




**DURING THESE UNCERTAIN TIMES
GIRL SCOUTS IS HERE FOR YOU!**


girl scouts
of north-central
alabama

Enclosed are a few activities you can do while safely at home to stay connected to your Girl Scout sisters! Girl Scouts around our council will be completing these activities, and when it is safe for us all to be together again, we can share all that we learned.

To order the @Home Challenge and the Be Prepared Patch, give us a call at 1-800-734-4541. These patches are just \$1 for curbside pickup or \$2 mailed.

Girl Scout At Home Challenge

Girls must complete activities from the 4 pillars of Girl Scouts, *Outdoors, STEM, Life Skills, and Entrepreneurship*, as well as *Girl Scout Traditions*. **PARENTS:** Remember to have your girl(s) follow all *Safety Activity Checkpoints* in completing this patch.

Girls must complete:

- ◆ Daisy- 10 activities (2 from each category)
- ◆ Brownie- 15 (3 from each category)
- ◆ Junior- 20 (4 from each category)
- ◆ Cadette- 30 (6 from each category)
- ◆ Senior/ Ambassador- 35 (7 from each category)



Outdoor Activities



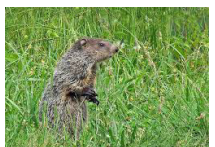
1. Go stargazing.

Find the North Star. Learn about a constellation. Create your own constellation and create a story for it.



2. Watch the sunset

Create (paint, draw, etc.) a picture of it. Try to do it in the style of a famous artist.



3. Observe a wild animal

Keep a safe distance, and try to get a picture. Try to identify the species.



4. Spot three different kinds of bugs

Identify them using both their common and scientific name.



5. Identify a tree by its leaves and bark

Identify 3 species and common names of plants.



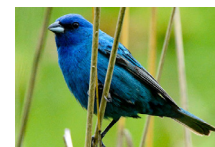
6. Make a Collage

Use only animals and plants that are native to Alabama.



7. Make a birdfeeder

Make your own, or string unsweetened cereal on yarn to hang from trees.



8. Identify bird calls

Identify two different calls and the species that made them.



9. Have a picnic

Use your living room, dining room, or even your back yard. Make an indoor tent and have a "Camp in" at home.

STEM



1. Be an Engineer

Build a play fort using different materials. Determine which material or combination worked best?



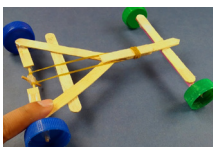
2. Create a Board Game

Use math concepts and recycled materials. How many players does it have?



3. Use Cryptography

Make up a secret code and send notes to a friend. Have them decrypt it.



4. Apply Newton's laws of motion

Make a cardboard and rubber band car. Make two and race them.



5. Track the Phases of the Moon

Explore space science by tracking the phases of the moon for several weeks.



6. Learn about an Invention

Ask older folks at home or via phone call for a story about something that was invented in their lifetime.



7. Perfect the paper airplane

Experiment with paper airplanes to make them go faster, farther, and straighter.



8. Get sticky with static

Explore static electricity with a blown-up balloon.



9. Get up close

Look at something up close. Use a magnifying glass or binoculars. What looked different?



10. Use a new tool

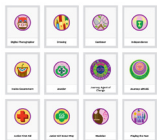
Use a tool you've never tried before to fix or make something useful.



11. From old to bold

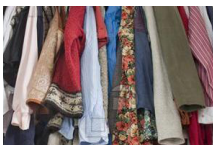
Upcycle old newspaper or magazines into a piece of jewelry.

Life Skills



1. Earn a life skills badge

Choose the one that excites you. What are the skills you've been wanting to learn?



2. Clean out your closet

Prepare to donate clothes that don't fit you anymore.



3. Create a grocery list

Budget for your favorite meal. How many people does this meal feed? What was the price per person for the meal?



4. Use a map

Find directions to a favorite place by using both a paper map and a smart phone map.



5. Cook a meal

Try out a new recipe. Did this recipe use any ingredients or cooking techniques you had not used before?



6. Change a lightbulb

Learn how to safely change a lightbulb. Then go for it!



7. Make thank you cards

Create Gratitude cards for community workers, medical personnel, local law enforcement. Mail them from home.



8. Sort and do your laundry

Which temperature should white clothes be washed at? What about bright colors? Handwashing?



9. Earn the first aid badge

Earn the first aid badge for your level of girl scouts. What are the steps you should take in an emergency?



10. Test your smoke alarms

Create a home fire plan. Test the smoke alarms in your house. Find all the exits.

Entrepreneurship

Washing
Ashore
Volumes of water
Ebb and flow on
Sandy beaches



1. Make an acrostic

Make an acrostic to create your own definition of Entrepreneur.

2. Brainstorm

Brainstorm 3 different ways to earn money. Which way is the easiest? Which way would you earn the most?

3. Sell old toys

List your old toys for sale with the help of an adult.

4. Invent a product

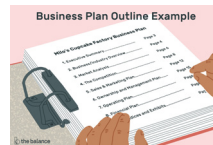
Invent a product to sell, either make it or sketch it out.

5. Make a print Ad

Create a print advertisement for something to sell.

6. Improve a product

Improve a product in your home, draw or sketch your idea.



7. Make a logo

Design/make a logo for a product/company.

8. Make a business card

Design/make a business card for yourself.

9. Write/Make a commercial

Write/make a commercial for a product of your choice.

10. Create a vision board

Create a vision board for yourself. Where do you see yourself in 1 year? 5 years? 10 years? Illustrate your goals.

11. Set a S.M.A.R.T. Goal

Set a SMART (Specific, Measurable, Achievable, Realistic, Timely) goal and write it down.

12 Action Plan

Create an action plan to achieve your goal.

13. Business Plan

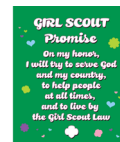
Write a one-page business plan.

Traditions



1. Make a Kaper chart

Make a Kaper chart to use at your house.



5. Girl Scout Promise

Learn the Girl Scout promise in another language (ASL, Spanish, etc.)



2. Girl Scout Motto and Slogan

Learn the Girl Scout motto and slogan.



6. Compare the Trefoils

Create a poster to compare the 3 trefoils: traditional, contemporary, and world. Learn their symbolism.



3. Make Swaps

Make swaps to exchange when meeting a new girl scout.



7. Girl Scout Sign

Draw the Girl Scout sign. Figure out the meaning of each part label them.



4. Earn the Girl Scout Way badge

Earn the Girl Scout Way badge for your level. Daisy can earn a new petal.



8. Girl Scout Song

Rewrite your favorite Girl Scout song to make it your own.

Be Prepared Patch Program

Would you and members of your household know how to be safe in an emergency situation? We are told to be ready for an emergency, but how do we actually prepare? Through this patch program, Girl Scouts can be empowered to respond confidently to emergencies, at home and in their neighborhood. Ask members of your household to do the activities with you. For additional help with requirements, check out www.ready.gov or other local emergency response agencies.

Girls must complete:

- ◆ Daisies must complete the two * requirements plus 2 other requirements
- ◆ Brownies must complete the two * requirements plus 4 other requirements
- ◆ Juniors must complete the two * requirements plus 5 other requirements
- ◆ Cadettes must complete the two * requirements plus 6 other requirements
- ◆ Seniors must complete the two * requirements plus 7 other requirements
- ◆ Ambassadors must complete the two * requirements plus 8 other requirements



* 1. Learn about emergencies

These might include tornado, flooding, lightning, wildfire, earthquake, hurricane, sink hole, etc.



9. Test your smoke detectors

Test your smoke/carbon monoxide detectors. Find out if the batteries need replacement. If unknown, replace them.



* 2. Emergency Response Plan

Create one for your household for each type of emergency.



10. Make a no-cook menu

Create a menu for your family for three days using only food that does not require cooking.



3. Girl Scout First Aid Badge

Earn the Girl Scout First Aid badge for your program level.



11. Cook Outdoors

With the help of an adult, use an outdoor cooking method to prepare a meal without using electricity or gas.



4. Severe Weather Poster

Make a poster or graphic to show the difference between a severe weather advisory, watch, and warning.



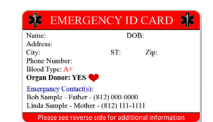
12. Emergency Contacts

Think of all the phone numbers you might need in case of an emergency. Make a list and post it in your house.



5. Review your sources

Find the sources your family uses for severe weather information. Will they work in a power or phone outage?



13. Make a Medical-ID

Create your personal medical ID. Write on an index card to keep in your wallet or backpack. See if your phone has this.



6. Make an Emergency Kit

Create a Tornado Emergency kit or Evacuation Kit. Check ready.gov for a list of items.



14. Natural Disaster Drive

Donate items to a natural disaster drive.



7. Identify home emergencies

These may include fire, gas leak, power outage, flooding and more.



15. Donate to Fire Department

Donate items to the local fire department to help children after a house fire, accident or emergency.



8. Home Evacuation Plan

Make an evacuation plan. Include an emergency meeting place. Practice the plan with your household.



16. Learn your Neighborhood

On a map locate fire hydrants, fire stations and local hospitals. What's the quickest route to the hospital?

THE GIRL SCOUT GUIDE TO HELPING OTHERS DURING THE COVID-19 PANDEMIC

It's in our Girl Scout DNA to help in a time of crisis. For those that are healthy and want to help others, there are multiple ways to help those in need during the novel coronavirus outbreak. But how can we do so responsibly? In some cases, you don't even need to step outside your home to help in a meaningful way.

Here are 3 things you can do to support your community.

1. Say thank you – Write a thank you note to healthcare providers, food bank volunteers, teachers, or a troop leader. Note: Check to see if the organization will accept the physical copy by mail or if you should scan/email them copies of these instead. Be creative and say thank you to anyone who is on the “front lines” helping keep everyone safe or supplied.

2. Be tech support- If you're technologically savvy, offer to help a neighbor, friend or relative get set up and act as their “tech support” hotline. The elderly population is at high risk. Show them how to order their groceries or get audiobooks from their local library so they stay home and safe. You might even consider reaching out to a local assisted living facility to see if you can do a tele-visit with residents to keep their spirits up. Maybe they can teach YOU a skill, like knitting!

3. Donate to and/or volunteer at the food bank Note: Check with your local food bank for needed food and to ask for age requirement for volunteering. You may also want to ensure they have put in measures to keep you safe through social distancing.

We would love to see how Girl Scouts in our council are helping their local communities during this crisis. Share your stories and pictures with us by emailing us at communications@girlscoutsnca.org.

Girl Scout Law



Find the underlined words in the Girl Scout Law in the word search above.

I will do my best to be: honest and fair, friendly and helpful, considerate and caring, courageous and strong, responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place and be a sister to every Girl Scout.



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Community Partner

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Find us on all your favorite social media sites.



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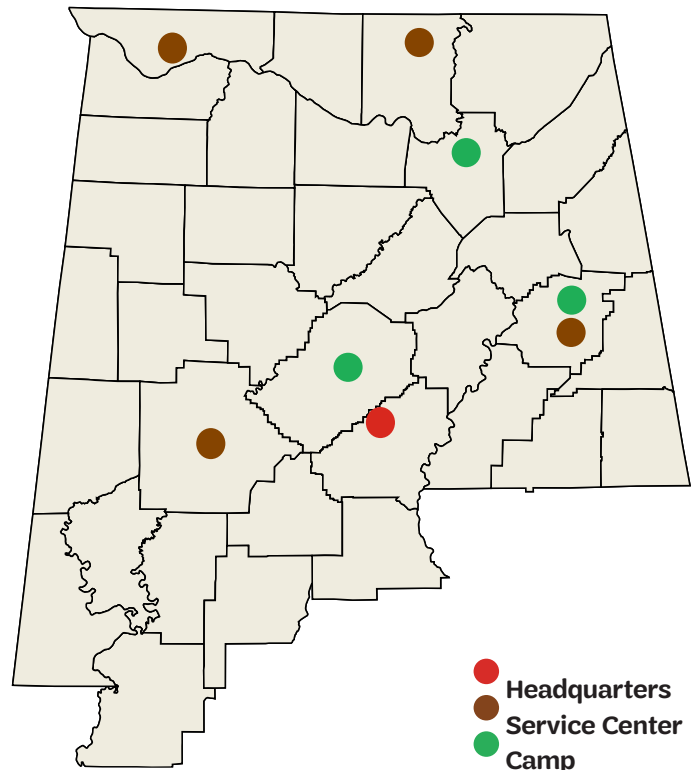


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Search for Girl Scouts of North-Central Alabama on LinkedIn and our Alumni Association on Facebook for even more content!



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