



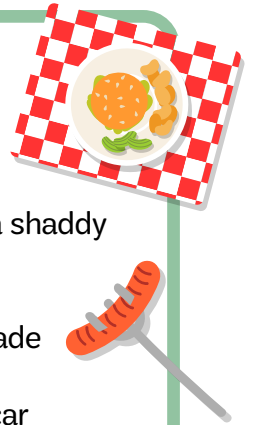
Get Outside! Patch Program - SUMMER 2020

This patch program encourages Girl Scouts to get outside in every season!

To earn this season's Get Outside! patch, complete the number of activities for your level (at bottom of page) by the end of **Summer - September 21**.

BE ACTIVE

- ☞ Play catch with a sibling or caregiver
- ☞ Find the big dipper in the night sky
- ☞ Train for a hiking trip by carrying a heavy backpack the next time you go for a walk
- ☞ Earn a Girl Scout outdoor badge
- ☞ Cook your food on a stick or skewer
- ☞ Walk barefoot outdoors
- ☞ Watch a sunset
- ☞ Go on a night hike. Don't forget your flashlight!
- ☞ Skip stones across a pond or lake
- ☞ Have a water balloon toss and/or play in a sprinkler
- ☞ Watch fireworks
- ☞ Hike a new trail (alltrails.com)
- ☞ Have a picnic with your family
- ☞ Read a book in a hammock or a shady spot outside
- ☞ Play in the rain
- ☞ Have a family Olympics with made up games
- ☞ Check oil/tire pressure on your car



CREATE

- ☞ Compose music using things found in nature
- ☞ Make paper airplanes, which design flies farthest?
- ☞ Plan a menu for an overnight camping trip
- ☞ Invent a new outdoor sport
- ☞ Establish a list of 25 things to do outside
- ☞ Construct a bird bath and count how many birds it attracts
- ☞ Design a craft using recycled materials
- ☞ Make lemonade from scratch or sun tea
- ☞ Tie-dye something using natural dyes
- ☞ Create a flower crown
- ☞ Write a poem about nature



LEARN

- ☞ Become an expert in how to use a compass
- ☞ Read about the 12 major constellations
- ☞ Research three different ways to give back to the environment
- ☞ Learn about sun safety and how to properly apply sunscreen
- ☞ Track the phases of the moon for two weeks
- ☞ Identify poison ivy, oak, and sumac
- ☞ Practice tying 3 different kinds of knots
- ☞ Demonstrate one way to determine the time using the sun



BE HELPFUL

- ☞ Pick up trash around your neighborhood
- ☞ Mow a lawn or weed a garden for a friend or neighbor
- ☞ Write a thank you note to your mail carrier
- ☞ Take your dog on a walk
- ☞ Chalk an encouraging message on your sidewalk for passerbyers
- ☞ Make two friendship bracelets, give one to a friend with a nice note



Get your SUMMER patch!

Once you complete the number of activities for your level, contact the Girl Scout Store to order your patch. Email store@gseok.org or call **918-745-5252** to order.



We want to see you!



Send photos of your girl completing activities from the Get Outdoors! Patch Program this summer to news@gseok.org for a chance to be featured on GSEOK social media!

NUMBER OF ACTIVITIES REQUIRED PER GRADE LEVEL TO EARN YOUR SUMMER Get Outside! PATCH

Daisy	Brownie	Junior	Cadette	Senior	Ambassador
10	15	20	25	30	30