

# GET OUTSIDE!

girl scouts  
of eastern oklahoma



## Winter

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 December 21 - March 20

### Be Active

- ☐ Turn a board game into a real life outdoor adventure!
- ☐ Play your favorite outdoor sport
- ☐ Go on a bike ride
- ☐ Play Glow Hide & Seek
- ☐ Have a candy cane hunt
- ☐ Do something to conserve energy in your home
- ☐ Sing a camp song
- ☐ Take a virtual tour of a National Park
- ☐ Fine heart shaped objects in nature
- ☐ Blow frozen bubbles!
- ☐ Earn an Outdoors Badge
- ☐ Cozy up by the fire
- ☐ Participate in a First Day Hike at a State Park
- ☐ Go on a walk to look at holiday lights
- ☐ Lead a virtual outdoor skill workshop
- ☐ Celebrate Winter Solstice

### Create

- ☐ Complete Jigsaw puzzle with outdoor scene
- ☐ Create outdoor snow volcano
- ☐ Build an edible fire
- ☐ Assemble a small, basic outdoor first aid kit
- ☐ Design environmental poster
- ☐ Make edible garland for outside tree for birds
- ☐ Make frozen suncatchers
- ☐ Make paper snowflakes
- ☐ Make a hiking video
- ☐ Bake a cake for Girl Scouts Birthday (March 12)
- ☐ Make an inside fort!
- ☐ Draw the Northern Lights
- ☐ Build and launch a rocket

### Learn

- ☐ Learn about inspiring women in the outdoors
- ☐ Watch an outdoor adventure movie
- ☐ Find 3 tips for winter tent camping
- ☐ Learn about hibernating animals
- ☐ Check out 5 winter Olympic sports videos
- ☐ Name parts of a canoe and teach them to family
- ☐ Identify "winter" constellations
- ☐ Discover winter flowers
- ☐ Read about GSEOK's Summer Camps!
- ☐ Identify coniferous trees
- ☐ Learn about hypothermia, frostbite and how to prevent and treat.
- ☐ Research how to build a quinzee

### Be Helpful

- ☐ Donate a blanket or coat
- ☐ Do a good deed for someone
- ☐ Choose an outdoors service project
- ☐ Explore an environmental issue relating to water
- ☐ Your Choice!

### We want to see you!

Send photos of your girl completing activities from the Get Outdoors! Patch Program this winter 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 Winter Get Outside patch:

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