

# Get Outdoors Challenge



<b>All Ages:</b>		<b>Daisy:</b>		<b>Brownie:</b>	
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		Measure the rainfall during a storm	
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		Build a fort	
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		<b>Junior:</b>		<b>Cadette:</b>	
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>See page 2 for more "All Ages" activities!</b>		Swing on an outdoor swing-set		Read a book outside	

<b>All Ages continued ...</b>		<b>Senior:</b>	<b>Ambassador:</b>
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 <i>Leave No Trace</i>
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!**

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.