



Get Outdoors Challenge

Daisy Outdoor Challenge #4

Paper and Plastic Knives

Materials: paper knife outline, three colors cardstock, paper brad fasteners, scissors, single hole punch, glue stick, pencil, plastic knives, bananas, cutting board (crayons for decorating, if you wish)

Objective: Girls will be able to safely pass a knife and make a simple, easy cut.

Directions:

Activity One (Safety):

1. Ask the girls what some safety rules for using a knife should be. Draw out the following answers or insert them yourself:
 - a. Only use under adult supervision.
 - b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
 - c. Keep a jackknife closed when not in use.
 - d. Always close a knife before walking.
 - e. Cut away from the body.
 - f. Hold the handle firmly, never hold the blade while cutting.
 - g. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
 - h. Always keep a knife sharp, dull knives are dangerous.

Activity Two (Paper Knife):

1. Have each girl construct her own paper knife. Give time to decorate.
2. Practice passing to each other safely.
 - a. With a partner, have one girl set her knife aside.
 - b. Have the girl open the knife, close the knife, and pass the knife. Listen for the "Thank you."
 - c. Switch.

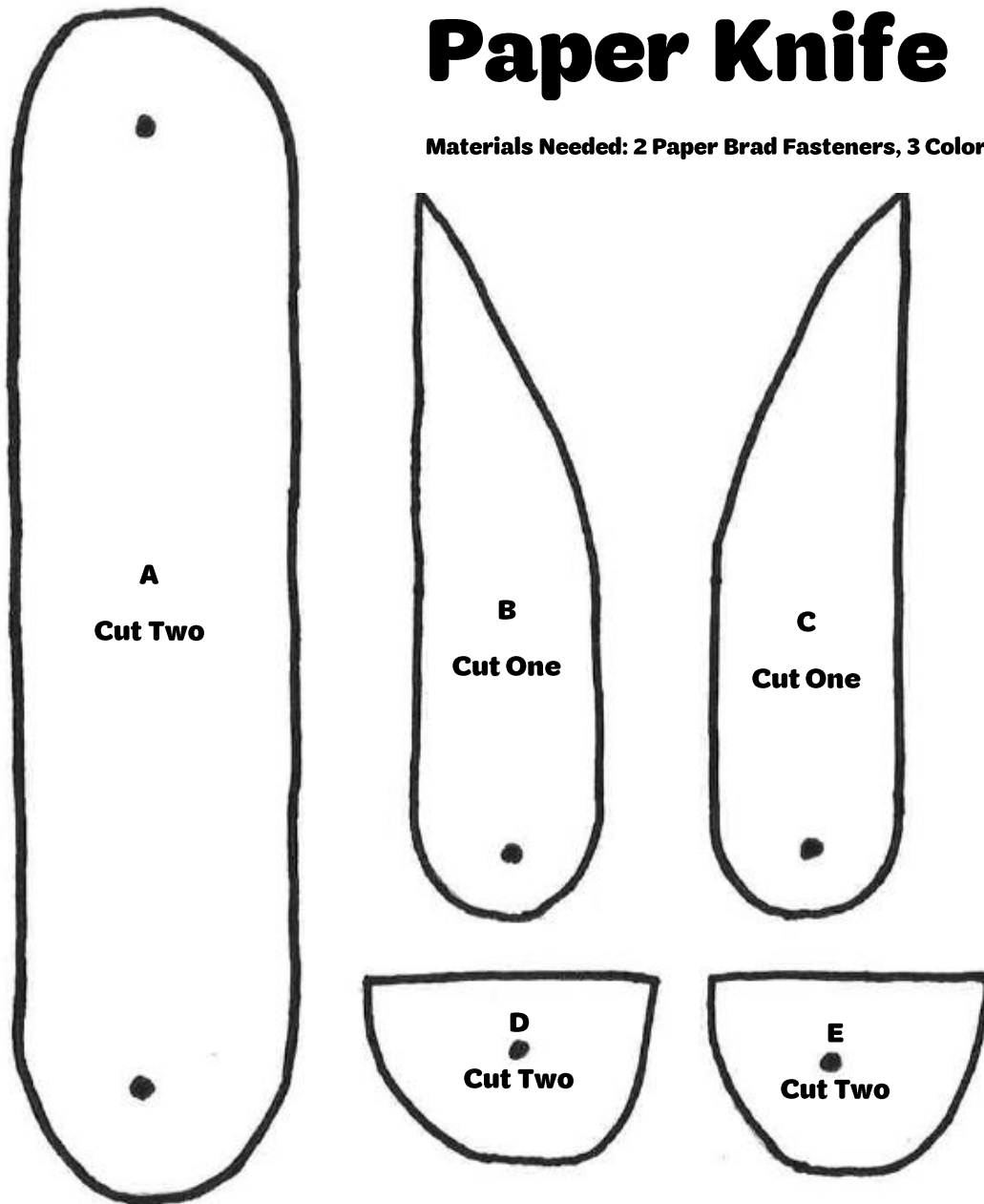
- d. Second round, tell the girls to open, then tell the girls to pass the knife. See how many close the knife before passing. If they do not reinforce to close before passing.**

Activity Three (Cutting a Banana)

- 1. Pass a plastic knife to each girl, down the line.**
 - a. Make sure the girls are passing by holding the dull end of the blade, with the blade pointed down. Listen for the “thank you” each time it is passed.**
 - b. Instruct girls to make sure they have their safety circle.**
- 2. Holding the handle firmly in one hand, have the girls cut slices of a banana.**
 - a. Make sure they are using the blade side and that they are cutting down, away from their body.**

Paper Knife

Materials Needed: 2 Paper Brad Fasteners, 3 Colors Cardstock



Instructions

1. Cut out five pieces of the knife to use as stencils.
2. Cut two of piece A in one color.
3. Cut one of each B and C in a second color.
4. Cut two of each D and E in a third color.
5. Punch holes out in each piece as shown.
6. Glue one D and one E piece on each A piece.
7. Use a paper brad fastener to connect both pieces A with B in the middle.
8. Making sure that the flat edge of B and C are on the same side of A, use a paper brad fastener to connect both pieces A with C in the middle.



Get Outdoors Challenge

Brownie Outdoor Challenge #4

Using a Peeler

Materials: vegetable peelers, wax paper, and chocolate bars

Objective: Girls will be able to safely use a peeler.

Directions:

Activity One (Safety):

2. Ask the girls what a peeler is used for.
 - a. Answers will likely include vegetables like potatoes and carrots.
3. Explain that it can also be used on chocolate for yummy desserts!
4. Discuss general knife safety:
 - a. Only use under adult supervision.
 - b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
 - c. Keep a jackknife closed when not in use.
 - d. Always close a knife before walking.
 - e. Cut away from the body.
 - f. Hold the handle firmly, never hold the blade while cutting.
 - g. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
 - h. Always keep a knife sharp, dull knives are dangerous.
5. Explain that knife and peeler safety are the same.

Activity Two (Chocolate):

1. Have girls create a safety circle for themselves.
2. Give each girl a peeler, piece of wax paper, and chocolate bar.
3. Instruct the girls to hold the chocolate bar firmly in their non-dominant hand, taking care to keep their fingers and knuckles away from the section that they would be using the peeler on.

- 4. Have the girls peel away from themselves in a downward motion, letting the shavings fall on the wax paper.**
- 5. When the girls are finished, the girls can eat their chocolate.**
- 6. OPTIONAL- Shavings could be used to garnish another dessert, or could be melted down to dip fruit into.**

Junior Outdoor Challenge #4

Using a Pocketknife

Materials: jackknife, stick

Objective: Girls will be able to safely use a jackknife to carve a stick for roasting marshmallows.

Directions:

Activity One (Safety):

6. Discuss general knife safety:

- a. Only use under adult supervision.
- b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
- c. Keep a jackknife closed when not in use.
- d. Always close a knife before walking.
- e. Cut away from the body.
- f. Hold the handle firmly, never hold the blade while cutting.
- g. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
- h. Always keep a knife sharp, dull knives are dangerous.

7. Discuss opening and closing a jackknife.

a. To open:

- i. firmly hold the handle in one hand
- ii. with the other hand, put a finger nail in the slot of the blade and pull with two fingers until the blade locks in an open position.

b. To close:

- i. Do the reverse of opening. Hold the handle firmly in one hand.

- ii. **With the other hand, take two fingers and close the blade, until it is completely covered by the handle.**

Activity Two (carving a stick):

- 1. Have each girl sit in a space that she can have a safety circle around her.**
- 2. Let her choose a stick to sharpen, one that is not too flimsy, but not too thick. Think a little thinner than a Sharpie marker.**
- 3. Give each girl a jackknife, making sure they say, "thank you" as they receive the knife.**
- 4. Instruct the girls to safely open their knife.**
- 5. After opening, have the girls make cuts in a downward motion, holding the handle firmly in one hand and not touching the blade.**
- 6. Have the girls rotate their stick to strip the bark off the end and create a point they can poke a marshmallow with.**
- 7. After finished, have the girls safely close their jackknife.**

Cadette Outdoor Challenge #4

Pocketknife

Materials: stick, jackknives, sharpening stone, water or oil

Objective: Girls will be able to safely carve a stick.

Directions:

Activity One (Safety):

8. Discuss general knife safety:

- a. Only use under adult supervision.
- b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
- c. Keep a jackknife closed when not in use.
- d. Always close a knife before walking.
- e. Cut away from the body.
- f. Hold the handle firmly, never hold the blade while cutting.
- g. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
- h. Always keep a knife sharp, dull knives are dangerous.

Activity Two (Fuzz Stick):

1. Have each girl choose a stick, about a foot long and about as thick as their thumb.
2. Give each girl a jackknife and have them find and create their own safety circle.
3. Instruct the girls to start at one end and make long thin cuts, letting the cut piece curl.
4. They should continue around the stick and down the stick, creating what looks sort of like a pine tree.
5. When finished, they can use their fuzz stick as a fire starter.

Activity Three (Sharpening):

- 1. When finished their project, or when they feel their knife is getting dull, the girls should sharpen their knife.**
- 2. Use a sharpening stone and either wet it with water or oil.**
- 3. Slide the knife blade in a circular motion on the stone. The blade should lie flat, slightly tilted, so that the sharp part of the blade is contacting the stone and the dull part is slightly lifted.**
- 4. Flip the blade over and sharpen the other side.**
- 5. Safely close the knife before putting it away.**
- 6. Remember dull blades are dangerous, so keep your knives sharp!**

Senior Outdoor Challenge #4

Paring Knife

Materials: paring knives, cutting boards, fruit (lemons, oranges, apple, bananas, watermelon, your choice!), toothpicks

Objective: Girls will be able to safely use a paring knife to create art out of food.

Directions:

Activity One (Safety):

9. Discuss general knife safety:

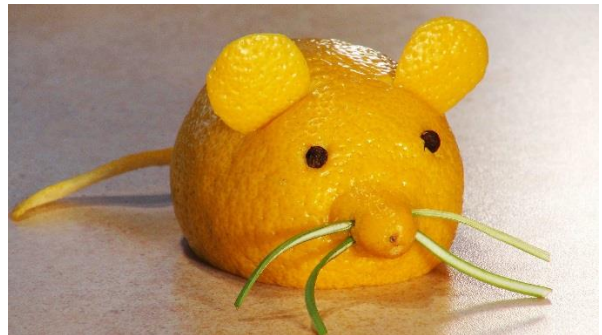
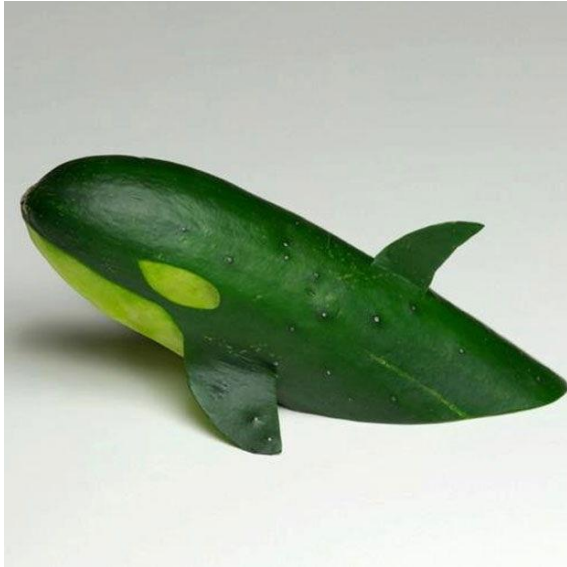
- a. Only use under adult supervision.
- b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
- c. Always hold a knife safely before walking.
- d. Cut away from the body.
- e. Hold the handle firmly, never hold the blade while cutting.
- f. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
- g. Always keep a knife sharp, dull knives are dangerous.

Activity Two (Fruit Art):

1. Have the girls decide what fruit they would like to carve.
2. Have the girls take the fruit, their knife, and a cutting board to a safe spot in the room and make sure they have a safety circle.
3. Let the girls decide if they are creating their own art from a blank canvas or they are doing a fruit animal from the suggested pictures.
4. Remind girls to cut away from their bodies and keep their other body parts away from the cutting.

- 5. When finished, have the girls put out an art show of each of their fruit creations and let the other girls walk around and admire them.**

Suggestions:



<https://www.icreativeideas.com/creative-animals-made-of-fruits-and-vegetables/>

<https://www.youtube.com/watch?v=EcFNbvENvuA>

<https://www.youtube.com/watch?v=7E9W9oHjfOA>

Ambassador Outdoor Challenge #4

Whittling

Materials: jackknife, soft wood such as pine, balsa, thumb guard or duct tape, sharpening stone, water or oil, pencils

Objective: Girls will be able to safely whittle an egg.

Directions:

Activity One (Safety):

10. Discuss general knife safety:

- a. Only use under adult supervision.
- b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
- c. Keep a jackknife closed when not in use.
- d. Always close a knife before walking.
- e. Cut away from the body.
- f. Hold the handle firmly, never hold the blade while cutting.
- g. Close a jackknife before passing. Hold a knife that you can't close by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
- h. Always keep a knife sharp, dull knives are dangerous.

Activity Two (Prep):

1. Each girl should have a block of wood, a sharp knife, pencil, and a thumb guard.
2. If no thumb guards are available, create your own using duct tape.
 - a. Circle the thumb sticky side up with duct tape, taking care that it is snug, but not tight as to cut circulation off.
 - b. Wrap that sticky side down with duct tape. 4-5 layers of duct tape should be used.
3. Make sure each girl has her safety circle.

- 4. Using the pencil, divide the block of wood into thirds on all sides. Creating a line all the way around.**

Activity Three (Whittling):

- 1. Holding the knife firmly in hand, start at the one third line and cut to the end of the block. This will cut off the corners and start to form the fat end of the egg.**
- 2. Continue to this motion, turning the block of wood each time, until the end is rounded and the corners are no longer there.**
- 3. Now, flip the block over, and do the same thing, except this time, take more off the corners, as this will be the skinnier end.**
- 4. Continue to this motion, turning the block of wood each time, until the end is rounded and the corners are no longer there.**
- 5. When the skinny end is rounded, start with motions to connect the two ends to finish your egg shape.**
- 6. The closer you get to completion, the finer the strokes will be.**
- 7. Optional – you can sand your egg and paint it!**