



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 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 AUTUMN Get Outside! PATCH

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