

**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

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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.



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!



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

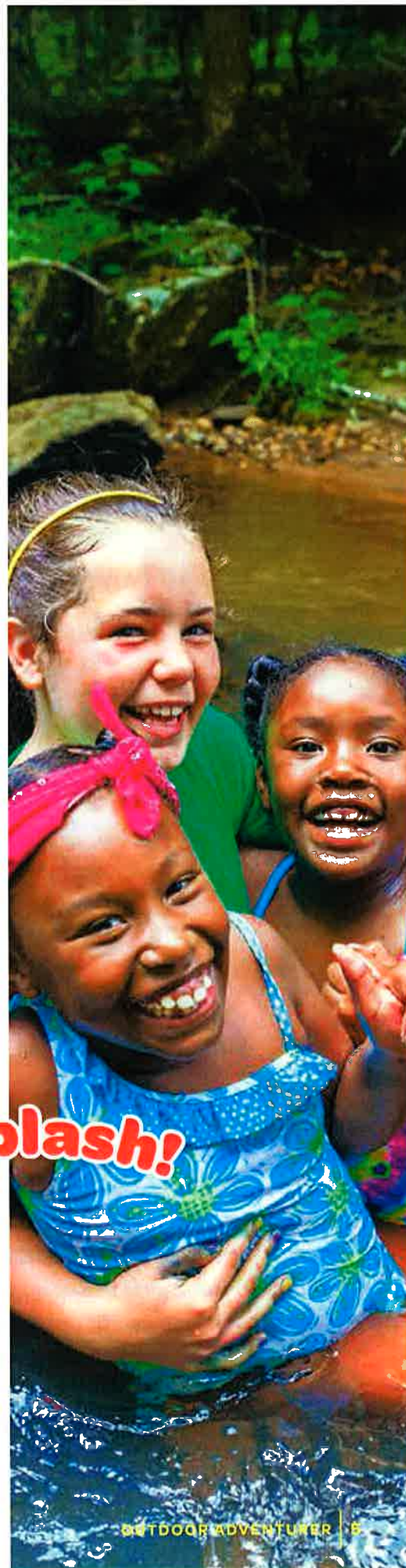
- Play a night game.** Grab some friends and a flashlight, and head outdoors after the sun goes down! Try a nighttime scavenger hunt and check off things you might see or hear, like the North Star or crickets. Or play a game of flashlight tag.

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.



Make a Splash!



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.

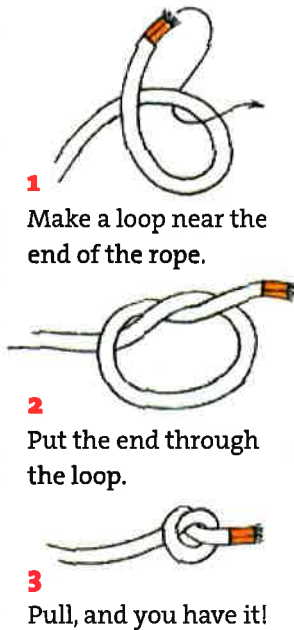


Know Your Knots

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.



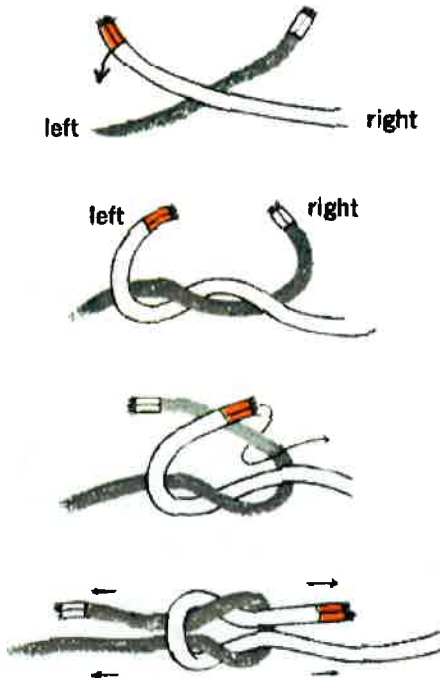
1 Make a loop near the end of the rope.

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

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!

