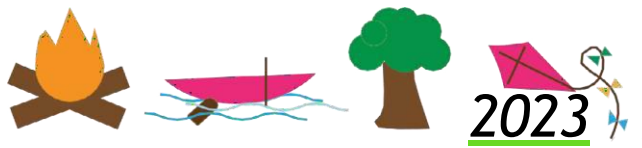


Get Outdoors Challenge

Challenge Activities

<input type="checkbox"/> Identify 5 animal tracks	<input type="checkbox"/> Pick up trash in your local park	<input type="checkbox"/> Create a DIY sprinkler with a recycled water bottle
<input type="checkbox"/> Build a planter box and create a mini pollinator garden	<input type="checkbox"/> Spend time in a hammock or tire swing	<input type="checkbox"/> Make a map of your favorite outdoor location
<input type="checkbox"/> Learn the 7 Principles of Leave No Trace and discuss ways to practice in your community	<input type="checkbox"/> Light a campfire without matches	<input type="checkbox"/> Participate in a GSHPA summer event (virtual or in-person)
<input type="checkbox"/> Learn about macroinvertebrates and try to find one	<input type="checkbox"/> Take part in Girl Scouts Love State Parks	<input type="checkbox"/> Try a climbing wall or ropes course
<input type="checkbox"/> Visit a waterfall	<input type="checkbox"/> Make a mask for a theatrical skit using mostly recycled materials, and perform in your yard or local park with friends	<input type="checkbox"/> Draw/paint a natural scene. Visit Poe Valley for nature inspiration
<input type="checkbox"/> Watch fireflies at night	<input type="checkbox"/> Try slacklining	<input type="checkbox"/> Learn to cartwheel
<input type="checkbox"/> Go for a bike ride	<input type="checkbox"/> Go backpacking	<input type="checkbox"/> Cook over a campfire
<input type="checkbox"/> Make a schedule for the day, and invite friends to your Backyard Olympic games	<input type="checkbox"/> Find your way with a map and compass	<input type="checkbox"/> Learn about and go for a trail run
<input type="checkbox"/> Go on a sunrise hike	<input type="checkbox"/> Identify 8 flowers in your neighborhood or local park	<input type="checkbox"/> Collect data for a citizen science project on SciStarter.com
<input type="checkbox"/> Exchange SWAPS with friends	<input type="checkbox"/> Explore a cave	<input type="checkbox"/> Visit a popular fishing spot and learn about types of fish that are local to you
<input type="checkbox"/> Go horseback riding	<input type="checkbox"/> Go camping (cabins, lodges, yurts, or tents)	<input type="checkbox"/> Go zip lining
<input type="checkbox"/> Try geocaching	<input type="checkbox"/> Build an obstacle course outside	<input type="checkbox"/> Visit a Pennsylvania State Park
<input type="checkbox"/> Visit a National Park	<input type="checkbox"/> Slip down a slip 'n slide	<input type="checkbox"/> Sing songs at a campfire
<input type="checkbox"/> Go on a night hike	<input type="checkbox"/> Make a wind chime- Try using recycled cans or keys no longer in use	<input type="checkbox"/> Watch the sunset or sunrise
<input type="checkbox"/> Visit The Arboretum at Penn State	<input type="checkbox"/> Learn about invasive species- How do we prevent Spotted Lanternflies locally?	<input type="checkbox"/> Track the phases of the moon for a week
<input type="checkbox"/> Have an outdoor movie night	<input type="checkbox"/> Visit a National Forest	<input type="checkbox"/> Go fishing- Learn about catch and release
<input type="checkbox"/> Visit a museum or zoo	<input type="checkbox"/> Learn 5 new knots	<input type="checkbox"/> Take 5 nature photos
<input type="checkbox"/> Skip stones	<input type="checkbox"/> Participate in The Girl Scout Climate Challenge!	<input type="checkbox"/> Trace shadows with chalk
<input type="checkbox"/> Try a new swim stroke	<input type="checkbox"/> Volunteer at your local park to help with trail maintenance	<input type="checkbox"/> Plant daisies in honor of Girl Scouts Founder Juliette "Daisy" Gordon Low

Number of Activities Required Per Grade Level					
Daisy	Brownie	Junior	Cardette	Senior	Ambassador
20	25	30	35	40	45

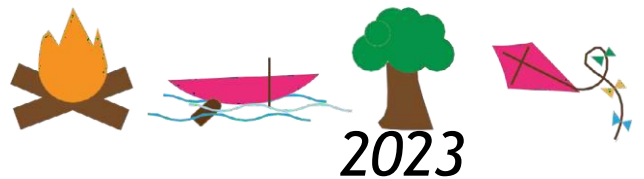


Get Outdoors Challenge

Complete the required number of activities for your grade level to earn a fun patch!

<input type="checkbox"/> Help a family member or friend with an outdoor chore	<input type="checkbox"/> Build and put up a bat house	<input type="checkbox"/> Start a nature journal
<input type="checkbox"/> Identify 5 constellations	<input type="checkbox"/> Count how many birds you can find in 1 day	<input type="checkbox"/> Complete the Outdoor Journey for your age level
<input type="checkbox"/> Build a kite using a paper bag and twigs, try flying it outside	<input type="checkbox"/> Make your own bubble solution with dish soap and blow bubbles outside	<input type="checkbox"/> Roll down a hill
<input type="checkbox"/> Tour the Little Libraries in your community	<input type="checkbox"/> Build an outdoor shelter or fort	<input type="checkbox"/> Try archery or take lessons
<input type="checkbox"/> Create Recycled Newspaper Seed Starter Pots	<input type="checkbox"/> Identify 8 insects	<input type="checkbox"/> Explore a cave
<input type="checkbox"/> Take part in the Girl Scout Tree Promise by planting a tree	<input type="checkbox"/> Explore diverse habitats at a state park like Nescopeck State Park	<input type="checkbox"/> Visit a greenhouse or plant nursery
<input type="checkbox"/> Set up a nature scavenger hunt	<input type="checkbox"/> Have a picnic	<input type="checkbox"/> Camp out in your yard for the night
<input type="checkbox"/> Complete activities to earn the "PNC CFO" Patch	<input type="checkbox"/> Participate in a National Service Project to help your community	<input type="checkbox"/> Practice Leave No Trace and pick up litter while hiking a trail
<input type="checkbox"/> Nature themed yoga- Show off your best tree pose, stretch your wings like a bird	<input type="checkbox"/> Swim in a lake, pond, or the ocean	<input type="checkbox"/> Visit a botanical garden
<input type="checkbox"/> Play flashlight tag at night	<input type="checkbox"/> Visit a botanical garden	<input type="checkbox"/> Set up a nature scavenger hunt
<input type="checkbox"/> Research edible plants and search your neighborhood for some	<input type="checkbox"/> Give orienteering a try at a state park like Greenwood Furnace	<input type="checkbox"/> Learn about macro invertebrates and try to find one
<input type="checkbox"/> Visit an outdoor historically significant location	<input type="checkbox"/> Explore a new place by signing up for a GS Destinations or Getaways travel program	<input type="checkbox"/> Observe wildlife (from a safe distance!) at a state park
<input type="checkbox"/> Try positive meditation outside. Focus on the sounds in nature	<input type="checkbox"/> Have a water battle or run through a sprinkler	<input type="checkbox"/> Visit a waterfall or two at a state park like Ricketts Glen
<input type="checkbox"/> Plan a lake beach trip at a state park like Tuscarora	<input type="checkbox"/> Build an outdoor shelter or practice pitching a tent	<input type="checkbox"/> Sing with the birds by learning the calls of different birds in your neighborhood
<input type="checkbox"/> Host a campfire and make s'mores	<input type="checkbox"/> Start a garden (vegetable, herb, or fairy)	<input type="checkbox"/> Explore a unique water habitat and the creatures that live there at a state park
<input type="checkbox"/> Learn about the Appalachian Trail and hike a section at a state park (ex. Pine Grove Furnace!)	<input type="checkbox"/> Research Climate Change and how you can combat it on the local level	<input type="checkbox"/> Research the history of a nearby state park (like Hickory Run!) before visiting
<input type="checkbox"/> Host and invite fellow Girl Scouts to a campfire	<input type="checkbox"/> Learn about Purple Lizard maps and plan your next adventure! www.purplelizard.com	<input type="checkbox"/> Explore the night sky by completing an activity from the Great Space Challenge
<input type="checkbox"/> Naturally tie-dye an old tshirt using turmeric or paprika	<input type="checkbox"/> Bike a trail path at a state park like Gifford Pinchot	<input type="checkbox"/> Visit a local farm or orchard

Number of Activities Required Per Grade Level					
Daisy	Brownie	Junior	Cardette	Senior	Ambassador
20	25	30	35	40	45



Get Outdoors Challenge

How to Use Your Outdoor Challenge Activity Sheet:

- ✓ This is a group OR individual activity. Girls have the opportunity to complete this individually or with other Girl Scouts!
- ✓ Complete the required number of activities for your Girl Scout level and submit a photo or scan of your completed activity sheet. The number of activities required per grade level can be found at the bottom of each **Challenge Activities** page.
- ✓ The last day to turn in your Get Outdoors challenge is **May 17, 2024**. Please submit using the following link: <https://gsheartpa.wufoo.com/forms/xrd97wg16d1aao/>
- ✓ You can submit your completed activity sheet any time before May 17, 2024. Patches will be mailed from GSHPA on a monthly basis. All participants will receive their Outdoor Adventure patch by June 30, 2024.
- ✓ When you submit your activity sheet, you will be asked to provide information for your Girl Scout. This includes name, troop number, Service Unit, mailing address, and parent/guardian information.

PLEASE NOTE: The Outdoor Challenge Activity Sheet may be used by anyone, but **only GSHPA girl members will receive the fun patch.**

The Service Unit with the highest percentage of participants within a Service Unit will win a Free GSHPA council-led Girl Scout Adventure Day for up to 60 girls!

Girl Scout Adventure Day will be held on a GSHPA camp property. The winning Service Unit will be expected to maintain girl-adult ratios as outlined in Volunteer Essentials for this event. A selection of dates will be made available to the winning Service Unit. The GSHPA Outdoor Program Coordinator will work closely with the Service Unit to decide on a date and location. GSHPA will provide all activity supplies for this event. Activities will be determined based on girl level, location, and weather. We can't wait to hear more about your outdoor adventures this season!