



**Out of doors
all our senses
are fully
rewarded.
Our eyes are
grateful for the
long view and
for the color
and beauty
of growing
things...**

*—Brownie Girl Scout
Handbook, 1965*

*Made possible by a generous grant
from the Elliott Wildlife Values Project*



Outdoor Adventurer

What happens when you invite a friend to climb the tallest hill you can find, or buddy up to take a walk around your neighborhood at night? What do you see? What do you hear? There are so many amazing adventures waiting for you. So hang on, jump in, and get ready to explore the great outdoors!

Steps

1. Play outdoors in a new way
2. Explore nature
3. Buddy up and play outdoor games
4. Learn a camp skill
5. Care for the outdoors

Purpose

When I've earned this badge, I'll have tried a lot of new things outdoors and learned which activities I want to do again.





Before You Start

MAKE SURE TO:

- **Buddy up.** Which adult will you invite along as you earn this badge?
- **Bring water.** It's important to have water on hand whenever you're active!
- **Wear protective clothes and sunscreen.** Check the forecast, and be ready for all kinds of weather.
- **Light up the dark.** Carry a flashlight when you go on a night hike, star-watching adventure, or any other after-dark activity.



STEP

1 Play outdoors in a new way

Start your adventure by finding a new way to get moving outside! Maybe set up a sprinkler and dance through it with friends. Climb a big hill and have a picnic at the top. It's all up to you—just get outside and try something new!

CHOICES – DO ONE:

- ☐ **Try an outdoor challenge.** How could you take something you like to do outside and make it a bit more adventurous? Invite a friend to climb a hill that's taller than the ones you've climbed before. Partner up and bike a little farther or in a new place. Or think up your own idea! Just make sure to get permission for whatever you decide to try.

OR

- ☐ **Explore the night.** After the sun sets, find out how the world outside changes. Grab a flashlight, team up with an adult, and go for a nighttime walk around your neighborhood. Search for nighttime critters. Chase fireflies. Listen for sounds. Do you hear crickets or frogs? Do you see the Big Dipper in the sky? Use the stars as your disco ball and dance!

OR

- ☐ **Have fun with water.** Take a rowboat on a lake or river. Slip off your shoes and wade in a creek. Jump over the shallow waves at the edge of the ocean. Skip a stone across a pond. (How many skips can you get before it sinks to the bottom?) If you know how to swim, take a dip in the ocean, lake, or pool.

Every step has three choices. Do **ONE** choice to complete each step.
Inspired?
Do more!

More to Explore

Want to have strong arms for swimming? Practice by swinging your body across the monkey bars at a playground. Or just see how long you can hang on!

STEP 2 Explore nature

Nature is the hundreds of plants and insects you see when you hike a trail. It's the puffy clouds in the sky. It's the sound of frogs croaking. It's the smell of flowers. It's the way a worm feels slimy when you touch it. Nature is awesome. It's surprising. Sometimes it's even weird. Let's explore it!

CHOICES — DO ONE:

☐ **Go on a nature hike.** Go on a treasure hunt to collect leaves, pinecones, shells, acorns, and odd-shaped rocks. Follow tracks on a trail—were they left by humans or by other creatures? Or go bird watching and count how many different kinds of birds you see.

OR

☐ **Create a scent diary.** Bring a notebook and draw or write about the things that create the unusual, amazing, and mysterious scents you can find outdoors. (You can even tape things that you find into your notebook!) Do you smell pine from a tree? Leaves or wildflowers? A campfire burning? How does the air smell after a rain? Whether exploring on a trail, in a local park, or in your own backyard, make sure to stop and close your eyes to take in the scents. Can you describe what you smell?

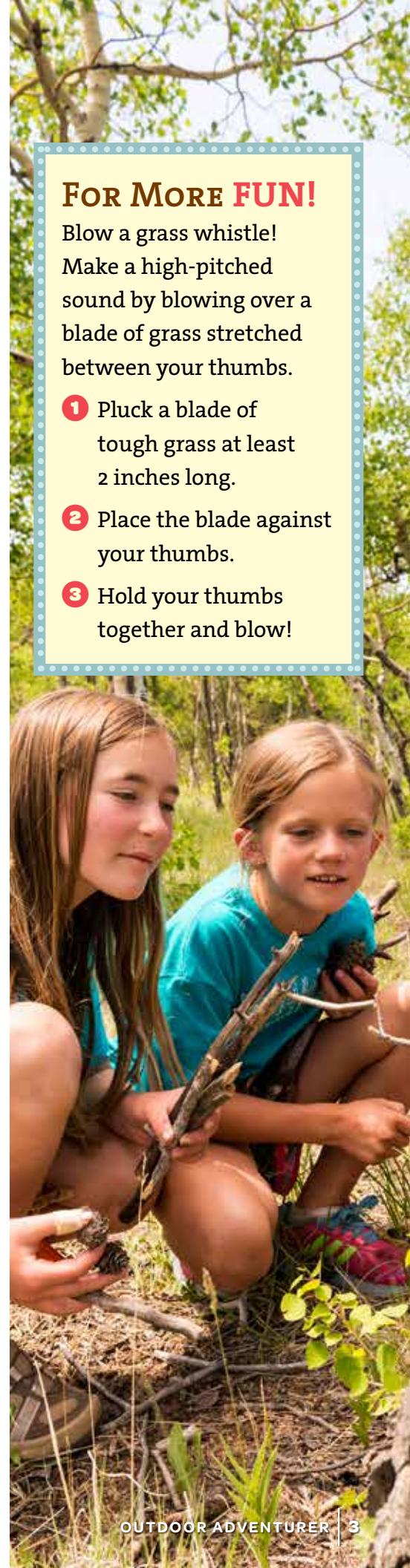
OR

☐ **Sky watch.** On the next page, learn about different kinds of clouds. Then go outside and look at the sky. What colors and shapes do you see? Are the clouds white or gray? Can you see through them, or are they thick and fluffy, like cotton candy? Are the clouds moving? Watch the sky at different times of the day to see how it changes. Draw at least five of the different cloud shapes and colors you've seen.

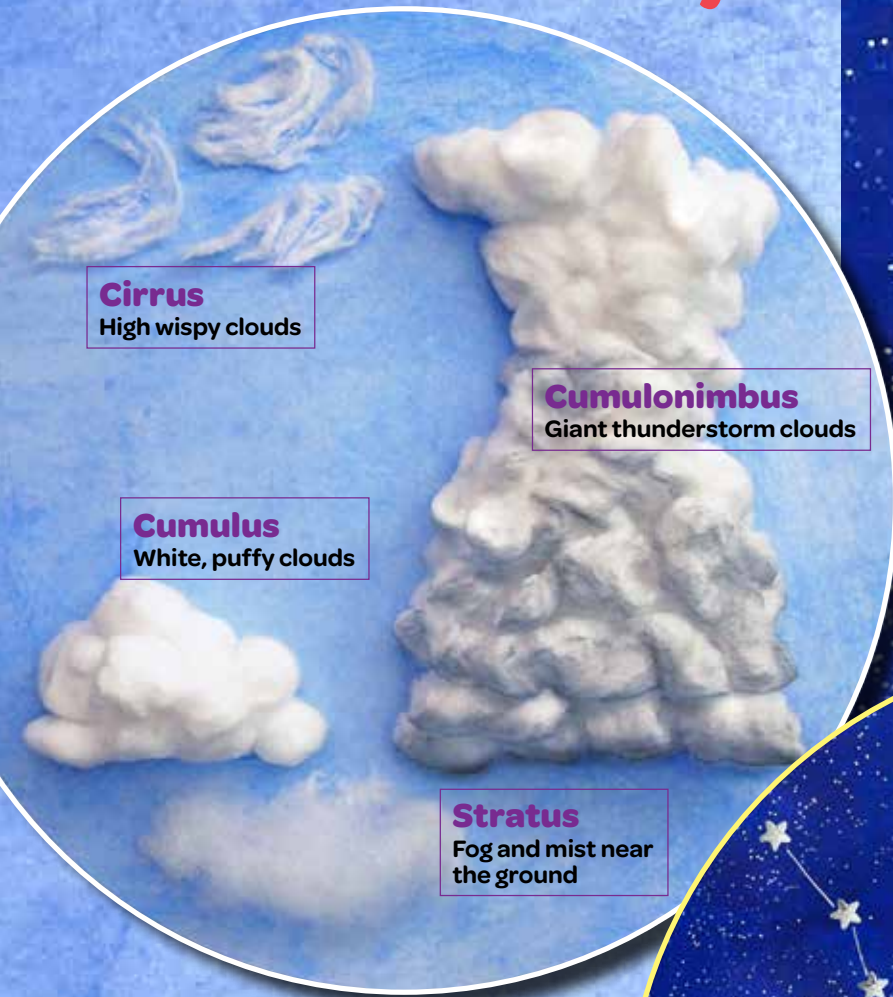
FOR MORE FUN!

Blow a grass whistle!
Make a high-pitched sound by blowing over a blade of grass stretched between your thumbs.

- 1 Pluck a blade of tough grass at least 2 inches long.
- 2 Place the blade against your thumbs.
- 3 Hold your thumbs together and blow!



Sky Watch



Cirrus

High wispy clouds

Cumulonimbus

Giant thunderstorm clouds

Cumulus

White, puffy clouds

Stratus

Fog and mist near the ground

Day

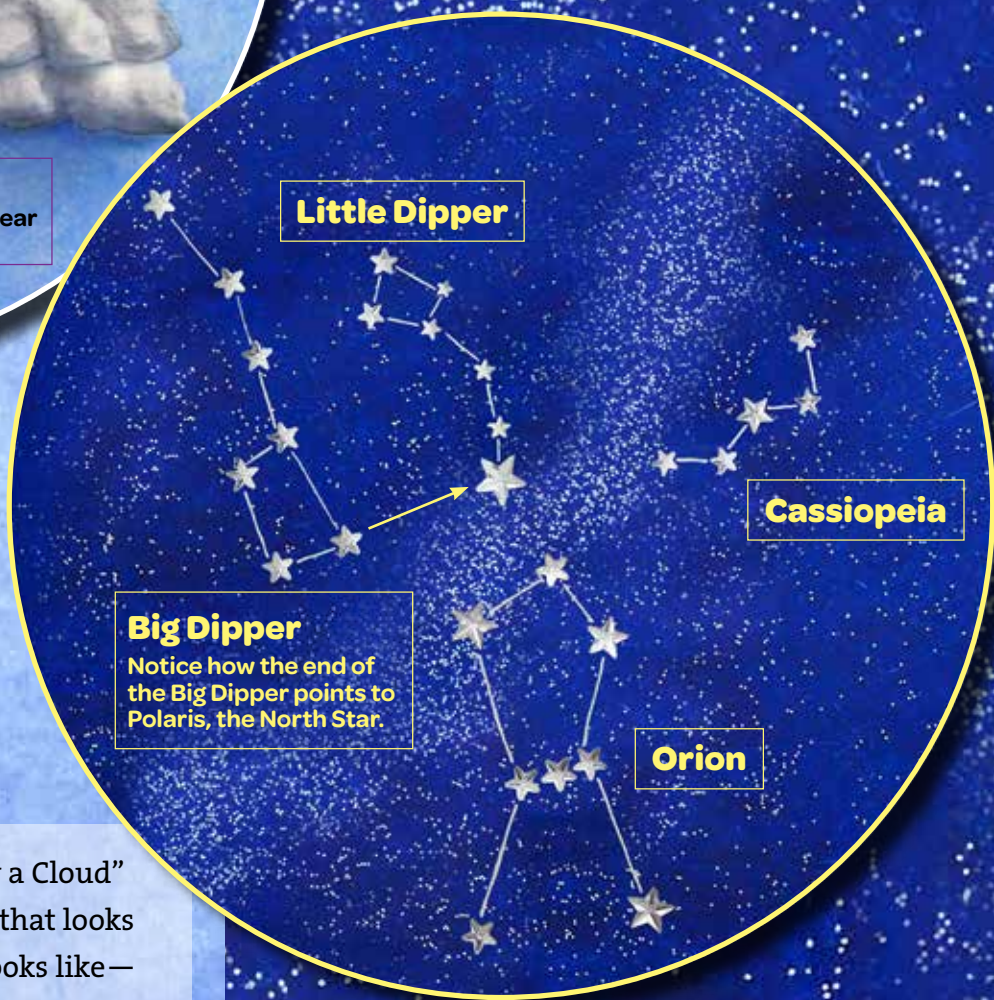
Clouds are one way to predict weather!

Clouds come in many shapes and forms. Weather forecasters look at clouds to help find out if it will be sunny, rainy, or snowy. Go outside and give it a try!

FOR MORE FUN! Play “I Spy a Cloud” with a friend. You say, “I spy a cloud that looks like a...” Then say what your cloud looks like—for example, a bowl of ice cream, a dog, a plant, or a face. See if your friend can point it out in the sky. Then have your friend take a turn!

Night

The best place to see the night sky is away from the city lights. The nighttime sky also changes during the seasons. How is the sky in winter different from the sky in summer?



Little Dipper

Cassiopeia

Big Dipper

Notice how the end of the Big Dipper points to Polaris, the North Star.

Orion

STEP

3 Buddy up and play outdoor games

Playing outdoors is fun, of course! And playing outdoors with your friends is even better. It can also help you get ready for your outdoor adventures. So play away!

CHOICES — DO ONE:

- ☐ **Play a survival game.** Develop your senses by playing the Survival Tent Game or get stronger and faster playing Capture the Flag.

OR

- ☐ **Play a night game.** Grab some friends and a flashlight, and head outdoors after the sun goes down! Try a nighttime scavenger hunt and check off things you might see or hear, like the North Star or crickets. Or play a game of flashlight tag.

OR

- ☐ **Play a water game.** Experience fun ways to be around water and get wet! Fill small balloons with water, and use them to play catch with a friend. (Remember to pick up and throw away the balloons that break!) Who can stay dry the longest? Or do a water limbo dance: Try moving underneath a water stream from a hose without getting wet. If you're in a pool or lake, play a tag game like Marco Polo.



Games to Play Outdoors

Capture the Flag

NEED: A flag or a piece of cloth

HOW TO PLAY: Two teams face each other. Make sure you can count 30 steps between your two teams. Both teams have a flag hidden behind their line. Your goal is to get the other team's flag across your own line without being tagged. If tagged, you become a prisoner of the other team and must return the flag. You can tag the opponent only when they are behind your line. The team who gets the flag back or tags all the other team players wins the game.



Survival Tent Game

NEED: A plastic parachute or tarp

HOW TO PLAY: All girls wear blindfolds, except for two. The two girls direct the blindfolded girls to put up the tent so that everyone can fit underneath it. Should they find a place to secure the tent's edges? Or should some of the girls hold the edges for others to go under? It's all up to you!



Marco! Polo!



Marco Polo

NEED: At least two players and a place to swim

HOW TO PLAY: Choose one girl to be “Marco.” She closes her eyes and yells out “Marco!” The other players must respond “Polo!” Marco follows the sounds of “Polo” and tries to tag a girl. When Marco tags another player, she becomes the new “Marco.” *Fun to know: Marco Polo was a real-life 13th century Italian explorer who lived in China and wrote about his travels.*



Sleeping Bag Rolling Relay Race

NEED: A sleeping bag

HOW TO PLAY: Divide into two teams. Each team needs one rolled but untied sleeping bag. Each team member runs up to the bag, unrolls it, crawls inside, crawls out again, rolls the bag back up, and runs to tag the next player. The team that finishes first wins.



Tinder, Kindling, and Fuel

A fire needs air and fuel to burn. To make a fire that lasts, you need three sizes of wood:

Tinder is thin material that burns as soon as it is lit with a match. Tinder can be tiny dry twigs, pine needles, or wood shavings.

Kindling is larger than tinder, small sticks the same roundness of a pencil or your thumb. The stick should be dry enough to snap when you bend it.

Fuel is larger, thicker pieces of wood that keep a fire going. Fuel should be dry wood found on the ground or in a woodpile.



STEP

4 Learn a camp skill

Camping out is a great way to experience the outdoors. Whether it's in your backyard or on a campsite, learn something that will come in handy on a campout.

CHOICES – DO ONE:

- ☐ **Prepare a campfire.** Collect dry twigs, wood shavings, sticks, and large wood for a fire. Stack your materials into three separate piles: What can be used for tinder? Kindling? Fuel? Then, make an A frame with three pieces of kindling, just like in the drawing. Leave a space under the crossbar. Lay a handful of tinder against the crossbar inside.

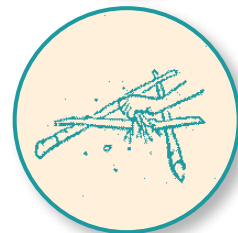
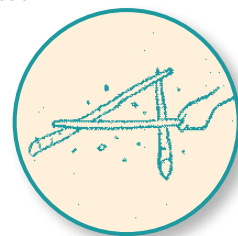
FOR MORE FUN! If you're somewhere you can safely build a campfire, ask an adult to check your fire setup. Then ask her to light it to see if it works! Don't worry if it doesn't. Try to figure out why, and then ask the adult to try it again!

OR

- ☐ **Tie an overhand knot and a square knot.** There are many kinds of knots. Learn these two: the overhand knot, which is made with one piece of rope; and the square knot, which is also known as the joining knot. Follow the steps in the picture, and then tie something, like a bundle of clothes or food in a bag. The overhand knot is also known as a stopper—can you see why?

OR

- ☐ **Learn to roll a sleeping bag.** The smaller or tighter you make your sleeping bag, the easier it is to carry. Practice rolling and tying your sleeping bag tightly. If you have a sleeping bag that goes into a "stuff sack," or a bed roll, that's fine, too! Practice rolling it as tightly as you can before you stuff it into the sack or tie it up.



Know Your Knots

The overhand knot can untie easily if tied around something. The square knot, which is two overhand knots, is more secure.

Overhand Knot

To tie a knot in the end of a rope, make an overhand knot.



1 Make a loop near the end of the rope.



2 Put the end through the loop.



3 Pull, and you have it!

Square Knot

To join two ropes of the same thickness, make a square knot.



1 Hold one end of the rope in each hand. Cross the right end over the left end —



2 —then under and over, this way. You now have a new left end.



3 Put the left end over the right —



4 —and under into the loop. Pull tight!

Eight Ways to Use a Bandana

A bandana is a camping must-have! You can use it to:

- Wrap and carry your lunch
- Fold and bring home treasure you find on a trail
- Tie around your eyes to be a blindfold for a game
- Pull your hair off your face and use as a headband
- Protect against dust and use as a mask
- Sit on
- Act as an emergency bandage
- Purify water

Can you think of more ways to use it?



—Brownie Girl Scout Handbook, 1963

Build a bird feeder

WHAT YOU'LL NEED



- A clean, empty milk carton
- Scissors
- String
- Birdseed



HOW TO MAKE IT

- 1 Cut a rectangle in one of the carton sides. (Leave about 2 inches on the top and bottom, and 1/2 inch on the sides.)
- 2 Poke a hole in the folded top of the milk carton, and thread the string through it.
- 3 Fill the bottom of the carton with birdseed.
- 4 Hang the carton by the string on a tree branch, porch, or other outdoor place.



STEP 5 Care for the outdoors

Find an outdoor space you love, and think about how to make it even better. Outdoor adventurers are champions of the world outside!

CHOICES – DO ONE:

- ☐ **Improve a trail.** Tell a family member or your troop leader that you'd like to help out at a city or state park. You can do things like help clear an old hiking trail or think of ways to remind people to protect plants and wildlife.

OR

- ☐ **Care for animals.** How can you help other living things around you? You might put up a bird feeder or create a birdbath out of a recycled container. You could plant flowers like zinnias and marigolds to attract hummingbirds. Or pile up lots of dead branches and leaves to give small animals a place to nest and hide.

OR

- ☐ **Help an outdoor space you love.** What's your favorite outdoor place? What could you do to make it even better? You could talk with your troop leader about planting new bushes or trees. Or get together with your troop and come up with your own ideas!





Add the Badge to Your Journey

For Step 5, you could make a plan for saving trees like the girls in “How to Save the Tree Family” do in *Brownie Quest*. Or you can find out what it takes to create a dream park like in *A World of Girls*.



Now that I’ve earned this badge, I can give service by:

- Showing a Daisy a camp skill I learned.
- Teaching my family a new way to get active outdoors together.
- Showing others why it’s important to care for the outdoors by telling them about the project I did for Step 5.



I’m inspired to:



©2015 Girl Scouts of the United States of America.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or by any other electronic or mechanical methods now known or hereinafter invented, without the prior written permission of Girl Scouts of the United States of America, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permissions requests, write to Girl Scouts of the United States of America at the address below or visit the www.girlscouts.org website to access permission request forms.

First published in 2011 by Girl Scouts of the USA
420 Fifth Avenue, New York, NY 10018-2798
www.girlscouts.org

Printed in the United States

©Stock images courtesy of iStockphoto.com