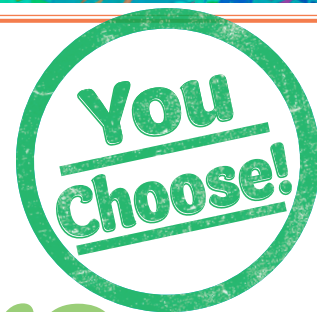




Daisy

Trail Adventure



For this badge, you get to choose your adventure! You can jog while you explore outdoors, or you can go on a hike and play games. Just have fun—whatever you choose!

Get started by talking to your Girl Scout friends or family members.

Steps

1. Choose your outdoor adventure
2. Prepare for your adventure
3. Go on your adventure

Purpose

When I've earned this badge, I will know how to go on an adventurous jog or play outdoor hiking games.



Every step has two choices.
Do ONE choice to complete
each step. Inspired?
Do more!

STEP

1 Choose your outdoor adventure

Do you want to jog around your neighborhood, in a park, or on a trail? Or would you rather play games on a hike? Think about both ideas. Then choose the one you want to do.

ADVENTURE OPTIONS

- ▶ **Jogging:** You will jog around your neighborhood, in a park, or on a trail. A jog is a slow run that you can do at an easy pace. You can mix it with walking too!
- ▶ **Outdoor Hiking Games:** You will play fun games on a trail hike.

CHOICES—DO ONE:

- ☐ **Act out both adventures.** In front of your friends or family, pretend you're jogging while you explore the outdoors. You could look down to see plants and insects. Look up to see the sky, birds, and trees. How fast are you going?

Then, pretend to play a game while hiking. You could hop like a bunny on a trail or look for colors along the way. What other games can you think of? When you're done, ask yourself: which adventure did I like acting out more?





OR



Draw two different adventure pictures. Imagine you are jogging around your block, in your neighborhood or in a park. On page 10 of this booklet, draw a picture of where you would go. Then, on the next page, draw yourself hiking up a trail. Add plants, trees, and any animals you might see. Tell your family or friends which drawing you had more fun making. Choose the adventure that makes you excited! Then tape the drawing of that adventure in a place where you can see it every day, like on your refrigerator or by your bed.

“[A Daisy] will learn how capable she is of doing what is not expected of her. She will learn it is okay to be strong, brave, and adventurous.”

—Rosa Bianca Velasquez-Perez,
outdoor professional

STEP 2 Prepare for your adventure

Before your adventure, get ready by making one of these choices. You'll train for your adventure too!

BEFORE YOU GO:

- ▶ **Help create a plan with your family or Girl Scout friends.** Where and when will you go?
- ▶ **Find out what you need for your adventure.** Have an adult help you make a list. Some things on your list might be: a backpack, bug spray, hat, rain jacket, sunglasses, sunscreen, or anything else needed for the weather. Make sure to wear good running or hiking shoes. Bring extra water and a healthy snack!
- ▶ **Practice safety.** Always have an adult with you when you go on your adventure. Make sure a different adult (one who won't be with you) knows where you'll be and when to expect you back.
- ▶ **Plan fun trail activities and games.** See the lists for ideas to get you started. Think of what types of games you could play with nature as your playground! You will have rocks, trees, and the sounds of nature to help give you ideas. Bring some items from home (maybe bandanas, bean bags, paper, crayons, or binoculars) and come up with ways to have fun on the trail!
- ▶ **Be charged up!** Get a good night's sleep before your adventure. Eat a good meal before you go.



CHOICES—DO ONE:

- ☐ **Practice breathing from your belly.** When you breathe, you get oxygen. Oxygen gives you energy for your adventure. Put one hand on your belly and take a deep breath. Your belly should move out like a balloon. As you breathe out, your belly should move back to normal. Practice breathing like this for one full minute. Breathe in for a two count and out for a two count (in for two, out for two).

OR

- ☐ **Stretch and work your muscles.** Try putting six pieces of masking tape on the floor in lines spaced two to three feet apart. (Ask an adult for help.) Then jump from one line to the next with both feet. Then do it on one foot. Then, skip a line or two. You can also do the same thing, but backwards. To get a good stretch, stand at the first line and bend down. Now walk your hands out as far as you can go without moving your feet. Lie down and stretch to see how far you can reach between the lines. What else could you do to get your body ready for your adventure?





Jogging Games to Get You Moving

- **Sharks and Minnows:** Play tag with your friends! One girl will be the shark and the others are minnows. The shark will chase and tag a minnow, who will then turn into a shark. Now, you'll have two sharks chasing minnows. Do this until all the minnows turn into sharks.
- **Run Like an Animal:** Animals move at different speeds. Some are fast and others are slow. On your own or with friends, sprint like a cheetah, run like a horse, jog like a pig, and walk like a turtle. Shout out a new animal every 10 to 20 seconds. Do you change the way you run when you go at different speeds? Which animal is your favorite?



Hiking Trail Games

- **Walk This Way:** Act like different animals. You might pound on your chest like a gorilla, waddle like a penguin, flutter like a butterfly, or hop like a frog. Have your hiking buddies guess the animal, then everyone tries moving like that animal. Take turns!

- **Senses Walk:** Pretend you have:

Deer ears (cup your hands around your ears)

Owl eyes (form binoculars with your hands)

A snake tongue (stick out your tongue)

Fox feet (tiptoe)

A dog nose (you can smell everything)

How does your hike change when you do these things?



STEP

3

Go on your adventure

It's time for the best part—your outdoor adventure! Make it even more special by adding one of these choices.

CHOICES—DO ONE:

- ☐ **Add to your adventure.** For jogging, add a new movement every 30 steps. You might skip, hop, or bounce. For hiking, learn how to find north using a compass. Take breaks along the way to practice finding north. Can you find east, west, and south too?

OR

- ☐ **Show a friend.** After your adventure, teach a friend or family member how to have fun jogging or play an outdoor hiking game.





My Jogging Adventure

Imagine you are jogging around your block, in your neighborhood, or in a park. Draw a picture of where you would go.

My Hiking Adventure

Draw a picture of yourself hiking up a trail.
Add plants, trees, and any animals you might see.





Now that I've earned this badge,
I can give service by:

Showing my friends and family how to have an outdoor adventure

I'm inspired to:



This outdoor high adventure opportunity is brought to you by The North Face®.

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