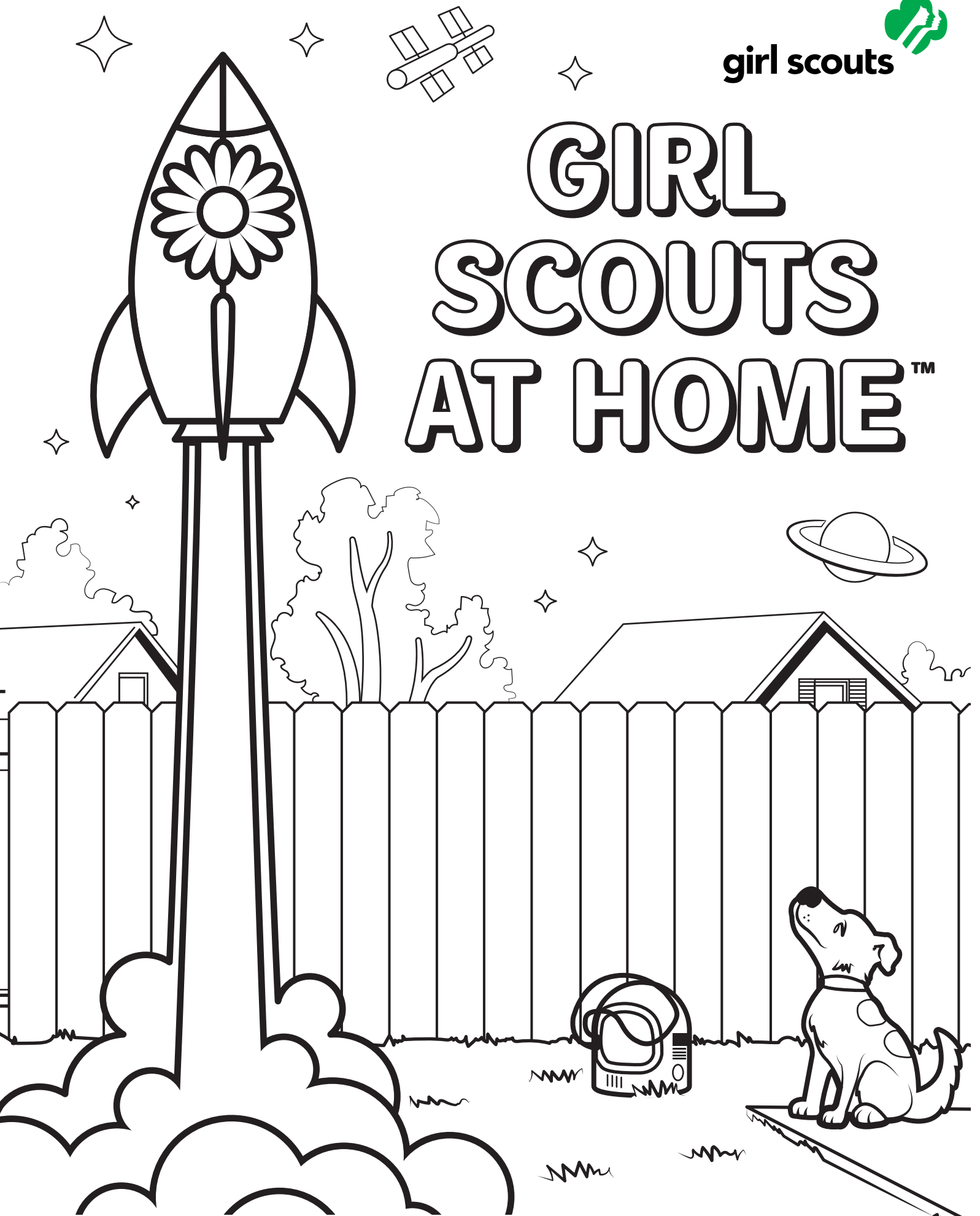




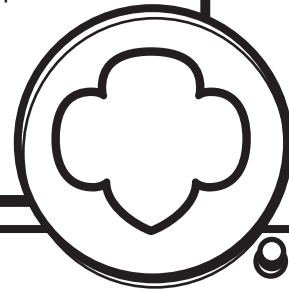
girl scouts

GIRL SCOUTS AT HOME™



WELCOME!

Whether your girl is a Girl Scout or you're meeting us for the first time, we're excited to offer your family fun and engaging learning opportunities through Girl Scouts at Home. This issue is packed with activities that will help you connect with nature and make memories that will last a lifetime. Let the adventure begin!



HOW TO USE THIS BOOKLET

Girl Scouts at Home is here to provide **family-friendly, engaging activities that can be done safely at home or outside while social distancing** using simple items you might already have around in your home.

At Girl Scouts, we recognize that as caregivers you may be thinking about how to prepare your girl for kindergarten. Going into Kindergarten is a transition for the entire family but, most importantly, a big change for your girl. These hands-on activities allow her to practice following directions and grow confident in attempting tasks, even if she makes a mistake. There's no need to have experience with the types of activities she chooses—in Girl Scouts, both girls and adult helpers learn by trying new things, discovering new skills and interests along the way. So dive into her world and watch your bond grow stronger than ever.

LIFE CAN BE COMPLICATED. RAISING YOUR GIRL DOESN'T HAVE TO BE.

For the latest parenting advice for today's crazy world, check out [girlscouts.org/raising-girls](https://www.girlscouts.org/raising-girls).

WHAT WE VALUE

In Girl Scouts, it's not just about the amazing activities we do but the values of our Promise and Law that we live by each and every day.



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.

GIRL SCOUT FAMILY PROMISE

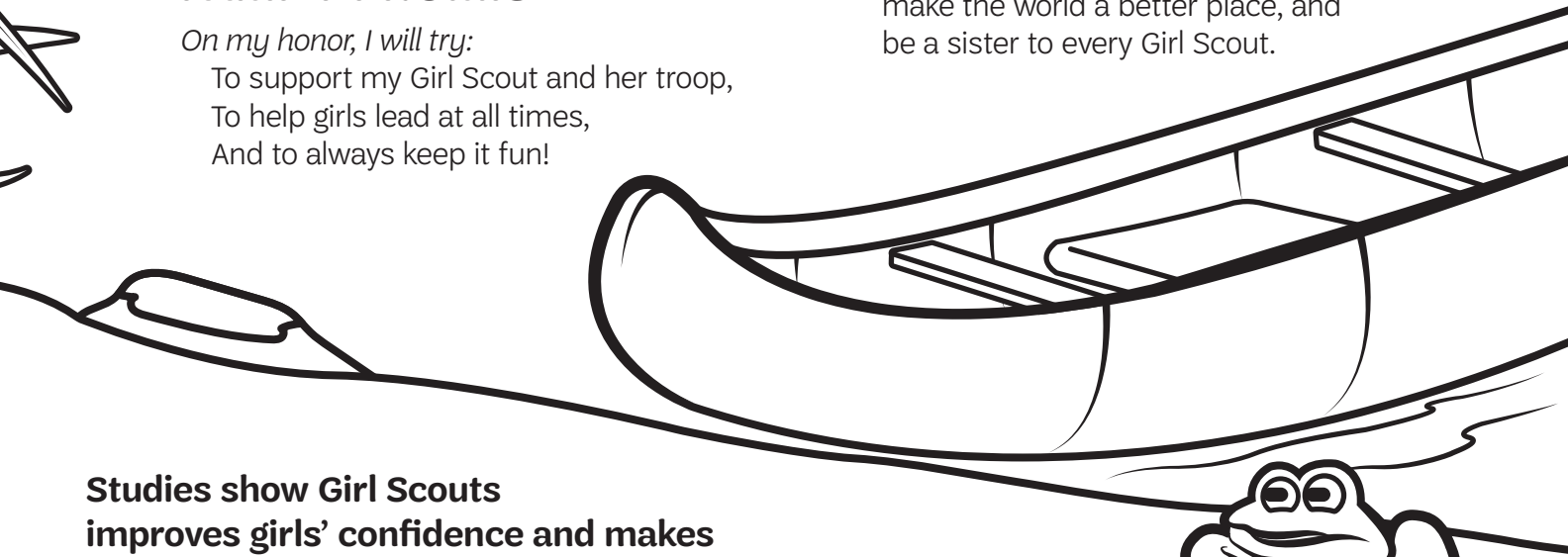
On my honor, I will try:

To support my Girl Scout and her troop,
To help girls lead at all times,
And to always keep it fun!

GIRL SCOUT LAW

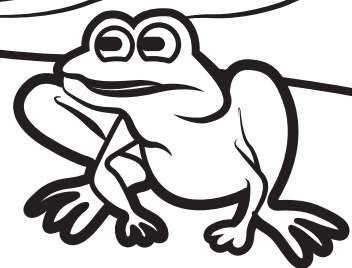
*I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to*

*respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.*



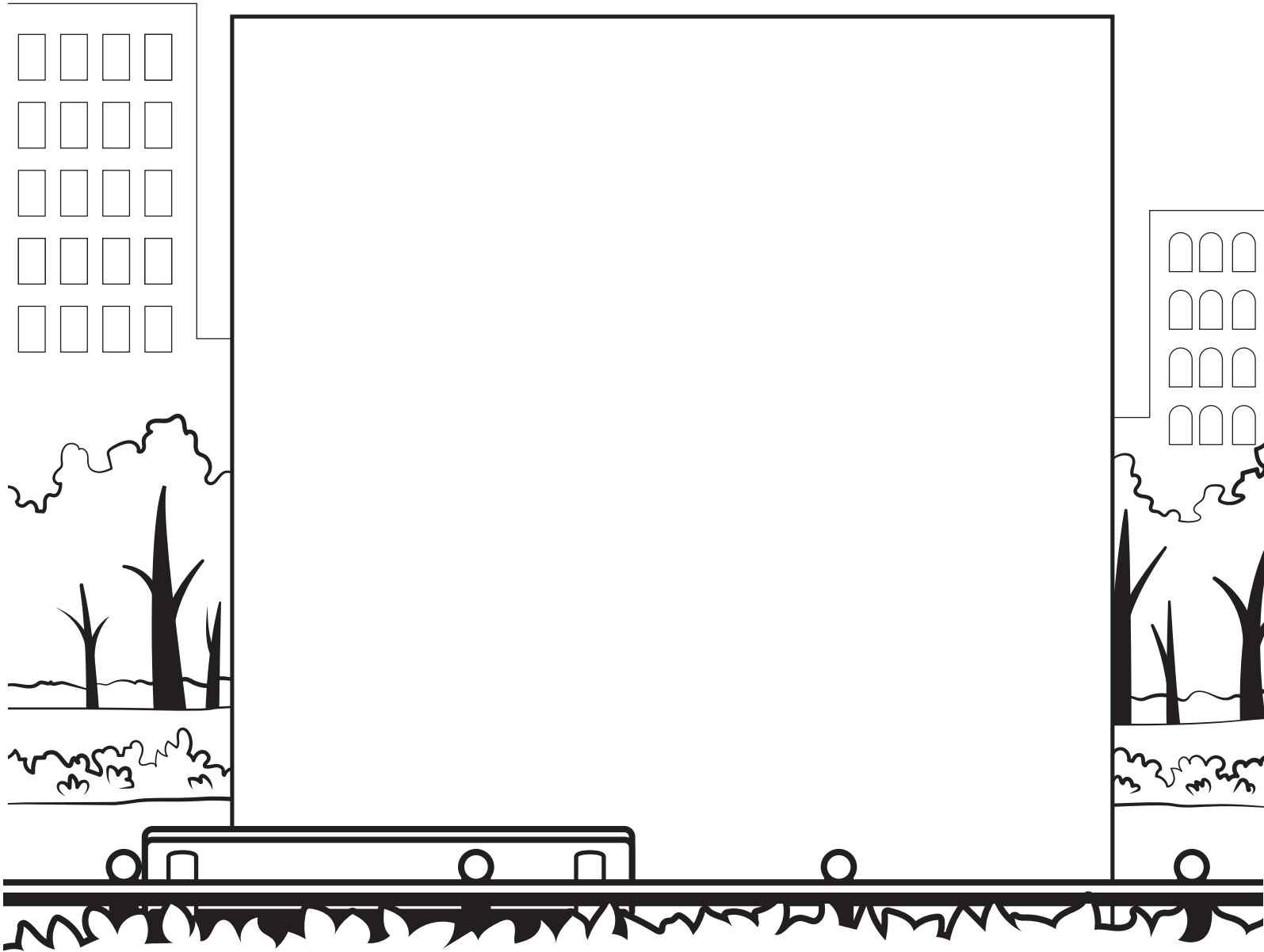
Studies show Girl Scouts improves girls' confidence and makes them better prepared to handle life's challenges. *Plus? It's fun.*

To learn more, find your local Girl Scout council at girlscouts.org/councilfinder or call 800-478-7248. You can also text HOME to 59618 to learn more about Girl Scouts.



LIKE A BREATHER

Did you know spending just two hours per week outside could make your whole family healthier and happier? It's true, and the benefits don't stop there. Activities as simple as biking or walking in your neighborhood, shooting hoops in the driveway, or birdwatching from a window can improve your girl's sleep, boost her self-confidence, and improve her grades in school. Get creative and try these three simple and fun outdoor activities with your family this summer!



COLOR YOUR WORLD

Using the watercolors, have each member of your family paint what they see. Each creation will look different because everyone experiences nature in their own way.

Find an outdoor setting with many colors—maybe your backyard, a park with flowers, a field with trees, the view from your bedroom window, or even a natural setting from a family photo or a magazine.

Materials you'll need:

- White drawing or sketching paper
- Watercolors with a paintbrush and a cup of water

PH OF Fresh Air

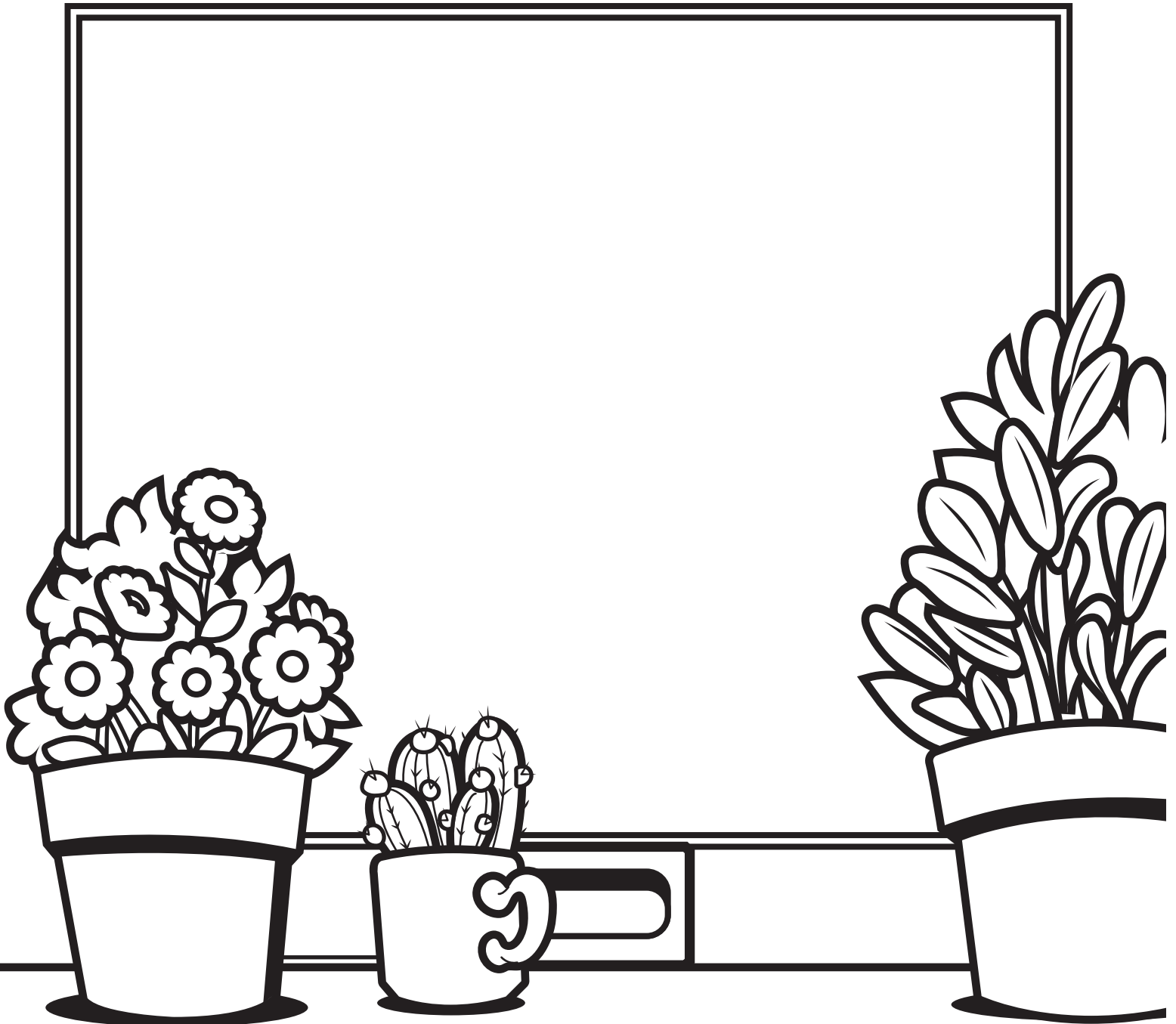
Leaf Your mark

Find fallen leaves in your neighborhood and set them on a smooth, flat surface.

Cover them with the paper, then rub a crayon sideways over the top. As you do this, you'll notice you're recreating the shapes and details of the leaves you've put under the paper. You and your family can use these leaf rubbings to make nature-inspired cards for friends and family members or even display them at home to remind you of all the fun you've had outside together.

Materials you'll need:

- White paper
- A solid surface like a book, kitchen table, or lap desk
- Crayons (darker colors work best)



The Girl Scout Store offers the full catalog of Girl Scouts programming, hands-on kits, and quality gear tailor-made for your girl. **Check it out at [girlscoutshop.com](https://www.girlscoutshop.com)**



GIRL SCOUTS LOVE THE OUTDOORS Challenge

Summer is the perfect time to celebrate our love of the outdoors.

Check out the activities below, and choose some to earn a cool new patch. You can explore the outdoors from your window, front step, in photos or books, or in a local park—

all while practicing safe social distancing.

Use **#gsoutdoors** to share your story and see how other girls are completing this fun outdoor challenge. It ends during Girl Scouts Love State Parks weekend, which takes place September 12 and 13, 2020.

- 1. Sketch the view outside your window
- 2. Register for Girl Scouts Love State Parks weekend through your local council (girlscouts.org/councilfinder)
- 3. Encourage a friend or family member to take the Girl Scouts Love the Outdoors Challenge with you
- 4. Watch the sunrise
- 5. Watch the sunset
- 6. Identify a constellation
- 7. Identify a bird
- 8. Identify a bird call
- 9. Identify the type of clouds in the sky
- 10. Visit a new park or hiking trail
- 11. Play in sprinklers or go swimming
- 12. Learn how to properly apply sunscreen
- 13. Identify poison ivy, oak, or sumac
- 14. Learn to protect yourself from stinging or biting insects
- 15. Make your own first-aid kit
- 16. Make your own trail mix
- 17. Visit a national park or learn about it in a book or online
- 18. Visit a state park or learn about it in a book or online
- 19. Remove litter from your neighborhood
- 20. Have a picnic with your family
- 21. Fly a kite
- 22. Learn about your state tree or flower
- 23. Photograph and identify plants in your neighborhood
- 24. Observe and identify native wildlife
- 25. Write a poem about nature
- 26. Tell the time by the sun
- 27. Look at the moon each night for a week and draw its shape
- 28. Learn about pollinators and how to protect them
- 29. Make art inspired by nature
- 30. Learn how to pack for a hiking adventure
- 31. Build a bird or bat house
- 32. Plant something inside or outside and watch it grow
- 33. Plan an outdoor scavenger hunt for your family
- 34. Make a tree bark rubbing with paper and crayons
- 35. Find raindrops or dew drops on leaves
- 36. Make an outdoor obstacle course for your family
- 37. Identify an insect by its song or sound
- 38. Make a nature map of your neighborhood
- 39. Make wind chimes and hang them
- 40. Learn how to use a compass
- 41. Learn how to use a pocketknife safely
- 42. Play in the rain
- 43. Splash in a puddle
- 44. Measure the diameter of a tree
- 45. Learn the seven principles of Leave No Trace
- 46. Jump rope on a sunny day
- 47. Learn how to make sun tea to share with your family
- 48. Grow a plant from the seed of a fruit or vegetable



EARN THIS PATCH!

Not a Girl Scout yet? You can still take part!





Find your grade level to see how many activities you need to finish to earn the patch.

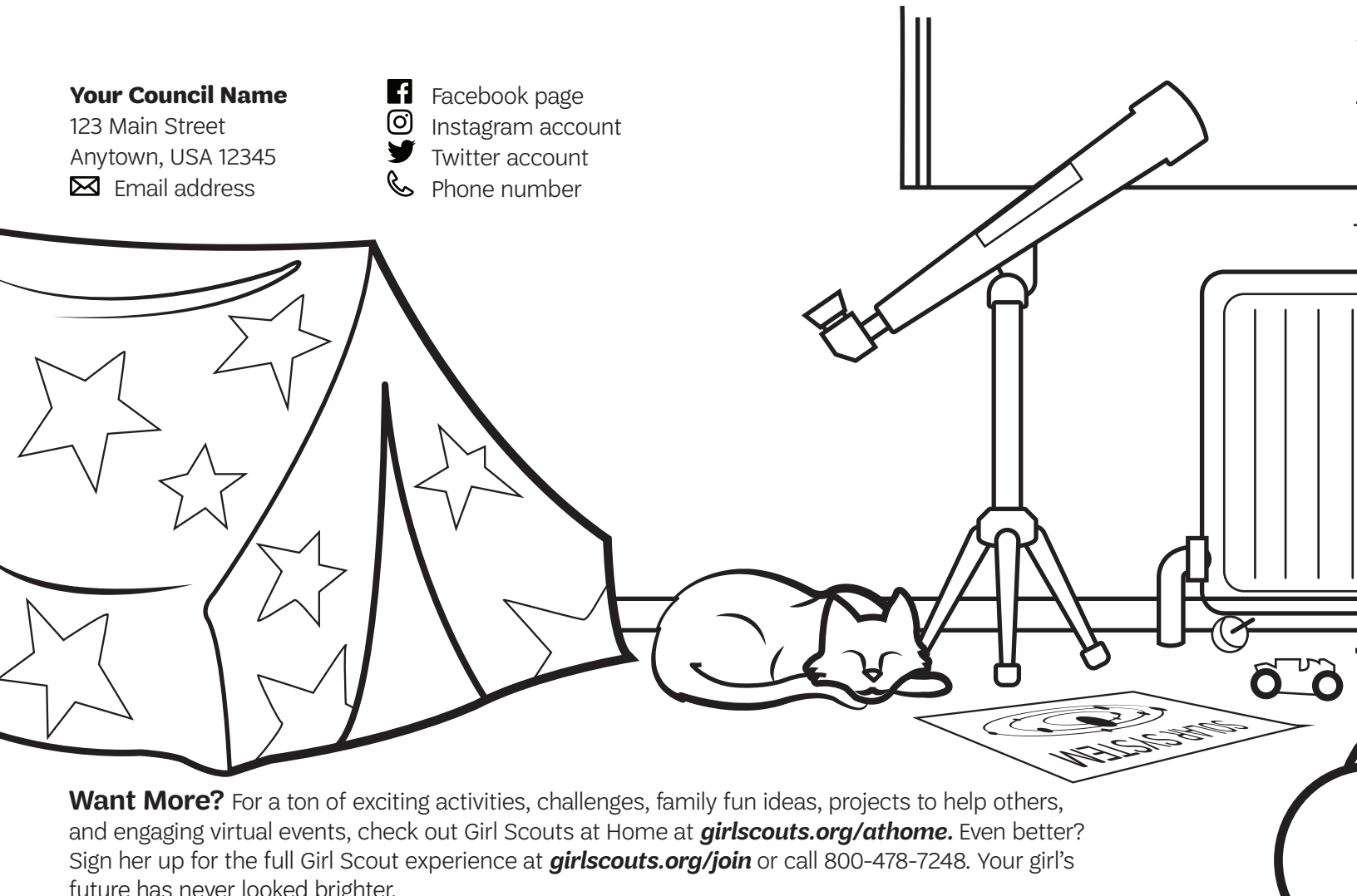
K-1 (Daisy Girl Scouts)	20
2-3 (Brownie Girl Scouts)	25
4-5 (Junior Girl Scouts)	30
6-8 (Cadette Girl Scouts)	35
9-12 (Senior and Ambassador Girl Scouts)	40

**Once you reach your goal,
you can order your patch
at [girlscoutshop.com/
outdoorchallenge](http://girlscoutshop.com/outdoorchallenge)**

Your Council Name

123 Main Street
Anytown, USA 12345
✉ Email address

 Facebook page
 Instagram account
 Twitter account
 Phone number



Want More? For a ton of exciting activities, challenges, family fun ideas, projects to help others, and engaging virtual events, check out Girl Scouts at Home at [girlscouts.org/athome](https://www.girlscouts.org/athome). Even better? Sign her up for the full Girl Scout experience at [girlscouts.org/join](https://www.girlscouts.org/join) or call 800-478-7248. Your girl's future has never looked brighter.