

Super Troop Year Plan



Girl Scout Promise

On my honor, I will try

To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

**Members may substitute for the word
God in accordance with their own
spiritual beliefs.*

Girl Scout Law

*I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.*

Girl Scout Mission

Girl Scouting builds girls of
courage, confidence, and
character, who make the
world a better place.

A special thank you to Schreiber Foods, this year's Super Troop sponsor.



Their vision for local communities is to be a leading, vocal, and visible force in our neighborhoods. Just like Girl Scouts, they're focused on making the world a better place for everyone.

We couldn't do programs like this Super Troop Year Plan without our supporters. Watch for monthly messages from GSNWGL showcasing local activities and opportunities from sponsors who are committed to connecting with Girl Scouts in their communities and beyond.



Dear Troop Leaders,

Welcome to the Super Troop Year Plan! This monthly guide aims to simplify the volunteer experience, offering troop meeting suggestions for September through May, as well as for summer. It's a monthly plan that includes a fun-filled combination of badges, awards, field trips or travel, just-for-fun activities or parties, family outings, and skill-building challenges specifically chosen to be easy to deliver and create a well-rounded Girl Scout experience for your troop.

The ideas in the booklet provide flexibility to utilize other resources for planning a fantastic year of meetings, or it can serve as a one-stop shop for everything you need. On the planning pages, fill in your plans for each month to make sure you are well-prepared for a successful year. No matter how you plan or the levels of your Girl Scouts, get them involved in what they want to do, and keep your meetings engaging and girl-led.

Bonus: This guide works with troops of all levels, including multi-level troops.

Free Patches



To help you along, we'll give you free fun patches to reinforce the pride your Girl Scouts will have in exploring each topic area. Visit this page each month to share the activities you've done to earn free patches for your troop. The deadline to request each monthly patch is the last day of the month following the month in which GSNWGL scheduled the patch.

Super Troop

- If your troop completes ten activities from this booklet this year, they are qualified to be a Super Troop and to receive the free Super Troop patch!
- Your troop can become a Super Troop by doing the ten activities in any order.
- Note: To receive the free monthly patches, troops must complete the activities in their scheduled months.



Experience Boxes

If you are a first-year Daisy or first-year Brownie troop, you will be receiving Girl Scout Experience Boxes in the mail. The boxes contain meeting plans and supplies. Follow the plans in the Experience Boxes to utilize those resources effectively.

Volunteer Toolkit

You can find complete meeting plans, supply lists, and requirements to earn all Girl Scout badges in the Volunteer Toolkit.

Badges

Badges are about the learning process, and the activities can be flexible based on your Girl Scouts' ideas and the resources available in your community. You don't have to complete the requirements exactly as written!

Older Girl Scouts

This guide is for all levels, including multi-level troops. Cadette, Senior, and Ambassador troops might want to expand on some of the ideas for a more age-appropriate experience. Hint for older Girl Scout troops: Give the guide to your Girl Scouts with instructions to use it to choose and plan their monthly troop activities. They can do the planning!

More Helpful Resources



Council Events



Field Trip & Travel Partners



Support on the Go



Trainings for Volunteers



Badge Explorer



Multicultural Celebration
Patch Programs



Working with Girl Scouts
by Grade Level

The GSNWGL staff is here to help you with your year plan or any other aspect of your volunteer experience. Contact our Customer Care Team at 888.747.6945 or info@gsnwgl.org, and they'll point you in the right direction.

Your Uniform Tells a Story

Shop online anytime at girlscoutshop.com! Every purchase at girlscoutshop.com supports Girl Scouts right here in our community.

Daisies



Brownies



Juniors



Cadettes



Seniors



Ambassadors



Adults & Volunteers



► September: Planning and Family Kick-Off

Start your Girl Scout year off right by engaging families and helping your Girl Scouts plan their year.

Free Patch of the Month: GSNWGL Family



If your troop completes a family activity this month, every participating Girl Scout can earn a free GSNWGL Family patch!

By October 31 | Tell us about the family activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Have a family picnic at a local park.
 - *See the activity plan on page 6.*
- Go on a family field trip to a zoo, pool, roller skating rink, etc.
- Invite families to attend a Girl Scouts Love State Parks event.
- Host a family hike.
- Have a family potluck.
- Consider a family community service project, such as a park clean-up.
- Have a family game night: Play games like Pictionary, Charades, Minute to Win It, and more.
- Work together on the My Family Story badge.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Outdoor Art Maker Badges

The Outdoor Art Maker badge is a great one to work on during the beautiful fall weather! This badge works great for multi-level troops because there is an option for every level:

- Daisy: Outdoor Art Maker
- Brownie: Outdoor Art Creator
- Junior: Outdoor Art Explorer
- Cadette: Outdoor Art Apprentice
- Senior: Outdoor Art Expert
- Ambassador: Outdoor Art Master

Hints for Multi-Level Troops Earning this Badge

If you can't break up and work on badges separately, there are still many ways to collaborate. Badge requirements are all about exploring the world, learning new things, creating, discovering interests and talents, and connecting with others. You can personalize the activities for your troop.

Example: All of the Girl Scouts could do a watercolor painting of flowers they find on a hike, but the older Girl Scouts' artwork will be much more involved. Typically, Daisies complete three steps, while all other levels complete five. Older Girl Scouts can continue their projects at a future meeting or finish up at home.

Here are the basic requirements and some ideas for all levels earning the Outdoor Art Maker badges:

1. **Explore art in nature.** You could get outside, go for a hike or neighborhood walk, and find things that inspire you. Explore artists who incorporate natural elements into their work.
2. **Make something!** Try paintings, collages, pencil drawings, or poems inspired by nature. You could learn to create paints from natural materials.
3. **Get to know and create sounds of nature.** For example, use the sounds of nature to inspire you to create music and dance, host an outdoor concert, or discover and learn songs inspired by natural sounds.
4. **Be a nature photographer.** Learn some basic outdoor photo skills. Go on a nature photo scavenger hunt. Take photos of bugs, wildflowers, and other natural wonders. Another example is to invite a photographer as a guest speaker.
5. **Design with nature.** Your troop might use natural materials to design something, create an outdoor sculpture, outdoor mural, or garden art. You might design a birdhouse or paint some outdoor planters.

Helpful Resources for this Month



Host a Parent/Caregiver Meeting & Collect Troop Family Forms



First Month List



Invite Girls to Your Troop



Building Your Troop Team



GSUSA New Leader Onboarding: Family Engagement Training on gsLearn



Annual Troop Start-Up



Girl Scouts Love State Parks



Leader Basics

Super Troop Year Plan | 5

Welcome/Back-to-Troop Meeting Outline

Meet at a local park! An area with a playground works great because kids can play while grown-ups chat about troop details. *Optional:* Invite each family to bring a snack to share, or consider making the meeting a potluck meal.

Start with families competing together in a “Wacky Olympics,” Minute to Win It, or other classic picnic games.

- Classic Picnic Games | If you're outdoors, consider playing games like a three-legged race, a wheelbarrow race, or a potato sack race.
- Goldfish Spoon Race | An update on the classic egg-and-spoon race using Goldfish crackers. Each player gets one plastic spoon and one goldfish. They will have a minute to walk a distance and back, starting over if the goldfish falls off.
- Cookie Face | Place a cookie on each player's forehead. The object is to be the first person to get the cookie to your mouth without dropping it, just by moving your head or scrunching your face. No hands allowed!
- Pasta Towers | See which family group can build the tallest tower with pasta and mini marshmallows.
- Cheerio Bracelets | Give each player a pipe cleaner and a pile of beads or Cheerios. They have one minute to string as many “beads” onto their pipe cleaner as possible. However, the catch is that they are only allowed to use one hand. In the end, you get a cute DIY bracelet, and if you used cereal, a little something to snack on while waiting for your next turn.
- Pasta Pick-Up | For this game, you will need uncooked spaghetti and uncooked penne pasta. Each player has a hard spaghetti noodle in their mouth and must try to pick up six penne noodles without using their hands.
- Air Balloons | The object of this game is to keep the balloon from touching the ground for a full minute. You may use any part of your body to hit it, but the balloon must stay in the air.

After having some fun together, gather the group to talk about their year.

Welcome and Introductions [10 minutes]

- Have everyone introduce themselves. Ask your Girl Scouts to share something they hope to do in Girl Scouts this year, and adults to share something they hope their child will take away.
- If you have a new troop, share the mission of Girl Scouts: To build girls of courage, confidence, and character who make the world a better place, and/or the Promise and Law.
- Share plans for the year, such as badges, field trips, and outdoor adventures the troop will participate in. If you are still deciding on details, you can share some examples of badges or field trip options or even use the time to let your Girl Scouts vote on the badges, trips, or service projects they will participate in this year.

Family as Part of the Formula [10 minutes]

- Encourage families to ask their Girl Scouts what they did and let them teach the skills they learned after each meeting.
- Let them know there will be some events throughout the year for families to participate in with the troop.
- Explain how you'll be communicating with parents (e.g., text, email, social media group, etc.). Let them know where to check.
- Ask each parent to help out with the troop in any way they can. Bring a list of troop helper needs throughout the year, such as providing snacks, planning meeting activities, driving for field trips, managing troop product sales, and assisting at meetings. Ask people to sign up to help. Be as specific as you can. A great way to encourage support is to bring a calendar and have each family sign up as helpers for one or two meetings per year.

Money Matters [10 minutes]

- Outline costs to parents and caregivers (uniforms and other supplies needed for the year).
- Explain how money raised benefits the troop and what their Girl Scouts will learn when they participate in the Girl Scout Cookie and the Fall Product Programs.

Wrap Up [10-15 minutes]

- Ensure everyone has your phone number and email, knows the Girl Scout troop number, has all the necessary information about the next troop meeting (date, time, location, and any supplies Girl Scouts will need to bring), and knows where to check for troop communication.
- Have parents fill out any necessary forms, such as health history forms, parent permission forms, and the Meet My Girl Scout and Parent/Caregiver Help forms for upcoming field trips, etc. Collect the forms, then allow time for questions and concerns, as well as to get to know people better.
- Come together for a closing Friendship Circle with the whole troop. The Friendship Circle is a tradition where everyone holds hands in a ring. One person starts by squeezing the hand of the person next to them, and then the squeeze travels to each person and back to the beginning!

After Every Meeting

- Follow up with a thank you, then keep the conversation going throughout the year via email, in-person chats, and/or social media, whichever method you have decided to use for consistent communication with families. Updating caregivers on troop activities keeps them more invested and gives them a chance to build on the Girl Scout experience at home.

September: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

September: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► October: Field Trips and Travel

One of the things our Girl Scouts want to do most is go on field trips. This month, get out into the community!

Free Patch of the Month: GSNWGL Travel



If your troop completes a field trip or travel activity this month, every participating Girl Scout can earn a free GSNWGL Travel patch!

By November 30 | Tell us about the travel activities you did this month to receive free patches for your troop.

Travel



gsnwgl

Field Trip and Travel Partners



GSNWGL collaborates with program partners all over our council to be ready when you call to arrange a field trip, guest speaker, or other program opportunity. We've done the legwork to discuss Girl Scout insurance, badge requirements, and safety considerations with them. Field Trips and Travel Partners are a great place to start to choose an activity this month!

Ideas to Earn the Free Patch

Hint: Remember to get field trip permission slips and health history forms for each Girl Scout when you leave the meeting place.

- Museum
- Fire Station or Police Station
- Pumpkin Patch or Apple Orchard
- Nature Center or State Park
- Veterinary Clinic, Pet Supply Shop, or Animal Shelter
- Zoo
- Grocery Store, Bakery, or Restaurant Tour
- Girl Scout Camp or Property
- Planetarium
- University or Technical College
- Hospital or Medical Clinic
- Swimming Pool
- High School Play or Performing Arts Center
- Pottery or Painting Studio
- Skating Rink
- YMCA
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Ready, Resilient, Strong Patch Program

Back to school can be a stressful time, so October could be a perfect time to earn the Ready, Resilient, Strong patch with your troop. Girl Scouts is a space to build a positive community, make connections, receive support, and develop the life skills needed to handle challenging situations. This program focuses on enhancing mood and mental health through engaging and positive activities. Find the criteria for earning this patch on the next page. Ready, Resilient, Strong is available for all levels; your Girl Scouts will do a varying amount of steps based on their grade level:

- Daisies and Brownies: 3 steps
- Juniors and Cadettes: 5 steps
- Seniors and Ambassadors: 7 steps

When you complete the requirements, you can buy patches here:



Helpful Resources for this Month



GSUSA Trips & Travel
Training on gsLearn



Permission Slip



Council Troop Travel Guide



Driving Hints



Juliette Gordon Low
Information
(Her birthday is
October 31!)



Field Trip & Travel
Partners



Field Trip & Travel
Information



Council Property Rental
Information



You already know Girl Scouts is fun. Guess what? It's also a great way to build your inner strength so that you're ready for anything!

Scientists have found that certain activities may lift your mood, calm you down when you're stressed, and help you face challenges—and you can do many of these activities at Girl Scouts.

The included chart has 10 skills that may help boost your resilience. Each skill has two activity choices, pulled from Girl Scout programming.

Choose the ones that call to you, and give them a try!

To get your patch, you'll need to complete the following number of activities:

- Daisies and Brownies—3
- Juniors and Cadettes—5
- Seniors and Ambassadors—7

You might want to think of this as an experiment! Which activities make you feel happier or calmer?

Keep doing them to become a Girl Scout who is Resilient. Ready. Strong.



The activities on the chart were curated from the following Girl Scout programs:

Badges/Petals: Digital Leadership (B); Drawing (J); My Best Self (B); My Family Story (B); Outdoor Art Apprentice (C); Science of Happiness (C); Space Science Investigator (J); Staying Fit (B); STEM Career Exploration (J); Trail Adventure (S, A); Trees (C); Voice for Animals (S).

Awards: Global Action Day; My Promise, My Faith; Think Like a Citizen Scientist Journey; World Thinking Day.

Initiatives: Girl Scout Tree Promise, National Service Projects (Citizen Science, Fighting Hunger, Honoring Changemakers, Letter Writing, Mask Making, Promote the Vote, Valentine's Day Cards).



Understand Emotions

1. Create a “happy box” filled with five things that make you smile, such as photos, art supplies, books, or your favorite toys. Open the box when you’re worried, upset, or just need a little cheering up.

2. Learn how to use mental imagery to prepare for your next hike, run, or sports activity. Mental imagery can improve your performance and build your self-confidence.



Share Stories

1. Share stories with your friends about your favorite holiday, your greatest adventure, or your dreams for the future! They will learn more about you— and you’ll find out more about them.

2. Create a family crest to tell the story of your family’s heritage, values, or memorable moments. Or design a crest for any group you belong to, such as a school club, athletic team, or your Girl Scout troop.

Get Moving

1. Do a cool dance, social-emotional activities, or yoga with UNICEF Kid Power®. Have fun and stay fit as you support food banks and people in need.

2. Create a new dance move for your favorite song. Dance to the beat every day for a week, or throw a dance party and teach it to friends.



Practice Gratitude and Giving

1. Select and carry out a national Girl Scout service project to support your community.

2. Start a gratitude journal: jot down two or three things you’re thankful for and three to five things that make you happy. (They could be one and the same!) Do this every day for one to two weeks. When you’re done, record how the practice made you feel.



Experience Nature

1. Visit a garden in your community or your own backyard to get ideas for creating a garden of your own.

2. Go on a night sky scavenger hunt: identify stars, constellations, or planets. Use a book, a star wheel, or an app to chart your way.



Connect with Animals

1. Put up a bird feeder, plant flowers to attract hummingbirds, or get outside to watch and listen to our feathered friends.



Enjoy a Hobby

1. Find an outdoor scene—it might be a lake, creek, trail, or your own backyard. Draw, film, or photograph the scene several times during the day or on different days. Observe how weather and time of day change the scene’s appearance.

2. Sketch a still life three times, using a different medium (colored pencils, regular pencils, charcoal, ink pen, markers, pastels, crayons) each time.



Find Meaning

1. Create a keepsake—a painting, collage, song, poem, scrapbook, bookmark, piece of jewelry, or another object—that reminds you of your favorite line of the Girl Scout Law.

2. Every job offers different ways for you to help others. Choose two or three jobs that interest you and find out how they might add meaning to your and others’ lives: interview people in your community, watch videos, or read articles about these jobs.



Connect to Community

1. Music brings people together, and when people come together, they can build community. Make up a song about something you care about (friends, family, a favorite animal, etc.). Record your song and share it with others or sing it at an event.

2. You belong to a community of girls worldwide. Create a girls’ bill of rights that includes at least five things you think girls should have the right to do.



Take Action

1. Plant a tree to support the Girl Scout Tree Promise, and join a global movement to address climate change, one tree at a time.

2. Learn the difference between community service and the Girl Scout concept of Take Action, then brainstorm some ways to engage in the latter! Girl Scout Junior or older? Start planning your Bronze, Silver, or Gold Award.



October: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

October: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► November: Service Projects

Service to others is one of the most important Girl Scout activities. Make our world a better place by volunteering in your community.

Free Patch of the Month: GSNWGL Service



If your troop completes a community service activity this month, every participating Girl Scout can earn a free GSNWGL Service patch!

By December 31 | Tell us about the service activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Make pet toys for a local animal shelter.
 - *See project instructions on page 15.*
- Host a food or hygiene products drive at your school or in your community.
- Pick up litter at a local park.
- Make tie blankets to donate to community programs.
- Visit, make crafts, or sing songs at an assisted living facility.
- Make cards or decorations for hospitals or senior programs.
- Bring in used toys, books, or clothing and donate to a shelter or youth center.
- Come up with other fun ideas that fit the theme!
- *Consider inviting troop families to help as well!*

Badge/Award Idea of the Month: Democracy Badges

The democracy badges are an excellent choice for November, given the numerous elections taking place in the community. Democracy badges work nicely for multi-level troops, as they're available for every level.

Hints for Multi-Level Troops Earning this Badge

If you can't break up and work on badges separately, there are still many ways to collaborate. Badge requirements are all about exploring the world, learning new things, creating, discovering interests and talents, and connecting with others. You can personalize the activities for your troop.

Example: The entire group could take a tour of City Hall and write questions to ask the mayor, but the questions from the older Girl Scouts will be more advanced. Typically, Daisies complete three steps, while all other levels complete five. Older Girl Scouts can continue their projects at a future meeting or finish up at home.

Here are the basic requirements and some ideas for all levels earning the Democracy Badges:

1. **Find out about local government.** Your troop could tour City Hall or interview a local councilperson.
2. **Find out about state government.** You might take a trip to the state capital or pretend you're running for governor and deliver a campaign speech or create an ad.
3. **Learn about the legislative branch of government.** Research your community's congressional representatives, hold a mock election, or build a model of Congress.
4. **Learn about the executive branch of government.** Perhaps research past presidents, write a letter to the president about a national issue important to you, or interview an adult about a president they admired.
5. **Learn about the judicial branch of government.** Your troop could read a biography or watch a documentary about a woman who has served on the Supreme Court, or conduct an interview with a lawyer or judge.

Helpful Resources for this Month



Service Projects



Delivering Inclusive Program
Training on gs Learn



National Service Projects

Handmade Pet Toys

Braided Chew Toys

Supplies: Two or more old T-shirts, scissors, tape measure (optional)

1. Using your T-shirt fabric, cut three strips. Each should be about 2 inches wide and 20 inches long.
2. Gather all strips and tie a knot at one end.
3. Braid the fabric strips. Ensure the braiding is very tight and that there are no gaps visible. A tighter braid makes a stronger toy!
4. Leave some room at the opposite end and tie a tight knot to ensure the toy stays in place.

Crunch Water Bottle Toys

Supplies: Plastic water bottle, old long socks (tube or knee-high socks work best)

1. Gather your supplies and make sure the sock is large enough to fit the water bottle inside.
2. Take the cap off the water bottle and throw it away. Place the water bottle inside the sock.
3. Tie the sock extra tight so that the water bottle does not come out. You can either tie the top of the sock in a knot or make two cuts from the top of the sock, creating two ends that you can tie.

Catnip Socks

Supplies: A sock (child-size or ankle-length), yarn, ribbon or string, loose catnip

1. Place a handful of dried catnip into the sock. You can add scrap fabrics, such as yarn, felt, tissue paper, or pieces of cut-up T-shirts, to take up extra space if needed.
2. Tie the open end of the sock with a piece of yarn. Leave the end of the yarn a few inches long, like a “mouse tail,” after you securely knot the end of the sock.

Kitty Pom-Poms

Supplies: Yarn, fork, scissors

1. Cut a piece of yarn about 3 to 4 inches long. Place this piece at the base of the fork, between the middle two prongs.
2. Wrap the yarn around the prongs of the fork 60 times or more. The more you wrap the yarn around the fork, the puffier the pom-pom will be.
3. Take the first piece of yarn that you cut and place it at the base of the fork between the two prongs. Tie this piece around the yarn wrapped around the fork prongs. Make sure it is very tight; this string will keep the pom-pom together.
4. Slide the yarn off the fork and cut the yarn at the sides to create a pom-pom. Trim if necessary.
5. Tie the pom-pom to a string so a cat can chase after it!



November: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

November: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► December: Life Skills

Badges and awards help Girl Scouts explore the world and gain lasting life skills. Girl Scouts are proud of learning new things.

Free Patch of the Month: GSNWGL Life Skills



If your troop completes life skills activities this month, every participating Girl Scout can earn a free GSNWGL Life Skills patch!

By January 31 | Tell us about the life skills activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

This month, to earn the free Life Skills fun patch, you can focus on any badge or award your Girl Scouts choose.

Badge/Award Idea of the Month: Girl Scout Safety Awards

Staying safe is one of the most valuable life skills. Girl Scouts at every level can earn the Safety Award pin. The award requirements are on the following two pages.

Other Troop Activity Ideas

December is a great time to celebrate the winter holidays and have some fun. Here are some ideas to have fun with your troop this month:

- Learn and celebrate winter holidays from a variety of world cultures.
- Have a troop holiday party.
- Participate in a local parade.
- Have a winter holiday craft workshop.
- Have a winter campfire with cocoa and s'mores.
- Go sledding or ice skating.
- Decorate cookies or gingerbread houses.
- Make cards for the military or senior centers.

Helpful Resources for This Month



Badge Explorer



GSUSA New Leader
Onboarding: The Girl Scout
Leadership Experience
course on gsLearn



Girl Scout Safety Awards



DAISY SAFETY AWARD

Learn how to stay safe on your Daisy adventures! When you do, you'll earn this important award.

Daisies earn this award by completing these three steps:

- 1 Understand what to do if you get lost. Know your phone number, address, and who it's safe to ask for help (police officer, teacher, person in charge).
- 2 Find out what you should do if you or a friend is choking.
- 3 Learn how to do "Stop, Drop, and Roll" if your clothing catches on fire.

BROWNIE SAFETY AWARD

It's important to stay safe in your daily life and when you go on Brownie adventures!

Complete these five steps to earn the award:

- 1 Talk to a teacher, parent, or another adult about how to stay safe at school. Make a list of the three most important rules for playground safety or safety on the school bus.
- 2 Get a map of your neighborhood or town and mark where the police station, fire station, and other important points are located.
- 3 Find out how a smoke alarm works. Test the one at your home so you know what it sounds like and make sure it's working.
- 4 Choose an upcoming trip you plan to take – to a carnival, amusement park, the mall, or even just the grocery store – and make a safety plan with an adult. Find out what to do if a stranger approaches you in a public place.
- 5 Find out what natural disasters are most common in your area (earthquakes, blizzards, hurricanes, tornadoes, floods) and discuss with your family or another adult what to do when they happen.

JUNIOR SAFETY AWARD

Know how you and your friends can stay safe on your Junior adventures!

Juniors earn this award by completing these five steps:

- 1 Find out what the most common injuries are for kids your age. Make a list of how to prevent them. Then do a home safety audit to check for dangers around the house.
- 2 Conduct an emergency evacuation drill of your home or the place your Girl Scout group meets. In the case of fire, know where your main exit is located, and plan an alternative way to get out if the first exit is blocked.
- 3 Find out how to read weather signs so you know when to head indoors and get to safety.
- 4 Learn about bicycle safety. Research why biking helmets are important and how to check if a helmet fits you properly.
- 5 Go on a hazard-identification walk along a local hiking trail, bike trail, or horse trail.



CADETTE SAFETY AWARD

Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal responsibility statement that covers how you'll behave at school, at home, and online.

Cadettes earn this award by completing these five steps:

- 1 Learn how to make a room safe for a young child.
- 2 Find out about water safety and learn to perform a reaching assist from a dock or the side of a pool to help someone out of the water.
- 3 Teach a Daisy or Brownie what to do if she gets lost and why she shouldn't talk to strangers. (Can't meet in person? Make a video you can share with younger girls.)
- 4 With your family, make sure you have enough food, water, and medication supplies on hand to last at least three days in case of a natural disaster. (Remember to plan for pets!) It's important to have someone outside the area whom everyone in your family can contact in case you are separated. Learn who your family contact is or help your family choose a contact.
- 5 Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal-responsibility statement that covers how you'll behave at school, at home, and online.



SENIOR SAFETY AWARD

Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal responsibility statement that covers how you'll behave at school, at home, and online.

Seniors earn this award by completing these five steps:

- 1 Take a self-defense class or ask a police officer to talk to you or your group about self-defense tips. (Can't meet in person? Find some tips or watch a self-defense video online.)
- 2 Teach younger Girl Scouts about fire and kitchen safety, water safety, or safety on the trail. (Can't meet in person? Make a short video you can share with younger troops.)
- 3 Learn about the dangers of distracted driving, and make a poster or PSA about paying attention at the wheel.
- 4 Help two people to resolve a disagreement peacefully and respectfully.
- 5 Discuss the dangers of alcohol and drug use with your Girl Scout group, friends, or family. Write a personal-responsibility statement that covers how you'll behave.



AMBASSADOR SAFETY AWARD

Ambassadors earn this award by completing these five steps:

- 1 Pick a safety issue important to you, and organize a forum where other teens can discuss the issue. (Can't meet in person? Hold an online forum or pose questions on social media to start conversation.)
- 2 Talk to younger Girl Scouts about Internet safety and safe use of social media. (Can't meet in person? Make a video you can share with younger girls.)
- 3 List your duties as a counselor-in-training, volunteer-in-training, or in other leadership roles you hold. Carry the list with you, and use it to make sure you've covered all your bases when making a safety plan for trips and events.
- 4 Talk to a counselor, social worker, or someone who works at a local women's shelter to find out more about how to stay safe while dating. (Can't meet in person? Try email, phone, or search online for resources.)
- 5 Pick a sport or outdoor activity you enjoy. Find out how rules, training, and safety equipment are designed to protect players.

December: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

December: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► January: Cookies and Entrepreneurship

The world-famous Girl Scout Cookie Program is the world's largest girl-owned business, and it teaches our Girl Scouts real-life business skills.

Free Patch of the Month: GSNWGL Cookies



If your troop completes a cookie or entrepreneurship activity this month, every participating Girl Scout can earn a free GSNWGL Cookies patch!

By February 28 | Tell us about the entrepreneurship activities you did this month to receive free patches for your troop.

Cookies



Ideas to Earn the Free Patch

- Hold a troop cookie kick-off party. An activity plan will be available in December 2025.
- Attend a Service Area cookie rally as a troop.
- Have a family cookie meeting, where families earn the Cookie Entrepreneur Family pins with their Girl Scouts.
- Have a Master Chef competition with cookie-inspired recipes.
- Have a local expert teach marketing strategies.
- Earn a cookie-themed badge. There are options for each grade level.
- Work together to film cookie commercials, make displays for parent workplaces, or make booth decorations.
- Ask an older Girl Scout troop to visit your troop and help your Girl Scouts with their sales pitches. Or help a younger troop!
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Cookie Badges

- Daisy: My First Cookie Business or Cookie Goal Setter
- Brownie: My Cookie Customers or Cookie Decision Maker
- Junior: My Cookie Team or Cookie Collaborator
- Cadette: Cookie Market Research or Cookie Innovator
- Senior: Cookie Boss or Cookie Influencer
- Ambassador: Cookie Business Resume

Helpful Resources for this Month



MLK Junior Day
Community Service
Patch Program



Cookie Entrepreneur
Family Pin



GSNWGL Cookie Resources



GSUSA New Leader
Onboarding: The Girl
Scout Cookie Program
course on gsLearn



January: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

January: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► February: STEM (Science, Technology, Engineering, and Mathematics)

Doing at least one Girl Scout STEM activity results in higher levels of interest, confidence, and understanding of the value of STEM to society.

Free Patch of the Month: GSNWGL STEM



If your troop completes a STEM activity this month, every participating Girl Scout can earn a free GSNWGL STEM patch!

By March 31 | Tell us about the STEM activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Do fun, simple science experiments with your troop.
- Invite a speaker with a STEM career to your troop meeting.
- Use the SciStarter website to find and complete a citizen scientist project.
- Earn a STEM-related badge, like STEM Career Explorer, Space Science, Coding Basics, or Digital Game Design.
- Visit a planetarium, science center, or geology museum.
- Visit a wastewater treatment plant or recycling center.
- Tour a medical facility, a veterinarian's office, or a dentist's office.
- Tour a greenhouse.
- Visit a local university or technical college science department.
- Visit a fire or police department and learn about the science and technology they utilize.
- Visit a zoo or nature center.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: STEM Career Exploration Badges

These badges apply to Girl Scouts of all levels, as well as multi-level troops, because there is a badge for every grade level.

Hints for Multi-Level Troops Earning This Badge

If you can't break up and work on badges separately, there are many ways to collaborate.

Example: The entire troop could engineer a tower out of found objects, conduct a job shadow, or interview a woman in a STEM career; however, the experience would be quite different for different age groups. Typically, Daisies complete three steps, while all other levels complete five. Older Girl Scouts can continue their projects at a future meeting or finish up at home. Here are the basic requirements and some ideas for all levels earning the STEM Career Exploration badges:

1. **Explore your STEM interests.** Your troop might try hands-on science, technology, engineering, or math activities, such as science experiments, building and design projects, computer or tech activities, and math games. Discuss and decide which STEM areas intrigue you most.
2. **Discover STEM careers.** You could ask your Girl Scouts to identify careers in the STEM fields that interest them. Have them each research a career, make posters, read books, or write a newspaper article or story.
3. **Learn about the day-to-day activities.** Your troop could invite guest speakers, go on a field trip to a place with STEM-related staff, or write to speakers in STEM fields. If you can't find a local resource, YouTube can be a helpful alternative.
4. **Explore career paths/education.** Find out what you have to do to have a STEM career. You could talk to a college counselor or research online.
5. **Set a goal.** Your troop could have a group discussion, create a vision board, plan the steps to learn more, and then present their findings to others.

Helpful Resources for This Month



Science Experiments
(from our friends at
Girl Scouts of Utah)



SciStarter Website



STEM Badges



World Thinking Day
Award
[World Thinking Day is
February 22]



STEM Videos



Finance Training on
gsLearn

February: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

February: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► March: Girl Scout Traditions

Girl Scouts began on March 12, 1912, and has been a sisterhood ever since. Try a long-standing tradition that makes Girl Scouting special.

Free Patch of the Month: GSNWGL Traditions



If your troop completes a Girl Scout traditions activity this month, every participating Girl Scout can earn a free GSNWGL Traditions patch!

By April 30 | Tell us about the Girl Scout tradition activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Learn about SWAPS* and make some to share.
*Special Whatchamacallits Affectionately Pinned Somewhere
- Plan to celebrate Girl Scout Week.
- Learn about the founder of Girl Scouts, Juliette Gordon Low.
- Learn some traditional Girl Scout or camp songs and sing them together as a group.
- Borrow some historic uniforms from GSNWGL and have a fashion show.
- Try a badge or activity from a past Girl Scout era.
- Discover the international World Centers and their locations.
- Have a Girl Scout from another generation come in and talk with the troop.
- Plan your troop bridging ceremony.
- Say the Girl Scout Promise or Law to start your troop meeting.
- Close your Girl Scout meeting with a Friendship Circle.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Girl Scout Way Badges

Girl Scout Way badges are an excellent option for all troops, as there is a Girl Scout Way badge for every level except for Daisy. For Daisies, these activities can count toward the Violet Sisterhood petal, or you can complete them to earn the free fun patch.

Hints for Multi-Level Troops Earning This Badge

If you can't break up and work on badges separately, there are many ways to collaborate. Badge requirements are all about exploring the world, learning new things, creating, discovering interests and talents, and connecting with others. Personalize the activities for your troop.

Example: All of your Girl Scouts could make SWAPS or write a letter to a sister Girl Scout, but their projects would be very different. Here are the basic requirements and some ideas for all levels earning the Girl Scout Way badges:

1. **Sing Girl Scout songs.** Your troop could learn traditional songs, campfire songs, and other popular tunes. Sing them at a nursing home, teach them to your family, or host a campfire singalong.
2. **Celebrate a Girl Scout traditional holiday.** Your troop could celebrate Girl Scout Week and the Girl Scout Birthday on March 12, celebrate World Thinking Day on February 22 (belated), or make plans to celebrate Leaders' Day on April 22.
3. **Share sisterhood.** You might consider an activity that allows you to get to know other troops, write a letter to a Girl Scout from another area, invite a former Girl Scout from a past decade to speak with your troop, create art for former Girl Scouts at a senior center, or host a 'Bring a Friend' activity.
4. **Leave a place better than you found it.** Participate in a community service project. You could clean up a camp, Girl Scout property, park, or school playground.
5. **Enjoy Girl Scout traditions.** Participate in a tradition, such as ceremonies or SWAPS. Your Girl Scouts could teach them to a younger troop, family, or friends.

Helpful Resources for This Month



SWAPS



Juliette Gordon Low



Girl Scout Week



Celebrations & Ceremonies



Traditions & Ceremonies

March: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

March: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► April: Outdoor Activity or Overnight Camp

Through progression, Girl Scouts learn the skills they need to become competent in the outdoors, from simple skills to outdoor adventures.

Free Patch of the Month: GSNWGL Outdoor



If your troop completes an overnight camp or outdoor activity this month, every participating Girl Scout can earn a free GSNWGL Outdoor patch!

By May 31 | Tell us about the overnight camp or outdoor activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Do a nature scavenger hunt.
 - *Day and night scavenger hunts are on page 33.*
- Go for a hike on a trail.
- Earn an outdoor badge.
- Go birdwatching.
- Participate in an outdoor service project at a local nature center.
- Go overnight camping at a Girl Scout property. Learn new outdoor skills, such as pitching a tent, building a campfire, or using knives safely.
- Attend a program with Adventures on the Go or participate in an outdoor experience through GSNWGL Support on the Go.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Trail Adventure Badges

Trail Adventure activities work well for all troops, as there is a Trail Adventure badge available for every level.

Hints for Multi-Level Troops Earning This Badge

If you can't break up and work on badges separately, there are many ways to collaborate. Badge requirements are all about exploring the world, learning new things, creating, discovering interests and talents, and connecting with others. Personalize the activities for your troop.

Example: Your whole troop could take a hiking trip, but the older Girl Scouts could take on a more leadership role in the planning. Here are the basic requirements and some ideas for all levels earning the Trail Adventure badges:

1. **Choose your outdoor adventure.** Your troop could try some outdoor trail activities, such as hiking, orienteering, or trail running.
2. **Plan and prepare.** Create a budget, schedule, or plan. Discover how the activity affects your body—research local trails, parks, and nature centers to find the best options for your needs.
3. **Gather your gear.** You could tour an outdoor store, make a supply list, and compare outdoor gear. Learn how to use and set up your gear, discover technology and apps that can help, and practice hiking with a full backpack.
4. **Train for your adventure.** Your troop could go on shorter hikes or runs or learn and practice outdoor skills that will help, such as compass use and knot tying.
5. **Go on your outdoor adventure.** Check out your local state and county parks, create an adventure journal, and participate in a trail scavenger hunt or game. Take videos or photos of your trip.

Helpful Resources for This Month



Get Outdoors



Preparing to Go Outdoors



Leave No Trace



Outdoor Badges



Support on the Go



GSUSA
Girl Scouts in the Outdoors
training course on gsLearn

Day Hike Scavenger Hunt

Night Hike Scavenger Hunt



Bird



Pinecone



Tree Roots



Squirrel



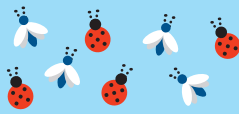
Ant



Tall Grass



Spider Web



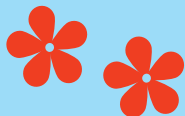
Flying Bug



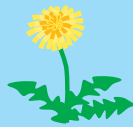
Acorn



Cloud



Flower



Dandelion



Two Similar Rocks



Animal Footprints



Mushroom



Wild Berries



Moon



Crickets Chirping



Constellation



Moth



Owl Hooting



Footprints



Frog Croaking



Shadow



Firefly / Lightning Bug



Bat



Shooting Star



Birds Tweeting



Spider Web



Pinecone



Howling or Barking



Feather

April: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

April: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► May: Celebrations

This month, celebrate the accomplishments of the year and have some fun!

Free Patch of the Month: GSNWGL Celebrations



If your troop completes a celebration activity this month, every participating Girl Scout can earn a free GSNWGL Celebrations patch!

By June 30 | Tell us about the celebration activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Host a significant year-end event, such as a troop trip, a visit to a restaurant, a horseback riding excursion, an amusement park visit, or a trip to a water park.
- Attend a Service Area ceremony.
- Plan a troop bridging or Court of Awards ceremony.
- Invite families to a park for an end-of-year potluck.
- Hold a year-end party for your troop.
- Learn about flag etiquette and flag ceremonies.
- End the year by sharing your talents with others. Host a talent show, science fair, or art gallery.
- Have a campfire cookout and celebrate with hot dogs and s'mores.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Athlete Badges

This badge is an excellent option for all troops, as athlete badges are available for most levels. There isn't a Daisy athlete badge, but they can practice fairness in outdoor games and athletic competitions to earn the Honest and Fair petal or a sports fun patch. It's the perfect time of year to get outside and try some fitness activities in a park or school playground.

- Brownies: Fair Play
- Juniors: Practice with Purpose
- Cadettes: Sportsmanship
- Seniors: Cross Training
- Ambassadors: Coaching

Hints for Multi-Level Troops Earning This Badge

If you can't break up and work on badges separately, there are many ways to collaborate. **Example:** All the Girl Scouts could practice running relay races or participate in a softball game, but their abilities and experience would vary.

Here are the basic requirements and ideas for all levels earning the Athlete badges:

1. **Choose an activity.** As a troop, discuss a sport or athletic activity you want to focus on. Set a goal for the activity.
2. **Preparation is key.** Your Girl Scouts could participate in drills, short runs, or weightlifting exercises. Build your endurance, strength, or skills for your activity. Practice!
3. **Show good sportsmanship.** Discuss your definition of sportsmanship, practice good sportsmanship, and be a good teammate.
4. **Hold the big event.** Attend your race, hold your big game, and so on.
5. **Complete a final assessment.** Discuss and evaluate. How did it go? What will you continue?

Helpful Resources for This Month



Girl Scout Bridging Guide



Bridging Kits



Troop Finance Report



Renewal



Flag Ceremonies



Alum

May: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

May: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

► Summer: Love the Outdoors and Summer Camp

Summer is for fun! Most Girl Scout troops opt for outdoor activities or fun, casual events over the summer.

Free Patch of the Month: GSNWGL Summer



If your troop completes a Love the Outdoors or summer activity this month, every participating Girl Scout can earn a free GSNWGL Summer patch!

By September 30 | Tell us about the Love the Outdoors or summer activities you did this month to receive free patches for your troop.



Ideas to Earn the Free Patch

- Go camping or attend a troop camp together.
- Go swimming at a pool or YMCA (with a lifeguard!).
- Visit a farmer's market.
- Go to the zoo.
- Have a picnic.
- Play volleyball, kickball, or other outdoor games.
- Attend an outdoor movie.
- Make sidewalk chalk art.
- Attend a county fair or local festival.
- Make ice cream.
- Plant a garden.
- Have a tie-dye day.
- Go on a night hike and do some stargazing.
- Set up a bicycle obstacle course.
- Fly kites.
- Have an outdoor scavenger hunt.
- Have a water day with slip and slide, sprinklers, and water balloons.
- Go mini-golfing.
- Paint and hide kindness rocks.
- Plant wildflower seeds for pollinators.
- Come up with other fun ideas that fit the theme!

Badge/Award Idea of the Month: Outdoor Challenge Patches



Earn the Girl Scouts Love the Outdoors Challenge patch by finding new ways to explore the great outdoors. You don't need to travel far. You can complete activities in your neighborhood, at a park, or by using your imagination. Complete at least 25 activities from the list on the following page to earn your patch. You decide what you want to try. Go for anything on the list that seems like fun! Scan the QR code to visit the Girl Scout website for the current Girl Scouts Love the Outdoors Challenge activities.





Girl Scouts Love the Outdoors Challenge

Celebrate summer! Earn the Girl Scouts Love the Outdoors Challenge patch by finding new ways to discover the great outdoors. You don't need to travel far—you can complete activities in your neighborhood, at a park, or by using your imagination. The challenge begins in June and ends with the Girl Scouts Love State Parks weekend (dates vary). Use #gsoutdoors on social media to share your adventures with family and friends.

The activities below are samples from the 2025 Girl Scouts Love the Outdoors Challenge.

Complete at least 25 activities from the list below to earn your patch.

You decide what you want to try—go for anything on the list that seems like fun!

☐ Participate in Girl Scouts Love State Parks in September

☐ Draw a map for a scavenger hunt in a backyard or park

☐ Make a recipe using a fresh in-season fruit or vegetable

☐ Paint, draw, or sculpt the clouds

☐ Find (but don't touch) four living things at the beach

☐ Practice tying two different types of knots outdoors

☐ Visit a local farmers' market

☐ Get muddy on a rainy day

☐ Search for bugs in a backyard or at a playground and draw the ones that you see

☐ Make a photo album of your favorite outdoor memories

☐ Learn about the connections between nature and the Indigenous people in your area

☐ Plan a screen-free outdoor day or camping trip with friends or family

☐ Learn to identify three different types of birds and their calls

☐ Attend an outdoor event related to a cause that's important to you

☐ Interview a park ranger about their work

☐ Plant, protect, or honor a tree with friends or family as part of the Girl Scout Tree Promise

☐ Talk to an adult about what they liked to do outdoors as a kid

☐ Go berry picking at a local farm

☐ On a clear night, identify three different constellations

☐ Team up with a friend or family member and dance around your block or neighborhood

☐ Visit a local statue or monument

☐ Build a sand sculpture

☐ Make a leaf rubbing

☐ Help a neighbor care for their lawn, garden, or other outdoor space

☐ Host or attend a clean-up at your local beach or park

☐ Set up an indoor "campsite" with sleeping bags or blankets

☐ Read a book or take a nap in a hammock

☐ Learn about climate change or take on the Girl Scout Climate Challenge

☐ Track the weather for five days and compare it to previous years

☐ Create a playlist of songs inspired by nature

☐ Make a mud pie or sand pie

☐ Help with park beautification or improvement projects

☐ Draw, paint, or take pictures of the Moon for a week

☐ Try citizen science with a project for Girl Scouts on SciStarter

☐ Design an indoor or outdoor garden

☐ Make a collage about an environmental issue you care about

☐ Show a friend or family member how to read a compass

☐ Learn about and remove or prevent invasive species in your area

☐ Find an artist whose work is inspired by nature and pick five favorites

☐ Teach the seven principles of Leave No Trace to a younger Girl Scout

☐ Get moving with outdoor yoga, soccer, or any sport outdoors

☐ Find out how you could help save an endangered plant or animal in your area

☐ Write a story or poem starring the clouds, Sun, and Moon

☐ Play pickleball

☐ Take turns making animal noises with friends

☐ Make s'mores while singing your favorite Girl Scout songs

☐ Paint a landscape of a backyard, a park, or any outdoor place you imagine

☐ Play a classic game such as Red Light, Green Light or tag

☐ Meet with or join a local environmental group to help the planet

☐ Attend or host an outdoor movie night

Completed your 25 activities?

Look for this year's patch!



Patches from previous years' Girl Scouts Love the Outdoors Challenges

Summer: Meeting 1

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:

Summer: Meeting 2

Date/Time/Location:

Badge/Award to work on:

Meeting Plan:

- ▶ Pre-Meeting Activity
- ▶ Opening (Include the Girl Scout Promise and Law)
- ▶ Business
- ▶ Activities
- ▶ Clean Up
- ▶ Closing (Include a Friendship Circle)

Supplies Needed:

Volunteers:

Snack:



Share your story!



We know Girl Scouts do awesome stuff! Girl Scouts are go-getters, innovators, risk-takers, and leaders, and we want to hear all about the things you do!

Scan the QR code to tell us all about your Girl Scout experiences, adventures, and memories. We love pictures—share those too (with parent permission)!



- Did you do an amazing community service project? Tell us about it!
- Did your troop go on an awesome outing? Tell us about it!
- Did a Girl Scout experience shape your life? Tell us about it!
- How has volunteering impacted your life? Tell us about it!
- Have you participated in Girl Scout experiences as a family? Tell us about it!
- What inspires you to support Girl Scouts? Tell us about it!



Connect with us.

-  [youtube.com/gsnwgl](https://www.youtube.com/gsnwgl)
-  [facebook.com/gsnwgl](https://www.facebook.com/gsnwgl)
-  [pinterest.com/gsnwgl](https://www.pinterest.com/gsnwgl)
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-  [instagram.com/gsnwgl](https://www.instagram.com/gsnwgl)
-  info@gsnwgl.org
-  [gsnwgl.org](https://www.gsnwgl.org)
-  888.747.6945