



**This patch program encourages Girl Scouts to get outside in every season!** To earn this seasons Get Outside! patch, complete the number of activities for your level (at bottom of page) between **June 21 - September 22.**

### 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
- Play in the rain
- 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
- Hike a new trail (alltrails.com)
- Have a picnic with your family
- Watch fireworks
- Read a book in a hammock or a shady spot outside
- Have a family Olympics with made up games
- Check oil/tire pressure on your car
- Your choice! \_\_\_\_\_

### 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
- Create a flower crown
- 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
- Write a poem about nature
- Establish a list of 25 things to do outside
- Your choice! \_\_\_\_\_

### 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
- Identify poison ivy, oak, and sumac
- Practice tying 3 different kinds of knots
- Track the phases of the moon for two weeks
- Demonstrate one way to determine the time using the sun
- Learn about sun safety and how to properly apply sunscreen
- Your choice! \_\_\_\_\_

### 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](mailto: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](mailto:news@gseok.org) for a chance to be featured on GSEOK social media!

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

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