

GET OUTSIDE!

girl scouts
of eastern oklahoma



Autumn

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) between September 22 - December 20

Be Active

- ☐ Walk barefoot outside
- ☐ Watch a sunrise
- ☐ Go trail running
- ☐ Earn a Girl Scout Outdoor Badge
- ☐ Plant spring bulbs
- ☐ Investigate your backyard with a magnifying glass
- ☐ Go fishing
- ☐ Visit a pumpkin patch
- ☐ Take a 5 senses nature walk
- ☐ Fly a kite
- ☐ Check out your local farmer's market
- ☐ Go geocaching
- ☐ Sip apple cider outside
- ☐ Look for geese flying south
- ☐ Use a cup and ruler to measure rainfall

Create

- ☐ Concoct your own nutritious, energizing trail mix for a hike
- ☐ Make leaf prints or rubbings using fallen leaves
- ☐ Build an anemometer to measure wind's speed
- ☐ Write a story about an outdoor adventure that you experienced as a Girl Scout
- ☐ Make a bird feeder using a pumpkin or pinecone
- ☐ Author a gratitude journal listing 30 things you're thankful for
- ☐ Bake a yummy recipe with apples
- ☐ Organize an autumn outdoor scavenger hunt
- ☐ Snap pictures of as many different plants, insects, animals as you can
- ☐ Practice leaf threading (perhaps make a necklace or garland)

Learn

- ☐ Read how to protect pollinators
- ☐ Discover which household items can make a firestarter
- ☐ Write list of migratory animals, birds, and insects
- ☐ Collect and identify 7 different leaves
- ☐ Learn about the autumn equinox
- ☐ Master a new outdoor skill
- ☐ Memorize the 7 Leave No Trace Principles Hand Signs
- ☐ Ask a local farmer about seasonal produce
- ☐ Read about Pickleball!
- ☐ Why is October 31 a notable day for Girl Scouts?
- ☐ Discover OK's State Parks by earning GSEOK State Parks Passport patch

Be Helpful

- ☐ Collect data for a citizen science project on SciStarter
- ☐ Volunteer to rake leaves for someone
- ☐ Donate food to your local food bank
- ☐ Help a senior citizen with a fall chore
- ☐ Perform a random act of kindness

We want to see you!

Send photos of your girl completing activities from the Get Outdoors! Patch Program this autumn to 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