

Welcome to the first ever "Worldwide Camp-In" at <u>USA Girl Scouts Overseas</u> (USAGSO)! We hope that this virtual campout gives girls and families a chance to connect with each other through a common love for camping and the outdoors. This event aims to bring you camp magic and tradition, plus badge work, without even having to leave your home. These shared experiences will connect our global sisterhood of Girl Scouts in a new and exciting way!

<u>Outdoor experiences</u> are a fundamental part of the Girl Scout Leadership Experience. The outdoor programming at Girl Scouts helps girls develop skills, confidence, and competence in the outdoors, while inspiring a lifelong commitment to environmental stewardship. These experiences increase girls' understanding and curiosity about the natural world and shape girl leaders who are environmentally conscientious. It is always a great time to practice outdoor skills — even at home!

We encourage you to share your virtual camp experience on social media with the hashtag **#USAGSOcampin**. Whether you pitch a tent in the yard, craft S'Mores in the microwave, construct a dreamy blanket fort, or sing a song with your troop over video chat, your at-home camping creations will inspire girls around the world! To learn more about Girl Scouts, visit <u>USA</u> <u>Girl Scouts Overseas</u>.

We are so glad you are joining us on this journey and can't wait to see your adventures along the way!

Travelyn, Sam Onions, Jack, and Pepper The USAGSO Camp-In Team





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# **WORLDWIDE CAMP-IN TECHNOLOGY**

### **USAGSO-Led Activities**

USA Girl Scouts Overseas (USAGSO) will post camp activities, videos, and photos on Facebook throughout the day/evening of July 11th. Live sessions will take place on Zoom and be streamed to Facebook Live. Facebook Live is a live video format that allows you to watch and comment in real time. There will be several Facebook Live videos over the course of the event, and they will also remain accessible on USAGSO's Facebook page after the event ends. For campers in countries where Facebook is not accessible, live sessions will be available via Zoom. Campers in areas without Facebook access will be sent links to the Zoom streams in advance of the event to the email address listed in your registration form.

The event has been planned to accommodate as many time zones as possible, but we realize some events may be early, late, or during a meal time in your location. Activity posts will remain accessible after the event-- this way, if you are unable to attend the entire event, you can visit the page after it is over and to find the information!

Be sure to follow USA Girl Scouts Overseas on Facebook so you don't miss any posts!

### For Troops/Families to Virtually Meet

If you wish to connect with your troop, friends, or family during the Camp-In, we encourage adults to choose the best platform that works for their group. Some video meeting platforms are: Zoom, Skype, GoToMeeting, WebEx and Google Hangouts. Best practices for video calls include:

- Do a practice call before the event to sort out any tech issues.
- Use settings to require a password to enter the meeting, and share the password only with those you wish to attend.
- Change screen sharing to "Host Only."
- Use settings to make the group leader be the first person allowed to join the call (disable "Join Before Host" so people cannot join before you arrive).
- Enable "Co-Host" so you can assign a moderator.
- Disable "File Transfer" to prevent cyber virus sharing.
- Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.
- For help with specific platforms, find that platform's Frequently Asked Questions.

See <u>USAGSO's COVID-19 page</u> to read more about Virtual Troop and Service Unit Meeting Tools.

#### Do you want to connect as a troop year-round?

USAGSO currently hosts a Virtual Troop (VT) for Cadettes, Seniors, and Ambassadors! Any girls in grades 6-12, including girls from a WAGGGS sister country, may request to **join the Virtual Troop**, which is hosted through a secure forum.





### **Social Media**

If you wish to share any part of your Worldwide Camp-In on social media, you can use the hashtag **#USAGSOcampin** to inspire others to build their outdoor skills, too.

### **Girl-Led "Girl's Choice" Activities and Badge Connections**

Keeping activities girl-led allows each girl to engage with activities and ideas that interest her as well as explore new skills. During each "Girl's Choice" portion of the event, girls are encouraged to choose one activity to complete – either from the resource booklet or something altogether her own.

Throughout the activity booklet, you will find "Badge Connections" listed after many activities. This section will link activities to specific Girl Scout badges for various levels - they are color coded based on the Girl Scout level for each badge and specifically state which requirements are satisfied by each activity.

> Daisy - Kindergarten and 1st grade Girl Scouts Brownie - 2nd and 3rd grade Girl Scouts Junior - 4th and 5th grade Girl Scouts Cadette - 6th through 8th grade Girl Scouts Senior - 9th and 10th grade Girl Scouts Ambassador - 11th and 12th grade Girl Scouts

Of course Girl Scouts of all levels are encouraged to try any activities that interest them! In most cases, additional steps will need to be completed to finish earning the badge listed. Badge connections are intended to encourage girls to explore activities that interest them more fully.



### Virtual Patch

Due to the pandemic and related shipping challenges, we are unable to offer a patch for our Camp-In. As an alternative, and to lower our environmental impact, please visit <u>our website</u> to find the event logo in different file formats. Families and troops may use the logo to create their own patches to commemorate our global event. This includes having a local merchandiser make a patch, hat, or t-shirt for you. **Download Formats:** <u>PDF</u> · <u>JPG</u> · <u>PNG</u>

We also have special frames that you can add to your Facebook profile picture to share that you are camping with the world. There are two to choose from! <u>Frame 1</u> • <u>Frame 2</u>

Here are a few ideas on how you can capture your memories of the Worldwide Camp-In:

- Turn the logo into a button or stickers
- Create your own patch with fabric and markers
- Make a photo collage or book of your activities
- Teach a sister Girl Scout or friend one of the new skills you learned
- Share a video (with an adult's help) about your experience







### **Girl Scout Internet Safety Pledge**

Most of the Worldwide Camp-In events will require access to the internet and social media during the event. For this, and any other online activities, we ask girls and adults to review and agree to the Girl Scout Internet Safety Pledge.

### Girl Scout Internet Safety Pledge\* for All Girl Scouts

- I will not give out personal information such as my address, telephone number(s), parent's or guardians' work address/telephone number(s), and the name and location of my school without the permission of my parent or guardian.
- I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.
- I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.
- I will never agree to get together with someone I "meet" online without first checking with my parents or guardians. If my parents or guardian agree to a meeting, I will arrange it in a public place and bring a parent or guardian along.
- I will never send a person my picture or anything else without first checking with my parent or guardian.
- I will talk with my parent or guardian so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- I will follow all of the Girl Scout Terms and Conditions related to Digital Cookie, as well as all internet safety guidelines related to all other Girl Scout product sales.
- I will practice online etiquette (good manners) at all times when online by:
  - Not spamming others.
  - Not bullying or tolerating bullying (and will always tell a trusted adult if this is a problem).
  - Not using bad language.
- I will be guided by the Girl Scout Promise and Law in all that I do online.

| Signed, |
|---------|
|---------|

Girl Name \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_

\*The GSUSA Online Safety Pledge is based upon the Online Safety Pledge developed by the <u>National Center</u> for <u>Missing and Exploited Children</u>. (Revised August 2014)





# **SCHEDULE**

| Time<br>(CEST) | Time<br>(JST) | Activity                             | On Your Own or<br>Virtual  | Details and Corresponding Page<br>Numbers  |
|----------------|---------------|--------------------------------------|--|--|
| 1000           | 1700          | Setup &<br>Lunch/Dinner<br>& S'Mores | On your own. Visit<br>the USAGSO<br>Facebook page to<br>share photos and<br>comments with other<br>participants. | <ul> <li>Set up your campsite - indoors or out!<br/>See pages 9-10 for blanket fort ideas.</li> <li>Eat your camp meal, inside or outdoors<br/>- your choice! See meal ideas on pages<br/>11-16 or prepare your favorite camp<br/>recipe. Share what you made with girls<br/>around the world on Facebook.</li> <li>What is camp without S'Mores? Think<br/>about how you can make your own<br/>(check out pages 18-19 if you need<br/>some inspiration), then show us how<br/>you did it on USAGSO's Facebook<br/>Page.</li> <li>Girls in earlier time zones can make<br/>their S'Mores now, after lunch, or wait<br/>until their dinner time.</li> </ul> |
| 1200           | 1900          | Welcome                              | Facebook Live on<br>USAGSO's<br><u>Facebook page</u> .   | <ul> <li>Tune in to <u>USAGSO's Facebook page</u> to kick off the event!</li> <li>Participate in the opening ceremony by reciting the Girl Scout Promise and Law (see page 8) with girls around the world.</li> </ul>  |
| 1220           | 1920          | Camp<br>Activities                   | Facebook Live on<br>USAGSO's<br><u>Facebook page</u> .   | <ul> <li>Join us on <u>Facebook</u> live for an activity session with a USAGSO volunteer to build a marshmallow launcher!</li> <li>Material list for this activity can be found on page 33.</li> </ul>   |
| 1250           | 1950          | Girl's Choice                        | On your own. Share<br>photos of your<br>activities with us on<br><u>Facebook</u> .                               | <ul> <li>Use pages 20-32 to pick a camp<br/>activity, or make up your own.</li> </ul>  |
| 1335           | 2035          | Camp<br>Activities                   | Facebook Live on<br>USAGSO's<br><u>Facebook page</u> .   | <ul> <li>Join a USAGSO volunteer live on<br/><u>Facebook</u> to answer the question:<br/>Would You Drink It?</li> <li>Material list for this activity can be found<br/>on page 33.</li> </ul>  |
| 1405           | 2105          | Song Break                           | Facebook Live on   | Join Pepper and Jack live for a couple   |



|      |      |  | USAGSO's<br>Facebook page  | of camp songs! (See pages 37-38 for lyrics.)  |
|------|------|--|--|---|
| 1415 | 2105 | Girl's Choice                                | On your own. Share<br>photos of your<br>activities with us on<br>Facebook.   | <ul> <li>Use pages 20-32 to pick a camp activity, or make up your own.</li> <li>Consider setting up your "campfire" for the singalong. See pages 35-36 for ideas for setting up your "campfire."</li> </ul>   |
| 1505 | 2150 | Camp<br>Activities                           | Facebook Live on<br>USAGSO's<br><u>Facebook page</u> .   | <ul> <li>Join us on Facebook live for an activity session with a USAGSO volunteer (and physicist!) to build a spectroscope to explore light.</li> <li>Material list for this activity can be found on page 34.</li> </ul>   |
| 1530 | 2230 | Virtual<br>Campfire and<br>Singalong         | Live on USA Girl<br>Scouts Overseas<br><u>Facebook page</u> .  | <ul> <li>Join Girl Scouts from around the world<br/>for a virtual campfire and singalong,<br/>streamed live on <u>Facebook</u>.</li> <li>Set up and share a photo of your<br/>"campfire" setup on Facebook (see<br/>pages 35-36).</li> <li>Song order and lyrics begin on page 37.</li> </ul> |
| 1555 | 2255 | Closing<br>Ceremony                          | Live on USAGSO<br>Facebook page.   | <ul> <li>Join us as we close the event together.</li> </ul>   |
| 1600 |      | Dinner and<br>S'Mores for<br>CEST<br>campers | On your own or as a<br>part of a virtual troop<br>meeting. Visit<br>USAGSO <u>Facebook</u><br>page to share photos<br>and comments with<br>other participants. | <ul> <li>Prepare your camp dinner and S'Mores<br/>(see pages 11-19 for ideas).</li> <li>Finish setting up your campsite and<br/>enjoy more fun camping activities that<br/>interest you!</li> </ul>   |





### **Girl Scout Promise**

*On my honor, I will try:* To serve God\* and my country, To help people at all times, And to live by the Girl Scout Law.

\* Members may substitute for the word God in accordance with their own spiritual beliefs.

### **Girl Scout Law**

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and 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.



# SLEEP

You've arrived at camp! The first thing to do is create your unique campsite for the night. Are you sleeping in a tent in the yard? A tent indoors? Or maybe you'll create a magical blanket fort in your home - or put an airbed on your terrace! You can simply sleep in your usual spot if you'd like! Think of ways to make your "campsite" special. Many campers like to bring twinkle lights, fluffy blankets, photos of loved ones, or great books. Below, we will show just a couple ways to create an indoor campsite; however, we encourage you to build your space in whatever method and style inspires you, so be as creative and unconventional as you wish. If you are working on an outdoor badge and you have the desire and equipment to set up an outdoor campsite, go for it! Check out this fun <u>video</u> about setting up camp at home from the Leave No Trace Center for Outdoor Ethics.

## Simple Design Idea: "The Lean-To"

You can get the cozy feeling of a tent with minimal supplies. All you need for this quick and easy blanket fort is a sheet or blanket and a few thumb tacks. Pin one edge to the wall at any height that is comfortable for you. Use pins or heavy objects to hold down the other end of the sheet, creating a "lean-to" shape above your sleeping spot. You may decorate the space with pillows, fluffy blankets, a stuffed animal, glow sticks or twinkle lights.











## **Complex Design Idea: "The Fortress"**





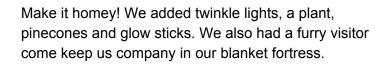
If you want to create a more elaborate blanket fort, here is just one way to do so. Again, think creatively and build your space however works best for you!

Outline the space. Here, we have chairs, a sofa and blanket to create boundaries.

Think about structure. What will hold up your fort? Here, we use an assortment of rigid objects, like hockey sticks and hiking poles, to build upon the foundation.

Cover the space. We used several thin sheets to construct a canopy above the sleeping area. We used a few rubber bands and clips to hold the sheets to the rigid structure where needed.

Add your sleeping bag or blankets and pillow.



Get comfy and tune in to the USAGSO Facebook Live at noon (CEST) / 1900 (JST)!





# EAT

Camping meals give you a chance to try new recipes and cooking methods that you don't usually use. You can choose to eat whatever you'd like for this meal! Below are some traditional camp-themed suggestions to get you thinking. Camp-style cooking is possible in your home kitchen, and it can help you earn badges too. Feel free to get creative, and no matter what you cook, **please make sure there is adult supervision, including while making S'Mores.** 

#### **Badge Connections**



Planning and making a camp meal will help you complete step 1 of the Daisy Buddy Camper badge.



Planning and making a camp meal will help you complete step 3 of the Brownie Cabin Camper badge.



Planning and making a camp meal will help you complete step 2 of the Junior Eco Camper badge.



Planning and making a camp meal will help you complete step 3 of the Junior Camper badge.



Planning and preparing two camp meals over a portable camp stove will help you complete step 3 of the Cadette Primitive Camper badge.



Planning and preparing a meal over a backpacking stove (if available) will help you complete step 3 of the Senior Adventure Camper badge.



Planning and preparing a camping menu using at least 3 different methods of camp cooking will help you complete step 3 of the Ambassador Survival Camper badge.

Want to earn the full badge and explore others? <u>Register as a Girl Scout</u> today to get access to complete badge requirements through the Volunteer Toolkit.







## Lunch/Dinner Ideas

First, decide your method of cooking: indoor stovetop/oven, outdoor camp stove, campfire, grill, Dutch oven, or even no-cook. Below are ideas for each. Feel free to prepare your own camp favorite or make up your own recipe! Have a favorite camp meal in your part of the world? Share it with us on <u>Facebook</u> so more girls can try it out!

### **Indoor Cooking Recipes**

#### French Bread Pizzas\* - serves 4

#### Ingredients

- 8 oz. can tomato sauce
- <sup>1</sup>/<sub>2</sub> teaspoon Italian seasoning
- 4 French bread or sandwich rolls
- 1 <sup>1</sup>/<sub>3</sub> cups shredded part-skim mozzarella cheese

- 1 (3.5 oz) pkg sliced pepperoni (or other topping)
- Chopped vegetables if desired

#### Directions

- Preheat oven to 450°F. Mix tomato sauce and Italian seasoning in a small bowl until well blended. Slice bread into halves and spread sauce evenly onto crusts.
- Sprinkle pizzas evenly with cheese and toppings of choice. Place on an ungreased baking sheet.
- Bake on the center oven rack in the oven for 8 to 10 minutes, or until the edges of the crusts are lightly browned and cheese is melted.

\*These can also be made on a grill.

#### Vegetarian Chili and Cornbread - serves 6

#### Ingredients

#### For the Chili

- 1 tablespoon oil of choice
- 1 onion, diced
- 4 cloves garlic, minced
- 2 teaspoons salt
- 1-2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 can (14.5 oz) kidney beans, rinsed and drained
- 1 can (14.5 oz) black beans, rinsed and drained
- 2 cans (15 oz each) diced tomatoes
- 1 (4 oz) can diced green chiles
- 2 tablespoons tomato paste

#### For the Cornbread Topping

- 1 cup cornmeal
- 1/2 cup flour
- 1 tablespoon baking powder
- 1 <sup>1</sup>/<sub>2</sub> teaspoon salt
- 1 cup milk
- 1 egg, lightly beaten
- 2 tablespoons honey





#### Directions

- Preheat the oven to 400 degrees Fahrenheit (approx. 205 degrees Celsius.)
- In a 10" / 4 qt Dutch oven over medium heat, saute the **onion** in **oil** until soft and just beginning to turn golden, about 5 minutes. Add the **garlic** and **spices** and saute for 1 minute. Add the **beans**, **tomatoes**, **chiles**, and **tomato paste**, stir to combine. Simmer for 10 minutes until thickened.
- In the meantime, prepare the cornbread batter. Mix all the **dry ingredients** in a medium bowl and stir to combine. Add the **milk**, **egg**, and **honey** and mix until a batter forms.
- Remove from heat. Pour the batter over the chili as evenly as possible, then cover the Dutch oven with a lid and move to the oven.
- Bake until the cornbread has cooked through and is no longer wet in the center, about 15-20 minutes.
- Serve with your favorite chili toppings & enjoy!

### **Camp Stove Recipe**

Many recipes made on an indoor stove can also be made over a camp stove. Just be sure you have cookware made for use over direct flame.

#### **Ooey Gooey Grilled Sandwich** - serves 4

#### Ingredients

- 8 slices preferred bread
- 12 oz bacon, cut crosswise into <sup>1</sup>/<sub>2</sub> inch pieces
- 8 slices preferred cheese
- 2 tablespoons butter

#### Directions

- Cook bacon pieces in a hot skillet, stirring occasionally, until almost fully cooked (approximately 8-10 minutes).
- Butter one side of each slice of bread. Place 4 slices, buttered side down on a hot skillet or grill. Add 2 slices cheese, and top each with ¼ of the bacon. Place remaining slices of bread on each, buttered side on the outside. Cook 2-3 minutes, then flip and cook another 2-3 minutes, until toasty and warmed through.

Vegetarian option: Skip the bacon and butter bread as described in step 2, then continue to grill your sandwich. If you like, add your favorite sliced veggie for some variety.





### **Campfire or Outdoor Grill Recipes**

### Rainbow Foil Packets - serves 4

#### Ingredients

- <sup>1</sup>/<sub>2</sub> cup olive oil
- 4 cloves garlic, minced
- 1 ¼ teaspoon Italian seasoning
- ½ teaspoon salt, + extra for sprinkling
- 1 ½ pounds chicken, beef, or other protein

\*For a vegetarian option, omit meat and add more of your favorite veggies!

- 1 red bell pepper, cut into 1" dice
- 1 onion, cut into 1" dice
- 2 zucchini, small, cut into 1" dice
- 1 sweet potato, medium, cut into ¼" to ½" dice
- 8 oz mushrooms, baby bella or white button mushrooms, left whole
- pepper, to taste

#### Directions

- Heat gas or charcoal grill (or lay grill over fire). Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
- In a large bowl, mix olive oil, garlic, Italian seasoning, salt and red pepper flakes. Add squash, zucchini, bell pepper, tomatoes and onions; toss to combine. Divide evenly among sheets of foil.
- Bring up 2 sides of foil so edges meet. Seal edges, making tight ½ inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packs on the grill over medium heat. Cover grill; cook for 6 minutes. Rotate packs ½ turn; cook 5 to 7 minutes longer or until vegetables are tender. Remove packs from the grill; cut large X across top of each pack. Carefully fold back foil, and garnish if desired.

\*Prepared foil packs can also be baked in the oven. To prepare in the oven, place packs on a baking sheet and preheat the oven to 350 degrees Fahrenheit (about 176 degrees Celsius). Prepare packs as above, then bake for approximately 30 minutes, then check for doneness. Some packs may require more time, depending on ingredients and size of the pack.

#### **Campfire Hot Dogs**

#### Ingredients

• Hot dogs

• Pillsbury crescent roll

#### Directions

- Place skewers in hot dogs, about <sup>3</sup>/<sub>4</sub> of the way in.
- Open the crescent roll package and wrap one pre-cut triangle of dough around each hot dog.
- Wrap your hot dogs loosely in aluminium foil.
- Roast your hot dog over the fire for about 15-20 minutes. Avoid placing hot dogs in direct flame.
- Serve with your favorite condiments.

No crescent rolls available? Roast your hot dog on its own and try it on your favorite bread.





### **Dutch Oven Over Charcoal Recipes**

Dutch Oven Mac and Cheese - serves 4

#### Ingredients

- 2 cups elbow macaroni
- 2 cups water
- 2 tablespoons butter
- <sup>1</sup>/<sub>4</sub> teaspoon salt

- 4 cups cheddar cheese, shredded
- 1-2 tablespoons mustard
- <sup>1</sup>/<sub>4</sub> teaspoon garlic powder

#### Directions

- Prepare your coals or campfire.
- Add the elbow macaroni, water, butter, and salt to a 4-qt Dutch oven. Cover and place on top of a small bed of coals or embers. Place 10-15 coals on top of the Dutch oven. Cook for about 10 minutes, until the pasta is tender and most (but not all) of the liquid has been absorbed.
- Carefully remove the Dutch oven from the campfire and set aside the lid.
- Stir in the shredded cheese, mustard, and garlic powder and add more salt if needed. Serve in bowls or on a plate. Enjoy!

#### Campfire Nachos - serves 2

#### Ingredients

- 1 tablespoon neutral flavored oil
- 1/2 lb tortilla chips
- 1 (7.75 oz) can El Pato hot tomato sauce, or equivalent
- 1 cup shredded Mexican cheese blend

- 1 (14.5 oz) can black beans, drained
- 1 large avocado, cubed
- 4-5 green onions, sliced
- handful of fresh cilantro, chopped
- 1 small lime, cut into wedges

#### Directions

- Lightly oil the bottom of a large dutch oven, to prevent the nachos from sticking.
- For the first layer, evenly spread <sup>1</sup>/<sub>3</sub> of the chips into the dutch oven, topped with <sup>1</sup>/<sub>4</sub> can El Pato, <sup>1</sup>/<sub>4</sub> can black beans, <sup>1</sup>/<sub>4</sub> cup cheese, and a handful of avocado, green onions, and cilantro. Repeat for the second layer.
- For the third and final layer, use the remaining <sup>1</sup>/<sub>3</sub> portion of chips, <sup>1</sup>/<sub>2</sub> can El Pato, <sup>1</sup>/<sub>2</sub> can black beans, <sup>1</sup>/<sub>2</sub> cup cheese, and the remaining avocado, onion, and cilantro.
- Cover the dutch oven and place on a metal grill over your campfire for about 10 minutes, until the cheese has melted. Serve with the lime wedges.



### **No-Cook Recipes**

#### Ants on a Log

#### Ingredients

- Celery stalks
- Cream cheese
- Raisins/craisins

#### Almond/peanut/nut butter

Hummus

#### Directions

- Wash and cut celery into 2 3inch pieces, creating logs.
- Fill the middle groove with cream cheese or nut butter.
- Add a few raisins on top of logs as decoration.

#### GORP

GORP is a time-honored Girl Scout tradition and a handy snack for a day full of Girl Scout adventures! Gather your favorite trail mix ingredients and mix them into a great snack for the whole family. Check out the list below for some ingredient inspiration. The best part of GORP is that you can make it any way you want!

#### Ingredients

- pretzels
- nuts
- Raisins/craisins
- marshmallows
- M&Ms or chocolate chips
- Cheerios (or other cerea

- Small cheese crackers
- Sunflower seeds
- Granola
- Popcorn
- Dried fruit

#### Banana Sushi

Make your own delicious banana "sushi" snack. This is another recipe you can customize to include your favorite things. You'll need:

#### Ingredients

- Whole banana
- Nutella or nut butter spread
- Whole wheat wrap

#### Directions

- Lay out your wrap on a plate and smear Nutella or nut butter of your choice.
- Peel banana and place it on the edge of your coated wrap.
- Roll your "sushi" and slice into bite size sections.

Want to change it up? Coat your banana with the spread of your choice and roll it your favorite topping! You could turn this into a delicious dessert!





### **Table Questions**

Use these questions to spark interesting dinner discussions with fellow campers.

- 1. If you could have any superpower what would it be and why?
- 2. If you were stranded on a deserted island and you could only have three things with you, what would they be and why?
- 3. What is your favorite smell? What memory does it remind you of?
- 4. If you could be one character from a book for a day, who would it be and why?
- 5. What does a perfect day look like to you?
- 6. Tell me about something that made you happy today.
- 7. Would you rather wear your pants backward or your shoes on the wrong feet?
- 8. Would you rather have pine needles for eyelashes or holiday lights for fingernails?
- 9. Would you rather cry ketchup or sweat mayonnaise?
- 10. Would you rather be a giant rodent or a tiny elephant?
- 11. Would you rather go without television or junk food for the rest of your life?
- 12. If you had to pick only one would you want to be a great singer or a great dancer?
- 13. If you could be an animal what would you be?
- 14. If we could only have one holiday, which one would you pick?
- 15. If you could go anywhere in the world, where would you go?
- 16. If you could make any animal talk, what would it be?
- 17. If you had to live with a cartoon character, who would you pick?
- 18. If you could go camping anywhere in the world where would you go?
- 19. How do you like your marshmallow- toasted brown or burnt black?
- 20. If you could invent a Girl Scout cookie what would it be? What would you name it?

Introduce girls to experiences that show them they're capable of anything they can imagine. You'll be their cheerleader, guide and mentor; helping them develop the skills and confidence that will last a lifetime. Imagine the smiles, the excitement and the memories made—those are the moments you'll share in Girl Scouting. <u>Volunteer with Girl Scouts Overseas!</u>







## All about S'Mores!

The basic S'Mores include these three things: graham crackers, marshmallows and chocolate. However, there are so many different ways to customize your S'More. Listed below are just a few ideas of ways to 'upgrade' your S'More.

#### Instead of basic chocolate:

- You could use alternative candys, i.e. peanut butter cups, white chocolate, cookies and cream chocolate, chocolate with nuts etc.
- You could use your favorite Girl Scout cookie
- You could use a hazelnut spread or your favorite nut butter

#### Instead of graham crackers:

- You could use cookies: chocolate chips, oreos, or even Trefoils!
- You could use a rice krispie treat!
- You can use sliced apples and add some caramel to make a caramel apple s'more!

#### Instead of marshmallows:

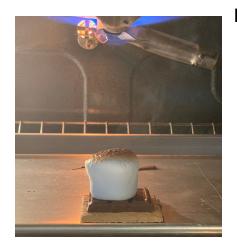
• You could use fruit, like peaches or strawberries

#### Other fun ideas:

- You can make banana boats by cutting the banana peel lengthwise about 1/2 in. deep, leaving 1/2 in. at both ends. Open peel wider to form a pocket. Fill each with chocolate chips and mini marshmallows. Wrap in foil and roast in the oven until the chocolate and marshmallows are melted.
- You can make campfire cones using an ice cream cone and your S'More ingredients or a combination of sliced fruits. Anything you can imagine. Fill the cone, then wrap it in foil and place it on the grill, in the oven or in warm coals until the ingredients have melted together. Carefully remove from heat and enjoy your creation!







### In the Oven

- 1. Preheat your oven to broil on high
- 2. Place graham cracker, chocolate and marshmallow on a cookie sheet
- 3. Ensure that your cookie sheet and s'more on on the top rack, to ensure they get as much contact with the direct heat as possible
- 4. Watch S'Mores carefully, it should begin to brown and char after about 30-45 seconds
- 5. Carefully remove from the oven and top with a second graham cracker, enjoy!

### On the Stovetop

Turn one stove top element (gas or electric) to medium-high

- 1. Place a marshmallow on a roasting stick (wooden skewers work great) that is at least one foot long
- 2. Roast marshmallow over stove top, similar to how you would over a campfire
- 3. Have a friend help you sandwich your melted marshmallow between your two graham crackers and chocolate piece! Enjoy!



### In the Microwave

- 1. Place base graham cracker, chocolate and marshmallow on a microwave safe plate
- 2. Microwave for 5 second intervals, until your marshmallow is soft and gooey. Usually about 15 seconds total (warning: if you do it for a straight 15 seconds and not in intervals your marshmallow may expand and balloon off of your S'More.
- 3. Top with a second graham cracker and enjoy!







# **LEARN - GIRL'S CHOICE!**

It's your campout, so you get to decide what camp activities sound the most fun. USAGSO will lead several activities on Facebook, but you, your family or your troop (in a troop video chat) can decide how to best spend the rest of the evening. Below is a list of camp-themed activities we recommend trying out at your campout. Bonus: many of these activities help you work towards certain badges!

## **Activity Idea: Essential Girl Scout Knots!**

Knot tying is so much more than just looping some string and pulling really tight — it's an essential skill for taking on the outdoors. In most outdoor activities, your safety relies on the accuracy of your knots. For this activity, you will learn some essential knots by creating a practice knotting board, then show off your new skills with some fun challenges.

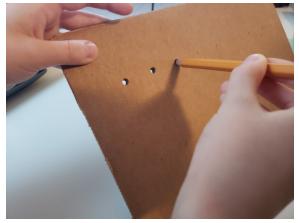
For this activity you will need:

- Piece of cardboard\* about 6" x 10" (16 cm x 25 cm)
   \*Something clean from the recycling bin is a great way to use your resources wisely!
- String (thicker string or yarn is better, as it will be easier to untie to practice again)
- Scissors
- Pencil
- Optional: a small dowel or stick to practice tying around

First, use your ruler to make 8 marks about 1 inch (2.5 cm) apart in a straight line across your board. Then make a second row of marks directly under the first row, but about 2 inches (5 cm) lower than the first row.



Next, use your pencil to carefully poke holes through your board at each mark. Repeat for the second row.





Using your scissors, cut 6 strings approx. 12 inches (30 cm) long, and 2 strings approx. 24 inches (60 cm) long.



Now you will thread each string through the holes on your board as shown in the photo below. The 12 inch (30 cm) strings should be used on the first 6 holes, and the 24 inch (60 cm) strings should be used on the last two holes.



(front view)

(back view)

Now that your board is ready, it's time to learn some knots! Using the instructions below, tie examples of each knot with each set of strings on the top row of your board. Once you have good example knots, trim the ends if needed so they won't overlap your practice stings below. Label each knot along the top, then practice tying!



If you already know the knots listed, as an adult to help you research some more challenging knots to use on your board.

Now that you're a knot tying expert, it's time for a challenge! Try some of these fun knot games with a friend or family member:

- Guess the Knot Players take turns tying a "mystery" knot the opponent tries to correctly guess the knot. Each correct guess earns a point. Need more challenge? Earn an extra point by saying what the main use of the knot is.
- Tie it Blindfolded For this one you need a blindfold (a neckerchief works well!). Players take turns being the blindfolded knot tier. The opponent calls out a knot of their choice, and the blindfolded knot tier has to properly tie the knot without looking at the string.
- Knot Races Start with a list of 4 or 5 common knots. Take turns racing to see who can each knot correctly in the shortest amount of time. Players check each other's knots to ensure they are tied correctly to determine the winner.







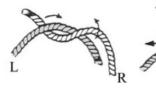
#### **Overhand Knot**

The overhand knot is one of the most fundamental knots and forms the base for many other knots.



#### Square Knot

The square knot is used as a binding knot, the classic joining knot.





#### Sheet Bend Knot

This sheet bend knot is used for joining lines of different diameter or rigidity.



Make a loop in one end. The rabbit goes out of the hole... around the tree

back under his path.

#### **Bowline Knot**

The bowline is a strong, reliable knot with a fixed loop that is used to secure rope to any object.





. A start



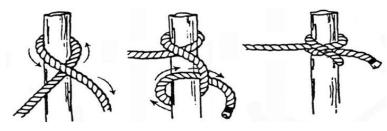
Make a loop (top to you). The rabbit goes out of the hole ...

around the tree...

and back into the hole.

#### **Clove Hitch Knot**

The clove hitch knot is used to fasten one end to a tree or post.



Want to learn even more knots? Check out this <u>blog post</u> that includes detailed instructional videos!





#### **Badge Connections**



Learning some additional knots will help you complete step 3 of the Daisy Buddy Camper badge.



Using one of these knots around your campsite will help you complete step 4 of the Brownie Cabin Camper badge.



Learning some additional knots will help you complete step 2 of the Junior Camper badge.



Learning some additional knots will help you complete step 4 of the Cadette Primitive Camper badge.

Seniors, using 3 different knots around your campsite will help you complete step 4 of the Adventure Camper Badge.



Ambassadors, strengthen your knot tying skills by practicing, and expand your skills with a few new knots. (Try researching the snake lashing and half hitch.) Then use your new skills to create a lashed shelter. Try to re-create your shelter on your next camping trip!

### Activity Idea: Learn About Leave No Trace

Learn about how to take care of the environment and Leave No Trace with USAGSO volunteer Lisa from Saudi Arabia by watching this <u>video</u> before you head outside. Using paper and any art supplies you prefer, make a poster or small booklet to share the importance of Leave No Trace with others, or to remind yourself of the 7 principles. When you head outside on your next outdoor adventure, put your new knowledge in action to help protect our outdoor spaces.



Learning about Leave No Trace will help you complete step 1 of the Junior Eco Camper badge.

### Activity Idea: Go on a walk!

Taking a walk is an easy way to get out of the house and connect with nature, even if it is just in your neighborhood. Below are some activity ideas to take with you on your journey.

#### **Nature Detective Walk**

Go on a nature detective walk. You can do this in your neighborhood, at a park or in your backyard. Look through a tube from a paper towel roll to focus on things close or far away. Spot





at least three things from the list on this page. Just observe and make a checkmark next to the item you find—don't collect or touch anything!

- An animal
- □ A plant not colored green
- A tree with flowers
- An insect
- □ A bird (do you know what kind it is?)
- □ A fallen leaf with a pattern you like
- □ A rock with an unusual shape

- A bush as tall as you are
- □ A pinecone or acorn
- Colored moss growing on a rock or tree
- More fun stuff you find (write what it is



#### Badge Connection

This activity will help you complete step 1 of the Brownie Outdoor Art Creator badge.

#### Use your senses outside

Go outside with a pen and paper, and write down words or draw pictures of what you see, feel, hear, and smell. Is it sunny or cool? Do you see pictures in the clouds? Shapes in flowers? Can you smell pine needles or rain? Do you hear the wind in the trees or the sound of the leaves crunching as you walk? Stick out your tongue—does the air have a taste? When you get back, describe five things from your hike to an adult or friend. You can even make it into a story, poem, or picture book. Use your notes!



#### Badge Connection

This activity will help you complete step 1 of the Brownie Outdoor Art Creator badge.



This activity will help you complete step 2 of the Daisy Outdoor Art Maker badge.

#### Be a Nature Photographer

Have you ever heard the phrase "Take only pictures, leave only footprints?" What do you think that means? When you go outside, you want to be sure that you don't accidentally have a negative impact on the environment. Taking pictures is a great way to see nature from a different point of view while having very little impact on nature. Take a camera along on your walk and bring home pictures of interesting things you see. Try one of these photo challenges:



• **Take pictures from a miniature world.** Pick something tiny in nature—it could be an ant in a garden or a butterfly in your backyard. Pretend to shrink yourself and take pictures with a camera or smartphone as if you were the ant or butterfly. Zero in on a blade of grass or take a picture looking down at a flower to show what a butterfly sees. Share your pictures with a friend or family member.

This activity will help you complete step 4 of the Brownie Outdoor Art Creator Badge.

# wo



Zoom In, Zoom Out: Macro means big and micro means small. Try taking macro and micro shots of outdoor objects by zooming in and out with your camera. Take a series of photos where you get closer and closer in on an object until it's difficult to tell what it is. When you get home, share your photos with family or friends—see how long it takes them to guess what's shown in the pictures.

This activity will help you complete step 4 of the Junior Outdoor Art Explorer Badge.



• Play With Light: Find an outdoor space that you love and photograph it at three different times of day. How does the light change the photo? What happens to the shadows? Which photo is your favorite and why? This activity will help you complete step 4 of the Junior Outdoor Art Explorer Badge.





Photograph patterns and textures in nature. Find ones that appeal to you, such as the swirls on a butterfly wing, the shape of a petal, the veins on a leaf, the pattern of a snowflake, or the spines of a cactus. Then create a showcase of your work. It could be a digital album you can share, or make prints of your photos to put in a collage. Be creative!

This activity will help you complete step 4 of the Cadette Outdoor Art Apprentice Badge.

• Experiment with perspective in nature photography. Camera filters are pieces of glass that go over the lens to help you take great pictures outdoors by reducing the glass

glass that go over the lens to help you take great pictures outdoors by reducing the glare or adding color and depth to an image. With a regular camera, filters assist in taking nature shots. (See Best Filters for Nature Photos on this page.) If you have a smartphone camera, experiment by using different filters offered, such as noir, process, chrome, or black and white. Play around with different modes like flash or high dynamic range (HDR). Or find an app that can help you shoot panoramic, make your photos look vintage, or assemble them into a collage. How does it change the look and feel of what you shot?

This activity will help you complete step 4 of the Senior Outdoor Art Expert Badge.



• Find a New View. Look at satellite photos from your area and around the world. How does it change the way you see the space? Next, take your own pictures outdoors from unusual perspectives. You might lie underneath a tree to photograph its underside, or view a flower garden from above. Share your photos with family or friends. For More Fun: Research photographers who used their craft to educate the world about a particular place, animal, flower, or tree.

This activity will help you complete step 4 of the Ambassador Outdoor Art Master Badge.

#### Take Action!

Take some gloves and a trash bag along with you on your walk or hike. See how full you can get it before you return home. Sort the trash into recycle bins. How much trash do you think we could take out of the environment if every girl did this on their next hike? Want to learn more ways to protect the environment and change the world? Learn how to take the USA Girl Scouts Overseas Zero Waste Challenge <u>here</u>!





## Activity Idea: Reverse Scavenger Hunt

Whether you are playing them with the people you live with or playing them with friends and family remotely, games can bring you together. Here is a fun game that you can play at home or virtually.

- Gather people in your home or virtually and announce that you will be doing a reverse scavenger hunt
- Choose one person to be the host, they will be the only ones to know what items are on the scavenger hunt list.
- Tell everyone that they have 5 minutes to gather 10 items that they would take with them camping. It could be *anything*; their favorite t-shirt, a flashlight, their pillow, a hammock, anything!
- Once everyone is back with their items, the host will read through their list one by one.
- If you have the item listed, triumphantly raise it in the air and announce that you have it to ensure that you get credit!
- Whoever had most of their items show up on the list wins!
  - If you want to play the game collaboratively rather than competitively, you can have everyone gather 5-10 items and work together to try to get as many things off the list as possible!
- Below is a sample list, feel free to adjust however you want. Or even just write your own!

### Things I Would Take Camping

- 1. A toothbrush
- 2. A hairbrush
- 3. Sneakers
- 4. Camp t-shirt
- 5. A book
- 6. A flashlight
- 7. A pillow
- 8. A hat
- 9. First aid kit

- 10. A compass
- 11. A deck of cards
- 12. Water bottle
- 13. Sunscreen
- 14. Bugspray
- 15. Sleeping bag
- 16. Extra Blanket
- 17. Stuffed animal
- 18. Tent

- 19. Matches
- 20. Extra Socks
- 21. Camera (not a cell phone)
- 22. A sleeping pad
- 23. A frisbee
- 24. A fishing pole
- 25. A snack
- 26. A hammock

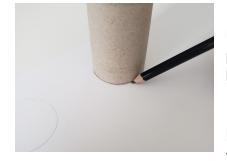
## Activity Idea: Stargazing - Build a Constellation Viewer

If you look up on a clear night, chances are good that you will see a sky filled with stars and other objects - perhaps the moon, other planets, or even other parts of our galaxy. Where you are on Earth will impact what you see at different times of the year. Did you know that the stars seen in Australia are different from the stars you can see from Europe? Why do you think that is?

The brightest stars in the night sky can be grouped into imaginary pictures called constellations. There are 88 constellations in total. Most are based on heroes from mythology or are pictures of animals or objects familiar to many people. These star groups were used to help explorers find their way long before the first GPS units were even dreamed of. With this activity we will learn to identify some common constellations seen in the Northern Hemisphere.

To build a constellation viewer you will need:

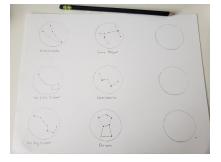
- A cardboard tube (Don't have one handy? Grab some flexible cardboard from the recycle bin and make your own.)
- A sheet of paper (recycled paper works great for this as well!)
- A flashlight or mobile phone with flashlight feature
- Scissors
- A push pin (a sharp pencil or pen point can be used instead)
- A pencil
- Small piece of tape (optional



Using your pencil, trace one end of your cardboard tube on your paper. Repeat this step 9 times, leaving about at least an inch between each circle on your paper.

Next, draw your constellation patterns inside your circles on your paper and label them.

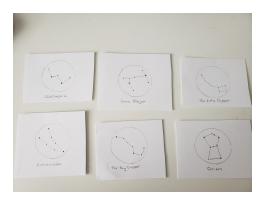
(Look at the image on the next page for a closer-up view or choose your own to copy from the current star map for the Northern Hemisphere <u>here</u>.) You can also use some of your circles to make up brand new constellations!





Now, using your push pin, carefully poke one hole per dot to make your stars. It is helpful to put a tape roll or piece of cardboard under your paper to poke the holes.

Using your scissors, cut your paper into cards, leaving space around the top, bottom and sides of each circle. Be careful not to cut too close to the circles to avoid having light pollution drown out your stars!













Now we're ready to look at the stars! You can tape your cardboard tube to the end of your flashlight to help you hold it easier, or simply hold the tube to the light on your mobile phone. You want to be sure all of the light shines through your tube with no light escaping through the edges. You might need to have a friend's help to hold it more easily. To view your stars, simply find a dark area, turn your light on, and hold your constellation card in front of your tube. What happens if you hold your viewer further away from the wall? What if it is closer? Have fun exploring the stars!



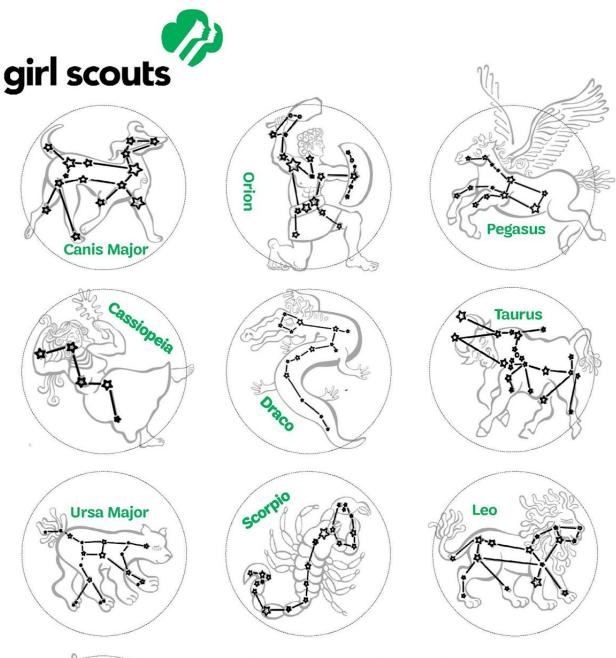
#### Badge Connection

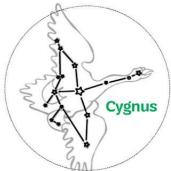
This activity will help you complete step 3 of the Daisy Space Science Explorer badge.



This activity will help you complete step 4 of the Brownie Space Science Adventurer badge.







### **Girl Scout Space Science Badge Constellations**

Note: Stars in the sky are not five points. They are balls of extremely hot gas and give off light like our star, the Sun.

Additional Space Science badge resources available in the badge booklet or on the free online Volunteer Toolkit (VTK) for members.

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## Activity Idea: Stargazing - Stellar Scavenger Hunt

Thousands of years ago, people began cataloging the stars by brightness and organizing the sky into constellations for keeping track of time, knowing when to plant and harvest, navigating, and passing down moral codes. In the 1600s, the invention of the telescope helped expand their view. You can use your eyes, a star wheel, or a smartphone app to help you identify the stars, constellations, or planets in the night sky. First, choose how you will explore the stars with one of these options:

- Make a paper star wheel—called a planisphere—and use it to find stars and constellations. Ask an adult to download the file and then print it on heavy paper! You can find free star wheels at <u>www.girlscouts.org/SpaceScienceStarWheel</u>.
- Visit <u>Sky Maps</u> to download a free map of the night sky in your hemisphere for this time of year.
- With an adult's help, download a stargazing app to explore the night sky.

Now that you have your map of the stars, use the list below (or make up your own) for your stellar scavenger hunt! Keep in mind that not everything is visible in the sky on the same night or time of year. That's part of the fun! Just mark off what you can find, and keep going outside on different nights to search the sky.

- The Moon
- A planet
- A double star
- A nebula
- A star cluster

#### Badge Connection

Completing this activity will help you complete step 3 of the Junior Space Science Investigator badge.

A red star

A blue star

□ A satellite

you spot?)

□ Constellations (How many can



Completing this activity will help you complete step 4 of the Cadette Space Science Researcher badge.



Completing this activity will help you complete step 1 of the Senior Space Science Expert badge.

Want to join a troop but there isn't one available near you? Contact overseascustomercare@girlscouts.org





## Activity Idea: Build a Rover to Explore Mars

NASA is exploring Mars with rovers—robotic vehicles that explore other planets. Within the next few weeks, NASA will be launching the brand new rover Perseverance to explore the Martian surface. You can learn all about the new rover on the NASA website <u>here</u>.

Today, your challenge is to design the next rover to land on Mars!

When engineers design new machines, they begin by identifying a problem or task they need to be able to complete. Our task is to explore the surface of Mars. As part of your brainstorm and with an adult's permission, visit <u>Mars Trek</u> to virtually explore the surface of Mars. Think about what you'd like to discover and the tools you'll need to accomplish this. Now grab some paper and a pencil to draw your design ideas. What materials will you need to build it? Think about what things you have around your home that you could use. With your design plan and materials in hand, start building a prototype (model) of your rover design. When you're finished making your model, explain how your rover works to a friend or family member or make a video to share with the world on the USA Girl Scouts Overseas Worldwide Camp-In event page.

Need some more inspiration? Watch this <u>video</u> made by Junior Girl Scout Morgan to see her design process.

Want to take it to the next level? Build a landscape resembling the surface of Mars to test your prototype. Are there any changes you would make? Testing, feedback and revision are all important steps in the engineering process!

#### **Badge Connection**



This activity will help you complete step 4 of the Junior Space Science Investigator badge.

## Activity Idea: Night In, Lights Out

Take your camp-in to the next level by taking the Night In, Lights Out challenge. We may be at home, but take this opportunity to get a little more of the camp feeling by disconnecting from electricity for the night. After dark, don't use any electricity in the house; only use camp lanterns, flashlights or candles (with supervision). Take the opportunity to reconnect by playing board games or telling stories. Download a night sky app or use your star maps to find constellations and objects in the night sky. The options are limitless! What is your favorite camp activity?

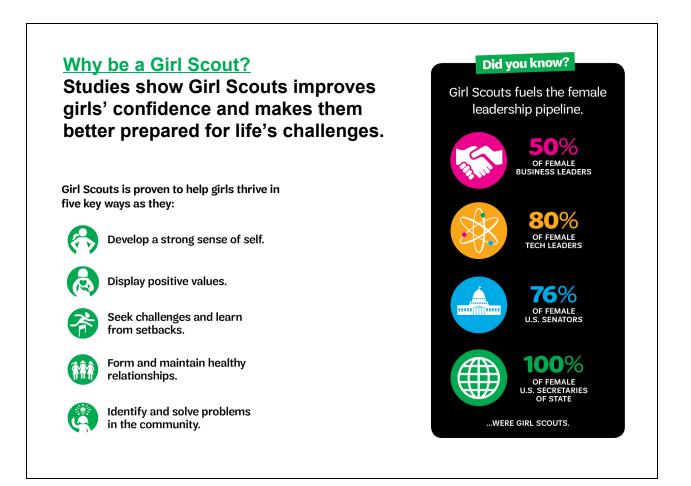


## Activity Idea: Take the Girl Scouts Love the Outdoors Challenge

By now you've completed several activities in the <u>Girl Scouts Love the Outdoors</u> <u>Challenge</u>. Head over to the activity list to find more activities to try and complete the challenge.

### Looking for more ideas?

Check out lots more activity ideas on the Girl Scouts at Home page.



Invest in Girls. Change the World. Donate.



# LIVE SESSIONS

During the camp-in we will have three live activity sessions led by USA Girl Scouts Overseas volunteers streamed live via Zoom and Facebook. In this section you will find a brief description and the materials girls will need to have ready to complete each activity.

\*\*Younger girls may need an adult to help with cutting materials for some of these activities.\*\*

## Session 1: Build a Marshmallow Launcher

Join USAGSO volunteer Michele live from the UK to practice some basic engineering skills as you build your own marshmallow launcher. Then, get ready to test your prototype and observe how changing the launch angle or object changes the results of your launch.

For this activity you will need:

- A disposable cup
- A balloon
- Scotch tape

- Scissors
- Marshmallows or cotton balls

Don't have some of the materials? Watch the live stream, then see if you can come up with another way to make your launcher!

## Session 2: Would You Drink It?

Join USAGSO volunteer, Lisa, "live" from Saudia Arabia to explore water conservation and the importance of having clean and safe water. We'll learn about how to keep our water sources clean, then we'll try two different experiments to see what it takes to clean water.

For the water filter activity you will need:

- 2-liter plastic bottle, empty and clean
- Utility knife
- Dirty water (make your own with stuff like coffee grounds, dirt, crunched-up old leaves, cooking oil, or tiny pieces of foam)
- Measuring cup
- Spoon
- Stopwatch or clock with a second hand

- Pencil and paper
- As many of the following filter materials as you can get: activated charcoal (available in the fish section at a pet store), gravel, sand (coarse and / or fine), cotton balls
- Coffee filter (A bandanna, old sock, napkin, or paper towel works too!)





For the oil spill activity you will need:

- 1 Baking pan (disposable aluminum or regular baking tray)
- 1 Food coloring/dye (any color)
- Vegetable oil (4 tablespoons) in a plastic cup
- 1 Craft stick
- 6 Cotton balls/Cotton gauze

- Paper towels (2 sheets)
- Table covering (plastic is recommended)
- Dish soap (2 tablespoons)
- 3 Clear plastic cups
- Water (4 cups)
- 2 Spoons

Want to explore water issues more? Check out the <u>Water Challenge Badge</u> offered by the World Association of Girl Guides and Girl Scouts (WAGGGS) and the United Nations.

## Session 3: Build a Spectroscope With a Physicist

Learn a little about what a physicist does and explore the world of "invisible" light by building a spectroscope with USAGSO Berlin volunteer (and physicist) Vicki! At the end of this session girls will have the opportunity to ask Vicki questions about what she does and how to become a physicist, so start thinking about what you'd like to know!

For this activity you will need:

- Paper towel roll
- Blank or old CD
- Pencil
- Scissors

- Small piece of cardboard or cardstock
- Tape

After the live session, go check out this video to learn a little more about light.



Completing this activity will help you complete step 2 of the Cadette Space Science Researcher badge.





# CAMPFIRE

Learn all about how to build a safe campfire with this <u>video</u> from Girl Scouts. Be sure to check for any local rules and have adult supervision before building any kind of fire. If you, like many of us right now, can't build a real campfire, try one of these ideas to simulate that campfire feeling at home! You can find some inspiration in the next couple of pages.

## Activity Idea: Build a "Fire" Indoors

Build a "fire" indoors! Follow along with this <u>video</u> as Miss Vanessa from Hillingdon Girl Scouts in the UK shows you how to build a "campfire" using items around your house. This is a fantastic way to learn the proper steps and safety when building a campfire. The supplies in parentheses below are the supplies that you would use for a real fire. The other supplies listed are needed for this activity. \*\*Depending on age, adult assistance is strongly recommended.

- Dinner plate (fire circle)
- 4 butter knives (3 logs, 1 critter stick)
- Lint from tumble dryer OR 1 piece of toilet paper (tinder)
- 4 pegs or clothes clips or bag clips (3 are kindling, 1 is to hold forks together)
- 3 forks (logs)
- Clicky biro/ballpoint pen (lighter)
- Red apple or an orange or a brown onion or a red onion (flames)
- Big serving spoon (shovel)
- Soup ladle or other spoon to scoop water from a cup (sprinkle can)
- Cup of water (bucket of water)
- Stuffed animals optional
- Clips or rubber bands if stuffed animals have long hair or flappy clothes optional
- Chopstick/stick of any kind that can be attached with a clip to a stuffed animal to pretend to be a marshmallow roasting stick optional

#### Remember to have adult supervision any time you are using or are around a real fire.

#### **Badge Connection**



This activity will help you complete step 3 of the Brownie Eco Friend badge.



Learning some additional knots will help you complete step 2 of the Junior Camper badge.



### **Cardboard Log Fire**



Using cardboard tubes or rolled paper, create your "logs". Using different colors of tissue paper or construction paper to make your "flames". Place a flashlight or LED candle under for the glow effect.

### **Handprint Campfire**



Using different colors of paper trace several different sized hands and cut them out. Use tape or glue to make a ring with the hands (fingers pointing up). Place a LED candle (no open flame!) in the center and watch it glow!

Light a Candle (only with supervision!)

### **Recycled Bottle Campfire**



Using a recycled bottle, fill it about halfway with water. Add 2-3 drops of red food coloring. Tear or cut strips of different colored paper to make your "flames" and attach them to your bottle. Use some crumpled paper to make rocks for a fire circle. Place a cell phone flashlight or other flat light underneath or behind and watch your fire glow.

### **Campfire Painting or Drawing**



Use your favorite kind of art supplies to create an image of your ideal campfire scene.





# SINGALONG

Join your sister Girl Scouts around the world for a time honored campfire tradition - singing songs! Our singalong will be led by our event hosts and girls and leaders from around the world who submitted their favorite songs for this event. Have this song book handy, then join us on the live stream to sing along!

#### **Badge Connections**



Learning and singing along with camp songs will help you complete step 1 of the Brownie Eco Friend badge.



Learning and singing along with camp songs will help you complete step 1 of the Brownie Girl Scout Way badge.



Learning and singing along with camp songs will help you complete step 1 of the Junior Girl Scout Way badge.

Want to earn the full badge and explore others? **Register as a Girl Scout** today to get access to complete badge requirements through the Volunteer Tool Kit.

#### Princess Pat

The princess pat Lived in a tree She sailed across The seven Seas She sailed across The channel two And she took with her A rick-a-bamboo A rick-a-bamboo

Now what is that? Its something made By the princess pat Its red and gold And purple too Thats why its called A rick-a-bamboo A rick-a-bamboo

Now Captain Jack Had a mighty fine crew He sailed across

- The channel two But his ship sank And yours will too If you don't take A rick-a-bamboo A rick-a-bamboo
- Now what is that? Its something made By the princess pat Its red and gold And purple too Thats why its called A rick-a-bamboo A rick-a-bamboo

#### Alive Alert Awake

I'm alive alert awake enthusiastic I'm alive alert awake enthusiastic I'm alive alert awake I'm alert awake alive I'm alive awake alert enthusiastic





#### I Don't Want to Go to Girl Scout Camp

I don't wanna go to Girl Scout Camp Gee Mom, I wanna go, back where the toilets flow, Gee Mom, I wanna go home.

The toilets that they have there, they say they're mighty fine, But when you sit upon them, something pinches your behind!

No, I don't wanna go to Girl Scout Camp Gee Mom, I wanna go, back where the toilets flow, Gee Mom, I wanna go home.

The people that they have there, they say they're mighty fine, But once they take their makeup off they look like Frankenstein!

No, I don't wanna go to Girl Scout Camp Gee Mom, I wanna go, back where the toilets flow,

Gee Mom, I wanna go home.

#### <u>l'm a Nut</u>

I'm a little acorn small Lying on the cold, cold ground Everybody steps on me That is why I'm cracked you see I'm a nut (knock knock) I'm a nut (knock knock) I'm a nut I'm a nut I'm a nut (knock knock)

#### The Doughnut Song

Well, I walked 'round the corner, And I walked 'round the block, And I walked right into a doughnut shop. I picked up a doughnut, And I wiped off the grease, And I handed the lady a five-cent piece. Well, she looked at the nickel, And she looked at me, And she said this money is no good to me There's a hole in the nickel, And it goes right through." And I said, "There's a hole in the doughnut too! Thanks for the doughnut, So long!"

#### Brownie Smile Song

I've got something in my pocket, it belongs across my face.I keep it very close at hand, in a most convenient place.I'm sure you couldn't guess it if you guessed a long, long while.So I'll take it out and put it on, it's a Great Big Brownie Smile!

#### The Moose Song

There was a moose He liked to drink a lot of juice There was a moose He liked to drink a lot of juice

#### Chorus: Singing woah woooah Wey-o wey-o wey-o wey-o Wey-o we-yo Wey-o wey-o wey-o wey-o

He drank his juice with care But he split some in his hair He drank his juice with care But he spilt some in his hair

#### Chorus

Now he's a sticky moose Full of juice On the loose



#### Chorus

#### What Can Make A Hippopotamus Smile?

What can make a hippopotamus smile What can make him run for more than a mile

It's not a party with a paper hat Or a bowl of candy that'll make him fat That's not what hippos do

#### They...

Ooze through the gooze without any shoes They wade through the water 'til their lips turn blue That's what hippos do

#### Shhhhh

What can make a hippopotamus smile What can make him run for more than a mile

It's not a tune on the ol' violin

Or listening to the sound of the whispering wind

That's not what hippos do

#### They...

Ooze through the gooze without any shoes They wade through the water 'til their lips turn blue Yes that's what hippos Yes that's what hippos Yes that's what hippos do

#### Baby Bumble Bee

I'm bringing home a baby bumble bee! Won't my mommy be so proud of me, I'm bringing home a baby bumble bee! OOO-EEE he stung me! I'm squishin' up my baby bumble bee! Won't my mommy be so proud of me, I'm squishin' up my baby bumble bee! OOO-EEE Blood on me!

I'm lickin' up my baby bumble bee! Won't my mommy be so proud of me, I'm licking up my baby bumble bee! Oh, I don't feel so good!

#### Button Factory

Hi, my name is Joe. And I work at a button factory. One day my boss came to me and said "Joe, are you busy?" I said "No". He said "Push this button with your RIGHT HAND"

Hi, my name is Joe. And I work in a button factory. One day my boss came to me and said "Joe, are you busy?" I said "No". He said "Push this button with your LEFT HAND"

Hi, my name is Joe. And I work in a button factory. One day my boss came to me and said "Joe, are you busy?" I said "No". He said "Push that button with your RIGHT LEG"

Hi, my name is Joe. And I work in a button factory. One day my boss came to me and said "Joe, are you busy?" I said "No". He said "Push that button with your LEFT Leg"

Hi, my name is Joe. And I work in a button factory. One day my boss came to me and said "Joe, are you busy?" I said "Yes!" <u>Tarzan</u> Tarzan Swinging on a rubber band Tarzan



Fell into a frying pan Ooooo that hurts Now Tarzan has a tan

Jane Flying in her aeroplane Jane Crashed into a freeway lane Ooooo that hurts Now Jane has a pain

Cheetah ee ee Rocking to the beat a Cheetah ee ee Got eaten by amoeba Ooooo that's gross

Now Cheetah is val vida Now Jane has a pain Now Tarzan has a tan Now my song has an end

#### God Bless My Underwear

God bless my underwear, my only pair. Stand beside them, and guide them, Through the rips, through the holes, through the tears. From the washer, to the dryer, to the clothesline in the air. God bless my underwear, my only pair. God bless my underwear, my only pair! On the Loose

Have you ever seen the sunrise turn the sky completely red? Have you slept beneath the moon and stars with a pine bough for your head? Have you sat and talked with friends, though a word was never said? Then you're like me and you've been on the loose. On the loose to climb a mountain, On the loose where I am free. On the loose to live my life, The way I think my life should be. For I've only got a moment, And a whole world yet to see, And I'll be searching for tomorrow, on the loose.

There's a trail that I'll be hiking Just to see where it might go. Many places yet to visit, Many people yet to know. And in following my dreams, I will live and I will grow, On a trail that's out there waiting, on the loose.

#### Chorus

So in search of love and laughter, I'll be travelling through this land. Never sure of where I'm going, For I haven't any plans. But in time when you are ready, Come and join me, take my hand. And together we'll find life, Out on the loose!

#### Chorus

#### <u>On My Honor</u>

*Chorus:* On my honor, I will try There's a duty to be done and I say aye There's a reason to be here for a reason up above My honor is to try and my duty is to love

People don't need to know my name If I've done any harm, then I'm to blame If I've helped someone, then I've helped me

Chorus:





If I've opened up my eyes to see

#### Chorus

I've tucked away a song or two If you're feeling low, there's one for you If you need a friend, then I will come And there's many more where I come from

Chorus

#### <u>Linger</u>

Ooooh, I want to linger. Ooooh, A little longer. Ooooh, A little longer, Here with you.

Ooooh, It's such a perfect night. Ooooh, It doesn't seem quite right. Ooooh, That it should be, My last with you.

Ooooh, And come September, Ooooh, I will remember, Ooooh, Our camping days, And friendships true.

Ooooh, And as the years go by, Ooooh, I'll think of you and sigh. Ooooh, This is good night And not good bye.

Oooooooh