

## 2019 GSofSI Get Outdoors Challenge

NUMBER OF ACTIVITIES REQUIRED PER GRADE LEVEL (CIRCLE YOUR LEVEL)					
DAISY	BROWNIE	JUNIOR	CADETTE	SENIOR	AMBASSADOR
20	25	30	35	40	40
Explore your (or a family member's) backyard		Learn about poisonous plant (i.e. poison ivy, poison oak and poison sumac)		Hike 1/2 mile	
Attend an outdoor sporting event		Watch the clouds		Make a birdfeeder	
Build a fire (with an adult)		Have a picnic		Pitch a tent	
Visit a nature center		Visit a zoo		Go on a pony ride	
Play in the rain		Watch ants		Go on a bug hunt	
Visit a farm		Sing a song on a walk		Learn your trail markers	
Put your toes in the sand at a beach		Make up a game outside		Measure the rainfall during a storm	
Attend a ranger talk/hike		Jump rope outside		Swim in an outdoor pool	
Swim in a creek or lake		Blow bubbles in your yard or park		Watch fireflies at night	
Volunteer to take a shelter pet for a walk		Meet a park ranger		Create a letterbox	
Learn how to use a compass		Make a leaf rubbing		Play your favorite sport outside	
Host a backyard campout with your family		Watch the sunset or sunrise		Build a fort	
Ride on a boat		Play on a playground outside		Learn how to identify a bird call	
Learn about your home watershed		Hug a tree		Draw and play on a hopscotch court	
Visit a national or state park		Hike 1 mile		Hike 2-3 miles	
Cook over a fire		Make an outdoor obstacle course		Make a flower crown	
Create art inspired by nature		Tie-dye something outside		Learn about archery	
Hike to an overlook/vista		Go geocaching		Complete a ropes/challenge course	
Stay overnight at a GSofSI camp or daycamp		Go horseback riding		Go stand-up paddleboarding	
Earn your State Park patch at Beal Woods State Park, Cache River Wetland Center or Giant City State Park		Visit a State Park on July 13 <sup>th</sup> or 14 <sup>th</sup> for Girl Scouts Love State Park. Send GSofSI pictures/videos of your outdoor adventures or post #gsoutdoor or #gslovestateparks		Become a Junior Ranger by completing the Junior program at national forest or park.	
Learn about the trees that grow in your neighborhood		Climb a tree/explore a treehouse		Ride your bike on a rail trail	
Earn the Eco badge for your GS level		Sing songs around a campfire		Help clean up a trail	
Volunteer at a park clean-up day		Take someone on a "tour" of your favorite outdoor space		Learn pocket knife safety and how to whittle	
Learn about wildlife rehabilitation		Go backpacking for a night		Spend some time meditating outdoors	
Play outside with a pet		Have a water balloon toss and/or play in a sprinkler		Beautify a garden	
Earn the Naturalist badge for your GS level		Draw a sidewalk chalk masterpiece		Take a night hike	
Plan and/or complete a scavenger hunt		Write a poem about your favorite outdoor space		Draw a map of your favorite park/camp/ outdoor space	
Learn about tick safety		Camp at a campground		Ride a skateboard/bike/rollerblades outside	

	Play an instrument outside	Swing on an outdoor swing-set	Read a book outside
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Tag #GetOutdoorsGS on your social media posts about these challenge activities	Hike 3-4 miles	Hike 5-6 miles
Go fishing	Mountain bike on a trail	Hike a trail with at least 1000' elevation change
Play disc golf	Go on a zip line	Guide a younger troop on a hike
Go on a walk/hike with your whole family	Hike to see a sunrise or sunset	Take a wilderness first aid class
Make a s'more over a campfire	Become a CIT	Make a video/song about <i>Leave No Trace</i>
See a waterfall	Take photos outside	Go fly a kite
Tour a botanical garden	Go primitive camping	Explore a cave or cavern
Visit a state forest	Go kayaking/canoeing	Help clean-up a water way
Visit a state park from another state	Learn the stories behind three constellations	Ride a bicycle 10+ miles
Play mini-golf	Play a game outside with younger girls	Read the writings of a famous environmentalist
Hike a portion of the River to River Trail (Located in the Shawnee National Forest.)	Go for a walk/jog/run in a park	Take a friend/sibling to your favorite park
Attend a Council or Service Unit outdoor program	Take a "nature selfie"	Learn how to use a camping stove and cook a meal or snack
Complete a Journey activity outside	Create a journal to track the changes of the seasons (plants, animals, weather, etc.)	Volunteer/work at a GSofSI camp/outdoor program or day camp
Plant some herbs to keep in your kitchen	Talk to a family member about their favorite childhood memories of the outdoors	Find out about careers that involve outdoor recreation, restoration, etc.
Observe a wild animal (from a safe distance)	Pick fruits/vegetables from a local farm	Go to an amusement park

Complete as many activities as possible from the list above (must complete at least the required number for your level), then submit your completed checklist and photo(s) by **August 26, 2019** to GSofSI to earn your Get Outdoors Challenge patch. Be sure to tell us about your favorite activity (and why) or something you learned.

## Share the fun and show off your outdoor skills by submitting photos and videos for our Get Outdoors photo album!

Post your photos and videos to Facebook, Instagram and Twitter using #GetOutdoorsGS or email them to [customercare@gsfsi.org](mailto:customercare@gsfsi.org).

Leader/Parent Name: \_\_\_\_\_

Troop # \_\_\_\_\_ GS Grade Level: \_\_\_\_\_ Service Unit # \_\_\_\_\_

#of girls that participated: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

# Patches ordered \_\_\_\_\_ x **\$3.00** = Total amount enclosed \$ \_\_\_\_\_

Payment: Check enclosed (made payable to GSofSI) Check # \_\_\_\_\_

\*Checks must include name, physical address (NO PO Boxes), current phone number and driver's license number listed on the check.

Credit Card: Master Card Visa Discover Security Code: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Signature: \_\_\_\_\_

Email completed forms to [customercare@gsofsi.org](mailto:customercare@gsofsi.org) or mail to GSofSI, #4 Ginger Creek Pkwy, Glen Carbon, IL 62034