


# Get Outdoors!



## Challenge

All Ages:	Daisy:	Brownie:
Watch the sunset	Go for a walk	Hike 1/2 mile
Attend an outdoor sporting event	Watch the clouds	Make a birdfeeder
Build a fire (with an adult)	Have a picnic	Pitch a tent
Visit a nature center	Visit a zoo	Go on a pony ride
Play in the rain	Watch ants	Go on a bug hunt
Visit a farm	Sing a song on a walk	Learn your trail markers
Put your toes in the sand at a beach	Make up a game outside	Build a fort
Attend a ranger talk/hike	Jump rope outside	Swim in an outdoor pool
Swim in a creek or lake	Blow bubbles in your yard or park	Watch fireflies at night
Volunteer to take a shelter pet for a walk	Meet a park ranger	Create a letterbox
Learn how to use a compass	Make a leaf rubbing	Play your favorite sport outside
Send GSEP pictures/videos of your outdoor adventures to <a href="mailto:memberservices@gsep.org">memberservices@gsep.org</a>	Explore your (or a family member's) backyard	Measure the rainfall during a storm
Ride on a boat	Play on a playground outside	Learn how to identify a bird call
Learn about your home watershed	Hug a tree	Draw and play on a hopscotch court
Visit a state park		
Visit a national park	Junior:	Cadette:
Cook over a fire	Hike 1 mile	Hike 2-3 miles
Create art inspired by nature	Make a slip-and-slide	Make a flower crown
Hike to an overlook/vista	Tie-dye something outside	Learn about archery
Stay overnight at a GSEP camp	Go geocaching	Complete a ropes/challenge course
Go to a GSEP resident camp	Go horseback riding	Go stand-up paddle-boarding
Learn about the trees that grow in your neighborhood	Host a backyard campout with your family	Go backpacking for a night
Go whitewater rafting	Climb a tree/explore a treehouse	Ride your bike on a rail trail
Volunteer at a park clean-up day	Sing songs around a campfire	Help clean up a trail
Learn about wildlife rehabilitation	Take someone on a "tour" of your favorite outdoor space	Learn pocket knife safety and how to whittle
Play outside with a pet	Complete a National Park Service Junior Ranger badge	Spend some time meditating outdoors
Earn the Naturalist badge for your GS level	Have a water balloon toss and/or play in a sprinkler	Beautify a garden
Plan and/or complete a scavenger hunt	Draw a sidewalk chalk masterpiece	Take a night hike
Play an instrument outside	Write a poem about your favorite outdoor space	Draw a map of your favorite park/camp/outdoor space
<b>Turn the page for more "All Ages" activities!</b>	Swing on an outdoor swing-set	Read a book outside

All Ages continued...	Senior:	Ambassador:
Tag #GSEPGetOutdoors on your social media posts about these challenge activities	Hike 3-4 miles	Hike 5-6 miles
Go fishing	Mountain bike on a trail	Hike a trail with at least 1000' elevation change
Play disc golf	Go on a zip line	Guide a younger troop on a hike
Go on a walk/hike with your whole family	Hike to see a sunrise or sunset	Take a wilderness first aid class
Make a s'more over a campfire	Become a CIT	Make a video/song about Leave No Trace
See a waterfall	Take photos outside	Go rock climbing
Tour a botanical garden	Go primitive camping	Explore a cave or cavern
Visit a state forest	Go kayaking/canoeing	Help clean-up a water way
Visit a state park from another state	Learn the stories behind three constellations	Ride a bicycle 10+ miles
Play mini-golf	Play a game outside with younger girls	Read the writings of a famous environmentalist
Hike a portion of a National Scenic Trail (North Country Trail, Appalachian Trail, etc.)	Go for a walk/jog/run in a park	Take a friend/sibling to your favorite park
Attend a GSEP outdoor program	Take a "nature selfie"	Learn how to use a camping stove and cook a meal or snack
Complete a Journey activity outside	Create a journal to track the changes of the seasons (plants, animals, weather, etc.)	Volunteer/work at a GSEP camp/ outdoor program
Observe a wild animal (from a safe distance)	Pick fruits/vegetables from a local farm	Go to an amusement park
Plant some herbs to keep in your kitchen		
Talk to a family member about their favorite childhood memories of the outdoors		
Find out about careers that involve outdoor recreation, restoration, etc.		
Swim in an ocean		
Camp at a campground		
Learn about spiders		
Ride a skateboard/bike/rollerblades outside		

**From October 1 to June 1, complete as many activities as possible from the list above. Complete at least 10 activities from your grade level (two can be from a younger grade level) and 30 activities from the all ages list, and you'll earn the Get Outdoors Challenge patch for your age level! Patches can be purchased at any GSEP retail shop!**

Many activities can be completed at the same time. For example, a Brownie can hike a half-mile (grade-level activity) to an overlook (all ages activity) to watch the sunset (all ages activity), and she's completed three activities at once and can check off all three. See, this is easier than you think!

Girls can also substitute two activities from a younger grade level to count toward their grade level activity requirements. For example, an Ambassador can go stand up paddle-boarding, even though that activity is listed under a younger grade levels (Cadette). Or, she can help some younger girls work on an activity for their grade level, and the Ambassador can still count it towards her checklist.