 1. Preserved remains of a living organism
- 3. Metamorphic rock that splits readily into thin slabs with great tensile strength and durability
- 5. Type of rock formed through the compression of pre-existing rocks that have been broken down into tiny particles
- 6. Boundary between two bodies of rock along which there has been relative motion
- 7. The Earth's crust is made up of 15-20 moving _____ plates
- 8. The planet on which we live
- 9. Sedimentary rock consisting of grains cemented together, typically red, yellow or brown in color
- 13. Type of rock that forms when magma cools and crystallizes
- 14. The study of the Earth, what it's made of and how it changes over time

WORD BANK

- Fault
- Sediment
- Geology
- Magma
- Sandstone
- Lava
- Tectonic
- Fossil
- Igneous
- Erosion
- Earthquake
- Sedimentary
- Earth
- Soil
- Metamorphic
- Slate

Earth Day Word Search



A B L E C I K I N B M W D I P G M
E N V I R O N M E N T R A I P N V
R C L G J A U T F F I K G W F A R
M E D Q K P B U Y J U N L E H T D
L S E R P L A N E T E R W I T U L
E D S A W S N I A T C T E T B R W
O C E A N O C R B U S S E U O E A
D U R H C D D P K E N G F R L H T
E F T S B N S S R I O U N S C F E
R C F S U L Y O C E A I A D L K R
Q O A T A J F E L E C F H F I S L
V N G O J T V O S U J Y F J M H G
I S G H S C U H O R S E C W A F E
Y E O C L H Y I D R H H R L T V S
J R G I R E D U C E T C A L E B I
D V W I L D L I F E R N C T S V S
G A U P M A K W S C A L A P S B D
M T N E H M W N A E R E B M T D O
N I R D S J A E C F R E U S E K L
P O L L U T I O N C E D Q F H E O
S N H B D H R L S D K C L E A N E



Planet
Air
Environment
Clean
Climate
Ocean

Tundra
Forest
Desert
Water
Wildlife
Pollution

Reduce
Reuse
Recycle
Nature
Conservation

Pollinator Puzzle

Words related to pollination are hidden below.

Can you find them all?

Native Plants	Wildflowers	Beetles	Flies
Pollen	Humming-	Germination	Bats
Nectar	bird	Seeds	Spring
Food	Butterfly	Growth	Garden
Bees	Moth	Wasps	Blossom

B K O W I L D F L O W E R S N Y P O A A M X X S A D E V Y N B G U P
 C H V X W A F F C H G Q N L I I P X S P R I N G E Y C T K Y B E O O
 Q M M W A D F X N B N C A S W P U G R E N N C W A Q X D S U E R B L
 I U R R E W Q Z A J E E M B C C K G L H S F R M V R X V E L I M C L
 Y G G N K W A A T E T H J N C Q E E R Z A D D U P Y D V B N M I T E
 H U M M I N G B I R D K K H D W E A T O P J J H T B C E X Q L N R N
 O X B C M W Y T V O P A A L W C L B M C W Q W E T U K T N A S A S I
 N G D W Q D E L E L M K L P O L R E X C B T L A A E E F Q Z D T A B
 E C B E R R W Q P Z T I P Q I N K A G S S X H M V N W T I Z B I D C
 Y S Q N U W C V L Z W A S P S J R B B N M L O O T J A W A C E O I S
 V F G E R A C I A L N X R E Y Y N M Q F C S O P Q X Z A B K E N A E
 S X C A U E D D N B T E T Y N H D S K O S J Y I B E E T L E S X I B
 O E W D R R P Z T Q T N N B I K L E Y O A A D C W R I P D W B E P V
 A A E X W N O N S A U I Y J E V V P L D U B C D Q K K J U O V E S R
 B U U D Q X C E C C N L P O K I T B D W W M A D H H F G K L T L I W
 E C Q D S D Q C S A P L Y B U T T E R F L Y B M R R T F D S G N E C
 H X V B W G G T Q R K W Q X X N M J O A H Q X I P R M H L C R M B S
 A W W Y I P C A W V B B H M E T H G T Q Y U S S C X O G V I U U V I
 E R B C X L A R V A A Q B P U U V E T X M P N N U W T C G S E L P A
 B A T S W Q S S X P L D R E V N P J K L Q V M J D J H W H G O S F D

Mountain West Decomposer Search

What happens when trees and plants die? They keep helping the environment by breaking down and returning nutrients to the soil in a process called decomposition. This process is carried out by organisms called decomposers. You might know them as insects, fungi, and other small critters.

Decomposers play a vital role in forests, grasslands, and mountain ecosystems across Montana and Wyoming. They recycle nutrients, enrich the soil, and support new plant growth.

Look around your backyard, campsite, or local trail and notice the decomposers at work. What do you see under logs, in the soil, or on fallen leaves? Think twice before squishing them!

The list below includes common decomposers found in Montana and Wyoming ecosystems.

Can you find them all?

<p>SNAILS</p> <p>EARTHWORMS</p> <p>SPIDERS</p> <p>TICKS</p> <p>PILLBUGS</p> <p>MILLIPEDES</p> <p>CENTIPEDES</p> <p>GRASSHOPPERS</p> <p>CRICKETS</p> <p>COCKROACHES</p> <p>EARWIGS</p> <p>STINKBUGS</p> <p>CICADAS</p> <p>BEETLES</p> <p>MOTHS</p> <p>BUTTERFLIES</p> <p>CATERPILLARS</p> <p>MOSQUITOES</p> <p>FLIES</p> <p>GNATS</p> <p>ANTS</p> <p>BEEES</p> <p>MAGGOTS</p>	F I I Y I W W V E C A T E R P I L L A R S E I D T I C K S F S E B U E W U E O U F T I A K N R I W E H C O W U H I I F J J D I I A O K N R I W E H S R Q F M E H I B S J K N S U M J S A K O L S J C F U U H I F H W I M B E F O B H A Q F K B O A H S F W I H P Z M S E F O B I I K T A K E R H F H N M U E T S D D J A T F H I S S Y H W R K G S L Y A V A C K D Z S W V T D Q S H U Y K D I D S A A A C S S A A S H I U D S K S L E E V L K D S R J S K O A E H I U D A A L O S I W R J A I A A K N A K F F D I K A A U O S R W R J J J S W D U U I K J J N C U U T J L S K E A J J M O T H S I K H S P R K E H S L H S I T S E I F S D J P U H W P C B R H W A A T I V I T E O U F R P U S Y O T A F F W F F H L E J Y C R E A D I H H I K W F C D L E C A O S S S S B I E A D I H H W K W F C Q E O L I L B I K Q I H S G H A O D S H W K N E O F I L Y I S W B F K U W H W S W E O G I F K F F D F E S W T R K U W C O C K R O A C H E S J U B A D E I D W D D S U J U A S H E A W S U T E D I I F O K H F E I W J G S F L K B K H D I B W E A W S U T E D I I F O K H F E I W J G S F L K B J F F N D I I F O K T H H J W U R J F H H N I H W R W B O E Y U G N J W U H W U F A F W U E K J Y X A F G W F I H I L S E D R R O W U E K B Y U I P X K J A W D N I K E U K C Q K T P S F C A V E W J A W D N V F A H S J H C C Q F N W E E F L I Y B U D S A W H X J H E C H M H G Y S S I D H I U H A A D H F S L T U S T H D Y X S U D N U U I S D B C U B U I D R F K D J L E B I H O A I O D B C U J B B O W I D A I J B E E T L E S K K D A A O R B O W H D B O L Y D U O F O D A K Y Y O H K A K A F F K Z P Y D U O F J I L K T K Y I D J A E A T K U W A J D S J A F K P T K Y I D S I E O Y J B U S F S K H Y J Y O J H A D A S Y Y E Y J B U I P F K H U H V E A H Y Y S U H B R S F J F S D H F R U H V C A H Y Y S G S N O K D H F U G S V M D I S H S D Y H S G S E O K D H F U W D C R J N Y H D W D N S H X H J D J F U F W D C R J N Y H D E Q M P F S F U F E Q C R F W F A F F Q I C E Q M P F S F U F J W X D H S A I H J W M P D U A O S D G W A E W X D H S A I L V J J M W K G M A V J X D S E I I S A H C B V N J M W K G W I O B L E M S O L O E R J M A H U E H S D A C B H T C A D H P E S G Z M E J D A C S G S C K R A R J L I K A S G Z I E J D A S N A I L S D I K A K Q Z M J O W E D K G N A T S A M P D I K K D W T X K N V I S I O U M F I E S K F E H L D W T X K E U J L J H Y S F Y E N L J H T I H U Y I J J Y F S J H Y S F Y D H S H W X P J E B F S T E Y S T R R L H A F C F L E A D E R Y E F F Q G W L I F C F F Q E P A O I I S S H A F S T I N K B U G S E U D A S U H A O E U G W E Q E E K L I L L E U D O E U H A U H W C A K B I U N W D O I I W S J K D A I E H W U A K R X U I F I S P O E A I A F F Z A K W A T H D E U X F I S P U E M I L L I P E D E S C E I Y I P F L Y D S
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Camp Photo Scavenger Hunt

Bird's nest

Spider web

Puddle

Pinecone

Flower

Caterpillar

Something green

A small animal

Clouds

Smooth rock

A selfie of you outside



Rock Scavenger Hunt

Rocks. They're all the same, right? No way! There are different kinds of rocks all over the world. Even rocks that are the same "type" can look vastly different from one another. Use this scavenger hunt around camp, in your backyard, or on a hike to see how many different kinds of rocks you can find. Don't forget to Leave No Trace - Admire rocks and the creatures and flora around them, check them off the list, and leave them where you found them.

- Shiny rock
- Dull rock
- Bumpy rock
- Smooth rock
- Rock smaller than a penny
- Rock bigger than your fist
- Rock with two colors
- Rock with three colors
- Rock that's been broken or eroded
- Rock with visible layers or stripes
- Rock that is dull but has shiny pieces in it
- Something living under a rock
- Something living on a rock
- A painted rock
- Rock with moss on it
- A blue, red, or pink rock

Draw a picture of the most interesting rock you found on your scavenger hunt.



I SPY - Girl Scout Camp Edition



Can you find the animals below?



Friendship Bracelets

Summer Camp is coming...get ready by practicing one of our most beloved Girl Scout camp traditions at home - making friendship bracelets! It's a relaxing and fun way to pass time, and results in a sweet gift you can share with a fellow camper or save for a friend at home.

[Watch the video tutorial](#)

Braid

Difficulty: Easy

Program Level: Daisy - Brownie



Fish Tail

Difficulty: Easy - Medium

Program Level: Brownie - Junior



Diagonal Stripe

Difficulty: Intermediate

Program Level: Junior - Ambassador



Chevron

Difficulty: Difficult

Program Level: Cadette - Ambassador



Friendship Bracelet: Braid

Difficulty: Easy

What you'll need:

- Embroidery Floss - three one-foot strands, three colors (one strand of each color)

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape. Separate strands by color.



2. Take the strand on the right and cross it over the middle strand, so that it becomes the middle strand. Example: Green crosses over pink. Green is now the middle strand.



3. Take the strand on the left and cross it over the middle strand, so that it becomes the middle strand. Example: Blue crosses over green. Blue is now the middle strand.



4. Keep repeating steps 2 & 3, always crossing over the middle. Gently pull your strands up towards the knot to keep it neat. Tip: Once you get the hang of the movements, try lifting all three strands and pulling them taut, then continue crossing. You'll get a tighter braid and you'll get faster.



**Watch the Video
Tutorial**



Friendship Bracelet: Fishtail

Difficulty: Easy - Medium

What you'll need:

- Embroidery Floss - eight one-foot strands, four colors (two strands of each color)

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape. Separate strands into two sides by color so that you have one of each color on each side. Arrange strands in the same pattern on each side. Example (from left to right): Red, Yellow, Orange, Pink - Pink, Orange, Yellow, Red



2. On the left, take the outermost strand and cross it over to the right side. Then, take the same color strand from the right side and cross it over to the left side. Photo: Red from the left crosses to the right and red from the right crosses to the left.



3. Repeat step 2 for the next color, and each color after that. Then start over from the first color, keeping the pattern. Example: Red, Yellow, Orange, Pink
Tip: Once you get the hang of the movements, try lifting all of the strands, holding one side in each hand, and using your fingers to cross the strands. You'll get a tighter weave and you'll get faster.



**Watch the Video
Tutorial**

Friendship Bracelet: Diagonal Stripe

Difficulty: Intermediate

What you'll need:

- Embroidery Floss - twelve three-foot strands, six colors (two strands of each color)

1. Tie a knot at the top of your strands, leaving 1-2 inches out at the top. Secure with tape.



2. Separate the strands, arranging them so you have 2 of each color together and the colors are in the order you would like your diagonal to appear. Example (from L to R): Daisy blue, Brownie brown, Junior purple, Cadette red, Senior orange, Ambassador yellow.



3. Starting at the left side, cross both strands of the first color over the next color in a "4". The first color is your "working color". If you start on the right, your "4" will be backwards.



**Watch the Video
Tutorial**

4. Tuck the working color strands underneath the bottom strands, pulling it through the loop of the "4".



5. Pull the working color strands up so that a knot is formed. The knot should be in your working color. Repeat steps 3-5 so you create 2 knots. Tip: the more knots you make, the thicker your stripe will be.



6. Move inward to the next strand, repeating steps 3-5 until you get to your last color. In this case, you will make a "4" with the blue strand over the purple strand, creating 2 knots. Then, make a "4" with the blue and the red strands and so on and so forth until you have 2 blue knots on every strand.

7. Your next working color should be the leftmost strand now. Repeat steps 3-6.

8. When your bracelet is long enough to wrap around your wrist, finish your last color, then knot it again.

Friendship Bracelet: Chevron

Difficulty: Intermediate-Advance

What you'll need:

- Embroidery Floss - eight three-foot strands, four colors (two strands of each color)

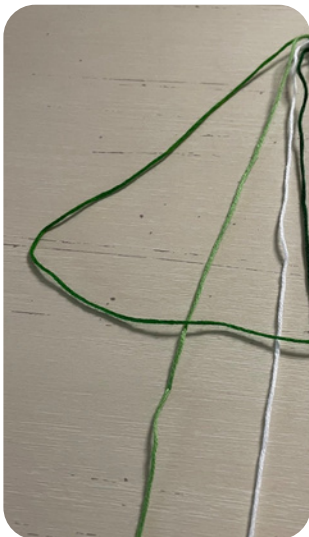
1. Tie a knot at the top of your strands, leaving one to two inches at the top. Secure with tape.



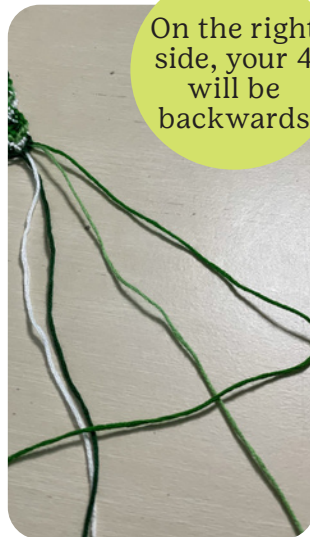
2. Separate the strands in half, arranging them so you have 1 of each color on each side and the colors are in the same order. Example (from L to R): Girl Scout green, dark green, light green, white - white, light green, dark green, Girl Scout green.



3. Choose a side to start with, and move the other side out of the way. Take the strand on the outside, and create a "4" with the strand beside it. The top strand is your working color.

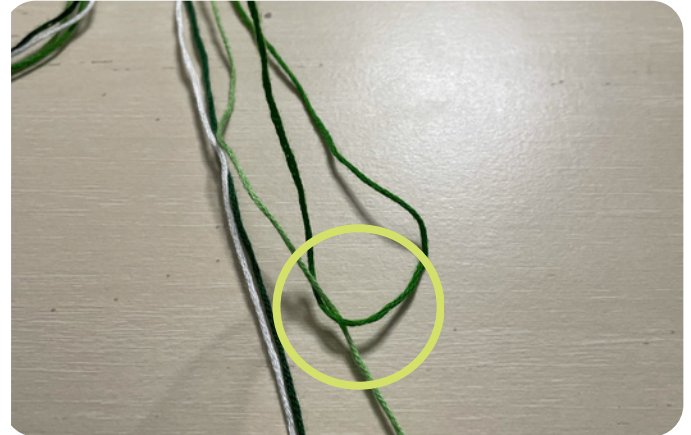


OR



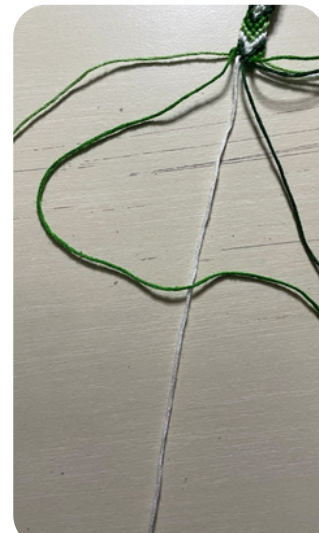
On the right side, your 4 will be backwards

4. Where your 4 overlaps, bring your top strand underneath the bottom strand and through the "loop" of the 4.



5. Pull the top strand up so a knot is formed. The knot should be in your working color. Repeat steps 3-5 so you create 2 knots.

6. Move inward to the next strand and repeat steps three through five until you get to your last color. Then, stop and repeat steps three through six on the opposite side.



7. You should have both of your working color strands in the center (see white in photo of step 2). Cross one of the strands over the other and pull through the loop to knot it in the center. Repeat so you have two knots.

8. Your next working color should be on the outside. Repeat steps three through seven.

9. When your bracelet is long enough to wrap around your wrist, finish your last color, then knot it again.

**Watch the Video
Tutorial**