

Perfectly Effortless Programs

Get Out! with Girl Scouts

The purpose of this program is to encourage girls to get outside and to do outdoor activities. This Perfectly Effortless Program is divided by types of activities with suggested outdoor skills, games, and crafts.

Event Overview

We've set up this guide to help you plan a two-hour, outdoor-themed event. You can customize your event with the suggested activities that follow, or add in your own ideas! You can also incorporate these activity ideas into troop meetings or other planned events.

Activity Stations

We suggest you choose three or four activities for your event.

Good Deed Beads: Outdoor Manners

Discuss how you can have good manners in the outdoors and discuss some bad manners, too. Review some good manners (see below) that might not have been discussed.

- Materials: yarn, string, or cording of any color cut into pieces approximately 22 inches long; 5 colors of pony beads, sorted by color; pony bead hearts, any color; small safety pins.
- Procedure: Take the 22-inch piece of yarn (or similar) and fold it in half. Slide both ends through a heart bead. Tie a square knot close to the end of the heart bead. Now, you're ready for your outdoor manners! For each different colored bead, take the ends of the yarn and string each through the hole in the pony bead, from opposite sides. Pull the bead towards the other beads and tighten the yarn (but not too tight). Repeat four times. While stringing beads, discuss these suggested outdoor manners with each different color.
 - Leave a place better than you found it.
 - Leave no trace.
 - Clean up after yourself.
 - Respect wildlife—don't feed the animals.
 - Leave nature as you found it—look, don't touch.
- Finishing: After the last colored bead, tie another square knot. Slide both ends of the yarn through the other heart bead; tie an overhand knot. Use the safety pin to pin Good Deed Beads to their shirt!

Water Filtration System

Most young children have not given much thought to clean water. They turn on the tap and clean, ready to drink water comes out. This nature education experiment shows children how dirty muddy water can be cleaned by filtering it through gravel and sand and shows them what goes on inside a water filtering system.

- Materials: transparent container or jug; a flower pot with a drainage hole; a few cotton balls, blotting paper, or coffee filters; some sand, soil, and gravel; and some muddy water in a large measuring cup or pitcher.
- Procedure: Plug the hole in the flower pot with cotton balls (or similar) to represent subsoil, and fill the pot with a mixture of the sand, soil, and gravel. Slowly pour some muddy water into the pot and observe. The water running out of the drainage hole will be relatively clean.

Ask questions! Where did the dirty water go? Why did clean water come out?





Making Rainbows

Introduce this unique phenomenon of light and water, by inviting the girls to describe rainbows.

- Materials: shallow pan, water, mirror, flashlight, and white paper.
- Procedure: Fill a shallow pan with water until it is three-quarters full. Place a mirror at the pan's edge. Invite each girl to shine the flashlight directly into the mirror, while another girl positions a sheet of white paper so the reflection of the light shines. (You may need to move the paper or mirror until the girls can see the watery reflection on the paper.)

Invite the girls to look closely at the edge of the reflection and describe what they see. They should be able to see all the colors of the rainbow!

Camp Information Station

Try having a table with lots of camp-tastic information! Request more information and materials from your nearest service center. Go above and beyond by including pictures of your girls at camp, or inviting your girls to share their camp experiences with those who have not yet gone to camp!

Craft Stations

We suggest you choose one or two crafts for your event.

Recycled Beads

As the Girl Scout Law states, we Girl Scouts like to *use our resources wisely* to make the world a better place. What better way to do that than to reuse old magazines to make beautiful jewelry?!

- Materials: toothpicks, scissors, glue stick, and old magazines (or other paper products).
- Optional: cardboard, pencils, Mod Podge, string, or safety pins.
- Procedure: Use scissors to cut long skinny triangles out of your magazine pages. (You can trace a triangle onto something sturdy like an old cereal box to have a stencil handy!) Cut out the triangles you traced with a pair of scissors. Wrap the wide end of a triangle piece of paper around a toothpick tightly, applying the glue stick on the backside of the paper as you go. Begin rolling your bead. Continue rolling up the paper, occasionally applying more glue.

Once the beads are done, you can also coat the beads with Mod Podge to help protect them from water. Paper and water don't mix well! After your beads are dry, string them together with string or elastic. You can even put them on safety pins to make Swaps!

Bird Feeders, Version One

With this fun craft, girls get to apply what they know about one of the 3 R's: REUSE! Girls will use pine cones, lard and bird seed to make a bird feeder.

- Materials: pine cones, string, lard, napkins, baggies, wooden sticks/plastic knives, bucket (or any deep container), and bird seed.
- Procedure: Tie string at the stem of a pine cone. Holding the pine cone stem, take your stick and spread lard all over the pine cone. Once the pine cone is covered in lard to your liking, roll it around in a bucket of bird seed.

Quick tips! Heat the lard in a microwave for a few minutes for softer lard, and easier spreading. Or to save time, tie the strings on the pine cones before the event.

Bird Feeders, Version Two

The bright silhouettes of orioles in the window are great, especially after a long winter. They love fresh oranges and the color orange, making these wreaths perfect for feeding orioles. Hang one of these DIY oriole feeders on or near a sturdy branch so an oriole has a perch from which to peck!

- **Materials:** wire coat hangers, needle-nose pliers, wire cutters, oranges, cutting board, knife for slicing, and ribbon and berries for decoration (optional).
- **Procedure:** Bend the two sides of the hanger toward each other until they are spaced about 1 inch apart, and in the shape of an outline of a bird, as shown. (Use needle-nose pliers to shape and smooth any rough curves.) Use pliers or a wire cutter to snip the curled ends off the hanger. Next, cut oranges into about ¼-inch slices. Cut little pieces of rind from the orange ends into roughly ½-inch triangles. These will serve as spacers between the slices and will help keep everything in place. Thread an orange slice through both wires. Then, thread a piece of rind next to it on one or both wires. Repeat until you run out of wire.

Tie a little bow around the bird's neck and add some berries at the end if you wish. Hang from a tree close to a window so you can watch the feeding orioles! Enhance your station even further by providing information, fun facts, or photos of orioles.

Snack Stations

We suggest you choose one snack for your event.

GORP

GORP stands for "Good Old Raisins and Peanuts." The traditional recipe is below, but you can make substitutions based on your group's needs and/or tastes! You can make it ahead of time and explain what it is, or you can have the girls mix it up and make their own.

GORP Ingredients: Raisins, Granola, Peanuts, Chocolate Candy

Mix well in a large bowl or large Ziploc bag. Share straight from the bowl or bags or transfer to sandwich bags for individual portions. Amounts are not given because the amounts of each individual ingredient will vary based on the likes and dislikes of the group.

Edible Acorns

For edible acorns you'll need: donut holes; spread like Nutella, chocolate frosting, or peanut butter; chocolate sprinkles, crushed toffee bits, or crushed nuts; pretzel sticks broken into halves.

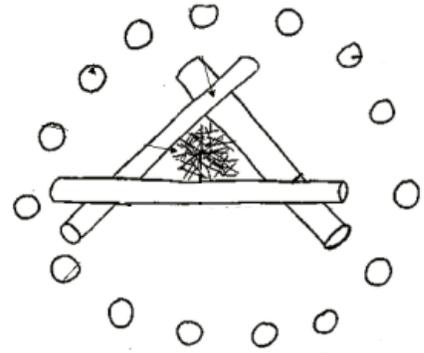
Dip or spread over an end of the donut hole your choice of spread. Only dip it half way! Dip the frosted end into your 'crunch' choice. This is the top of the acorn. Stick the pretzel stick into the top of the acorn. This is the stem.

Ask your girls, "Where do real acorns come from? What animals eat acorns?"

Edible Fires

Are you ready to go camping? One of the most important things to do when setting up camp is build a fire! This table doubles as a Camping 101 activity, plus a yummy snack!

- Materials: napkin, paper plate, sandwich baggie,
- Each baggie should contain:
 - Smarties/jelly beans (anything rock shaped)—Fire Circle
 - 3 Honey Wheat Pretzel Logs (Frame)
 - 1-2 Frosted Mini Wheats/coconut (Tinder)
 - 3-4 Pretzel Sticks (Kindling)
 - 3-4 Mini M&M's (Fire starters, no orange or red)
 - 2-3 pieces of Candy Corn (Flames)
 - 1-2 Tootsie Rolls (Fuel)
 - 1-2 Red, Brown, Orange M&M's (Hot coals)



- On your paper plate, place jelly beans in a circle to make the fire circle. Place the pretzel logs (fuel logs) in a triangle shape in the center of the fire pit. Place frosted mini wheat (tinder) in top corner of A shape. Place the pretzel sticks (kindling) pointed upwards at the top corner of the A frame and across it. Scatter the mini M&M's (fire starters) under and around the pretzel sticks and frosted mini-wheat (kindling and tinder). Using a piece of candy corn as a match, practice striking away from themselves. Once their match is lit, have them light the tinder on fire from the bottom and then drop the match. The girls can then place the other candy corn (flames) on top to signify the fire is now lit. Feed the fire with the tootsie rolls (fuel). Add the orange and red M&M's to represent the hot coals.

After your fire is built, discuss fire safety and how to correct put out a fire. This fire, of course, you can put out by eating!

Games

We suggest you choose one or two games for your event.

Recycle Relay

What does it mean to recycle? Taking materials from discarded items and turning them into something new. Or, instead of putting items that can be made into something new in the trash, you put them in a recycling bin so they can be made into something new! Now that the kids understand how important it is to recycle, let them practice recycling by playing the recycling relay race.

- Materials: two bags of paper or plastic items (10-15) that can be recycled (make sure each bag has the same number of items), two sets of boxes to place the items in – one that says “paper” and one that says “plastic.”
- Procedure: Divide the kids into two teams, and have each team line up in a single file line. Give each team a bag of recyclables and set a set of “paper” or “plastic” boxes across the room. Explain that when you say, “Ready, set, recycle!” the first person on each team will pull an item out of the bag. They run to the boxes and put it in the paper or plastic box. They then run back to their team and the next person goes. The game continues until all items have been sorted. The first team with an empty bag wins!

Why should you recycle? It keeps items out of landfills. A landfill is a system of trash disposal where trash is buried between layers of Earth. Landfills take up land that could instead be used for a place for animals to live, for people to live or a park. When an item is turned into something new it uses less energy than creating something from scratch. Recycling saves natural resources. For example, instead of cutting down trees to make paper you can recycle old paper, magazines or boxes to make new paper.

Little Sally Walker

How To Play: The group stands in a circle with one person in the middle. The person in the middle walks around inside the circle while everyone else sings, "Little Sally Walker walking down the street. She didn't know what to do so she stopped in front of me!" (At this point, the girl in the middle stands in front of someone and does a dance move while still singing....) "Hey girl, do your thing, do your thing, switch!" (Then that person that got picked does the dance move while still singing.) "Hey girl do your thing, do your thing, switch!" The new person now walks on the inside of the circle and continues the game.

Islands

Hula hoops are a great resources to have in handy when your group needs to release some energy!

- **Materials:** 6-12 Hula Hoops
- **How To Play:** Depending on how large your group is you will need 6-12 Hula Hoops. Place them on the ground a few feet apart from each other. Tell the girls they are going to pretend that the Hula Hoops are islands and all of the space around the Hula Hoops is the ocean.
- The girls are going to "swim" around the ocean. When you yell "Shark Attack" the girls are to run and get on an island. The object of the game is to make sure that everyone survives the shark attack and makes it to an island.
- After each round take away an island (or two if your group is big). This makes the girls have to use more team work to get everyone on an island.
- By the time you get down to one or two hoops, girls may only be able to get one foot in the hula hoop and that is fine as long as everyone has a body part in the hoop.

Bear, Trout, Mosquito

This active game is a fun way to reinforce the food-chain relationships of trout to their predators and prey. It is best played outdoors or in a large, open space. It is a combination of tag and the well-known game *Rock, Paper, Scissors*. Instead of using only hands to create the symbols, the players use their entire bodies.

How To Play: Place boundary lines (such as jump ropes) about 60 feet apart. Place a third midline in the center of the two boundary lines. Next, divide the group in half. Have the two groups face each other with the one group on each side of the midline.

Decide on three distinct motions (and sounds) to represent a bear, trout, and mosquito. For example: bears roar and flash their claws, trout put their arms over their head and squiggle, and mosquitoes buzz and flap their arms. Discuss the dietary relationships of these predators and prey (bear eat trout, trout eat mosquitoes, and mosquitoes eat bear).

Each group huddles and decides on an animal to "be." The entire group must be the same animal. The groups then line up along the center line again, this time with their backs towards the other team. On the count of three, the groups all yell "Bear, Trout, Mosquito!" then turn around and make the motion for their chosen animal. The predatory group must then chase the prey group. The prey must turn around and run to their habitat (boundary line behind them). If anyone is tagged before reaching his/her habitat, the participant must join the opposing team.



Song Station

Songs are a great Girl Scout tradition! Use the song below, or use your own!

Grey Squirrel

Grey Squirrel, Grey Squirrel,
Shake your bushy tail!
Grey Squirrel, Grey Squirrel,
Shake your bushy tail!
Wrinkle up your little nose.
And put a nut between your toes!
Grey Squirrel, Grey Squirrel,
Shake your bushy tail!

Make it fun, with motions! When saying "grey squirrel" make bowing action with arms. When saying "shake your bushy tail" shake your bottom. When saying "Wrinkle up your little nose" take your index finger and wrinkle up your nose. When saying "And put a nut between your toes" point to your toes.

We're here to help! Contact GSMH Council if you need any help. Good luck, and *Get Out!* with Girl Scouts!