## Summer Outdoor **CHALLENGE**

| 50 | Attend one session of <u>Summer Camp</u>                    | 5 | Explore a <u>New Jersey cave</u>                                | 1 | Post on Rallyhood                                       |
|----|---|---|---|---|---|
| 20 | Earn the Girl Scouts Love State Parks Patch                 | 5 | Cook in a foil packet over coals                                | 1 | Attend an Outdoor Play or Musical                       |
| 20 | Go camping  | 5 | See a panda at a zoo/sanctuary                                  | 1 | Try out face painting                                   |
| 20 | Join <u>Family Ramblers</u> and hike with your family       | 5 | Make a salad using the colors of the rainbow                    | 1 | Hide a treasure and make a treasure<br>map for a friend |
| 20 | Become a <u>Girl Scout Ranger</u>                           | 5 | Go on a Food Tour!  | 1 | Make your own fruit popsicles                           |
| 20 | Join one of our Let's Hike! Summer Hikes                    | 5 | Gather fresh fruit at a pick-your-own<br>farm                   | 1 | Look for a bird's nest                                  |
| 15 | Complete <u>Fighting Hunger</u> National Service<br>Project | 5 | Learn how to <u>raise a Monarch</u><br><u>butterfly</u> at home | 1 | Do a flower smell test, & choose your<br>favorite       |
| 15 | Complete an <u>outdoor badge</u>                            | 5 | Learn about bike safety   | 1 | Look through binoculars                                 |
| 15 | Build a <u>Backyard Box Fort</u>                            | 5 | Put on a talent show  | 1 | Learn how to use a screwdriver                          |
| 10 | Design and build a <u>kite</u>                              | 5 | Start or join a <u>Book Club</u>                                | 1 | Make a paper bag puppet                                 |
| 10 | Visit <u>Paterson's Great Falls</u>                         | 5 | Take popsicles to the park to share                             | 1 | Sing-along to your favorite song                        |
| 10 | Donate something you grew to a food pantry or soup kitchen  | 2 | Sign up for Summer Reading at your<br>local library             | 1 | Nap in a hammock  |
| 10 | Attend a GSHNJ <u>Astronomy Event</u>                       | 2 | Feed animals at a farm  | 1 | Make s'mores  |
| 10 | Write and illustrate a children's book                      | 2 | Play with a <u>Stuffed Animal</u>                               | 1 | Practice jumping rope                                   |
| 10 | Walk across the Brooklyn Bridge                             | 2 | Invent a new trail-mix recipe                                   | 1 | Make a summer bucket list                               |
| 5  | Recreate a meal from a movie or book                        | 2 | Make a Sun Catcher  | 1 | Photograph a native bird                                |
| 5  | Pledge to <u>clean up trash</u> then do it!                 | 2 | Build a sand sculpture of an animal                             | 1 | Play hopscotch  |
| 5  | Sleep in a tent   | 2 | Run 1 mile  | 1 | Visit a rain garden                                     |
| 5  | Swim in water that is not a pool                            | 2 | Visit a farmers market  | 1 | Throw a frisbee   |
| 5  | Create a mini-golf course                                   | 2 | Compost food waste  | 1 | Turn a cartwheel  |
| 5  | Practice <u>Public Speaking</u> or write s speech           | 2 | Go to an outdoor concert  | 1 | Paint with natural materials                            |
| 5  | Host a <u>lemonade stand</u>                                | 2 | Take a rain shower (NO thunder!)                                | 1 | Trace shadows of toys or nature objects                 |
| 5  | Make a summer scrapbook                                     | 2 | Plant an herb   | 1 | Ride a bike   |
| 5  | Paint a birdhouse   | 2 | Set a screen free day   | 1 | Make a dandelion crown/necklace                         |
| 5  | Visit an Arboretum  | 2 | Try outdoor meditation  | 1 | Make a mud pie  |
| 5  | Tie-dye a shirt   | 2 | Do a cannonball jump  | 1 | Try yoga outside  |
| 5  | Build a <u>bug hotel</u>                                    | 2 | Observe a summer constellation                                  | 1 | Take a picture of a waterfall                           |
| 5  | Try to break a <u>World Record</u>                          | 2 | Write a letter to a pen pal                                     | 1 | Skip a stone  |
| 5  | Visit a sculpture garden                                    | 2 | Spend a day barefoot  | 1 | Eat corn on the cob                                     |

## girl scouts heart of new jersey

Complete enough activities to earn 100 points. Check off which ones you did and bring your list to any GSHNJ Council Shop to buy your 2025 Summer Outdoor Challenge patch, while supplies last.

Need help? Find us at programs@gshnj.org



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