


♥ Girl Scouts Love the Outdoors Challenge ♥

Summer is the perfect time to get outside and have some fun under the sun! There are so many ways to put yourself out there, whether it's from your window, at the playground, near a campsite, or on an open trail.

From June 1 to September 10, head outside and take the outdoor challenge. Enjoy fun activities that will help you feel happier, relaxed, and in touch with nature. Be sure to check how many you should do based on your grade level. Share your adventures and encourage others to get outside by using #gsoutdoors. Happy trails!

Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch





Activities per grade level:

K-1 (Daisies).....	20
2-3 (Brownies).....	25
4-5 (Juniors).....	30
6-8 (Cadettes).....	35
9-12 (Seniors & Ambassadors).....	40

Get the patch!

1. Sing a song with a friend about nature 
2. Visit animals at your local zoo, farm, or animal sanctuary
3. Attend Girl Scout summer camp
4. Organize a tree planting event with your friends using the **Girl Scout Tree Promise**
5. Identify three plant types: a tree, a shrub, and ground cover
6. Imagine you are a flying insect—what type are you and what will you explore?
7. Perform a dance about the wind

8. Gather your friends for a fun game of hopscotch
9. Make a nature-inspired gift for someone special
10. Learn the difference between weather and climate with the **Climate Challenge**
11. Enjoy s'mores with friends under the stars 
12. Observe and record the changing phases of the moon
13. Complete a high ropes course
14. Visit a state park virtually on www.girlscouts.org/stateparks
15. Paint a scene set from the top of a mountain or tall building
16. Dress for a weather event common in your climate
17. Go bouldering or rock climbing
18. Squish mud between your fingers
19. Partner with your best friend(s) to identify the different types of clouds—have fun spotting familiar shapes, too!
20. Go on a night sky scavenger hunt: identify stars, constellations, or planets with the **Resilient. Ready. Strong. Challenge**
21. Write a poem about water 
22. Create a nature journal and sketch a plant
23. Practice your observation skills in the school yard or local playground as a **citizen scientist**
24. Take a photo of three examples of nature in an unusual place
25. Observe the Perseids (July 14 – September 1) meteor showers
26. Draw, paint, or photograph the life cycle of a moth or butterfly 
27. Camp outdoors overnight
28. Find a flower and write a poem about it

29. Identify 5 constellations
30. Take a **closer look at bugs** in action
31. Practice Leaving No Trace in celebration of **Girl Scouts Love State Parks** Weekend September 9 & 10
32. Take a selfie connecting with nature at a local, state, or national park
33. Draw a map of your neighborhood and mark where there are trees 
34. Practice yoga outside for twenty minutes
35. Find someone who loves the ocean and ask them to share why
36. Count the number of trees in your yard, street, or block
37. Learn a new swim stroke
38. Tie a **square knot**
39. Sit silently for two minutes in nature. Name three sounds you hear
40. Teach a friend an outdoor survival skill such as water purification
41. Practice the **Check, Call, Care** first aid steps
42. Write a haiku about the rain
43. Interview an outdoor leader to learn about their career 
44. Identify three **birds native to your community**
45. Gather your troop to protect the planet by organizing a “clean-up” event in your community
46. Safely observe storm clouds and describe their movement to a family member
47. Learn how the original **Indigenous stewards** of the land where you live grew or gathered food
48. Meditate for five minutes in nature
49. Teach a friend how to use a compass
50. Learn about to protect trees from invasive species using the **Tree Promise Toolkit**