

NaBS Challenge Information:

- Girl must be a currently registered Girl Scout to participate.
- NEW girls can register and join Girl Scouts for the upcoming program year, starting April 1, by selecting the extended membership option to take advantage of this challenge and other summer fun opportunities.
- Complete activities between June 1st and August 31st.
- Girls who complete at least 5 activities in EACH category- Discover, Connect, and Take Action - can purchase the NaBS patch or rocker for each year of participation at a [council shop](#).
- Remember to always get adult permission before going online and to sign the [Internet Safety Pledge](#). Stay safe, stay adventurous, and be well!

Questions?

If you have any questions about patch program content, shipping, or anything else related to the patch program, please email:

rwalker@nccoastalpines.org

www.nccoastalpines.org



Earn the NaBS patch by taking the **Not a Bummer Summer Challenge** and **have a summer** that is simply **not a bummer!**

DISCOVER

- Sleep under the stars
- [Learn about how women were incorporated in the U.S. military](#)
- Create a masterpiece using [fluff paint](#)
- [Build a home for a frog/toad](#)
- Visit a North Carolina Museum
- Learn about the benefits of [Yoga](#)
- Celebrate Independence Day by taking a virtual tour of [Fort Bragg](#)
- Create a [Personal and Social Identity Wheel](#) with a friend
- Visit a North Carolina Aquarium
- Make a [Marshmallow Catapult](#)
- Choose a book to read from the [Building Beyond Today Thrive Book Series](#)
- Learn how to tie a [Bowline Knot](#)
- Learn a new [dance](#)
- Shape a few [origami animals](#)
- Learn about [farmers market](#)
- Learn more about Girl Scouting with the [Girl Scout Way Badge](#)
- [Identify a constellation](#)
- Research [female space scientists](#)

CONNECT

- [Decorate](#) cupcakes and share them with family/friends
- Watch the sunrise with family
- Create and exchange [SWAPS](#) keychains with a new friend
- Host a picnic lunch with a friend/family member
- Take bike ride with a friend
- Pick flowers and gift them to a neighbor
- Build a fort or tent in your house
- Walk a trail at your local park
- Invite a friend to the movies
- Draw sidewalk chalk art and share a photo of it with a friend
- Share your [Girl Scout story](#) with others
- Make a collage of your favorite Girl Scout memories using pictures you've taken or drawn
- Invite a friend to join Girl Scouts
- With help from an adult, brainstorm ways to save money to donate to [Girl Scouts Give](#)

TAKE ACTION

- Pick up trash from the [beach](#) or your local park
- Write a poem about what patriotism means to you
- [Become a junior ranger](#)
- Create and donate a [Chemo Kit](#) to your nearest hospital
- Earn the [My North Carolina Story](#) council patch
- Help a neighbor with yardwork
- Deliver treats to the animal shelter
- Donate clothes that you have outgrown
- Write an encouraging message to a loved one
- Participate in one of Girl Scout's [National Service Projects](#)
- [Mail a card](#) to cheer someone up
- [Send a letter or care package](#) to someone in the U.S Military
- [Plant](#) something beautiful
- Send a friend a digital card or encouraging text message
- Donate to a [food pantry](#)
- Write a thank you note to your mail carrier