

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 memberservices@gsep.org		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
Turn the page for more "All Ages" activities!			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.