

**Get Outdoors Challenge Spring & Summer 2021 Activities**

<input type="checkbox"/> 1. Visit a local park.	<input type="checkbox"/> 26. Make spring-themed SWAPS.	<input type="checkbox"/> 51. Cool off in the shade of a tree on a hot day. <a href="#">n</a>
<input type="checkbox"/> 2. Watch a sunset.	<input type="checkbox"/> 27. Make summer-themed SWAPS.	<input type="checkbox"/> 52. Identify tree species in your community. <a href="#">n</a>
<input type="checkbox"/> 3. Learn about five new constellations.	<input type="checkbox"/> 28. Learn about a professional outdoor athlete.	<input type="checkbox"/> 53. Have a picnic filled with tree foods. <a href="#">n</a>
<input type="checkbox"/> 4. Pick fresh produce to try a new recipe.	<input type="checkbox"/> 29. Learn a new outdoor survival skill.	<input type="checkbox"/> 54. Dance in the rain.
<input type="checkbox"/> 5. Read a book or poem outside.	<input type="checkbox"/> 30. Learn about the Summer Solstice.	<input type="checkbox"/> 55. Make your favorite dessert over a campfire.
<input type="checkbox"/> 6. Learn about geocaching.	<input type="checkbox"/> 31. Play a game outside.	<input type="checkbox"/> 56. Try to blow different size bubbles.
<input type="checkbox"/> 7. Go geocaching.	<input type="checkbox"/> 32. Play in the water.	<input type="checkbox"/> 57. Try some yoga outdoors, include Tree Pose. <a href="#">n</a>
<input type="checkbox"/> 8. Play with your dog outside.	<input type="checkbox"/> 33. Build your own campfire.	<input type="checkbox"/> 58. Practice pitching a tent.
<input type="checkbox"/> 9. Participate in an outdoor sport.	<input type="checkbox"/> 34. Try a new fruit or vegetable.	<input type="checkbox"/> 59. Wear sunscreen when you go outside.
<input type="checkbox"/> 10. Ride a bike or a skateboard.	<input type="checkbox"/> 35. Go puddle jumping.	<input type="checkbox"/> 60. Learn about composting.
<input type="checkbox"/> 11. Attend a GSWPA outdoor event.	<input type="checkbox"/> 36. Complete a Girl Scout Journey.	<input type="checkbox"/> 61. Start a compost pile in your yard.
<input type="checkbox"/> 12. Attend a GSWPA virtual event.	<input type="checkbox"/> 37. Recycle 50 items.	<input type="checkbox"/> 62. Make a new snack.
<input type="checkbox"/> 13. Register for summer camp.	<input type="checkbox"/> 38. Create a craft using only recycled items.	<input type="checkbox"/> 63. Find different shapes within the clouds.
<input type="checkbox"/> 14. Plant or purchase a new plant.	<input type="checkbox"/> 39. Earn the Trail Adventure badge.	<input type="checkbox"/> 64. Learn about an artist in your community.
<input type="checkbox"/> 15. Track your plant's health and water intake.	<input type="checkbox"/> 40. Earn the Outdoor Art badge.	<input type="checkbox"/> 65. Visit a local garden.
<input type="checkbox"/> 16. Learn about an invasive species in your area. <a href="#">n</a>	<input type="checkbox"/> 41. Learn how to count thunder during a storm.	<input type="checkbox"/> 66. Draw with chalk outside.
<input type="checkbox"/> 17. Visit a state or national park in the spring.	<input type="checkbox"/> 42. Catch lightning bugs, then let them go.	<input type="checkbox"/> 67. Enjoy a day spent outside.
<input type="checkbox"/> 18. Visit a state or national park in the summer.	<input type="checkbox"/> 43. Practice yoga or stretching outside.	<input type="checkbox"/> 68. Enjoy a Girl Scout Cookie at a picnic.
<input type="checkbox"/> 19. Register for the GS Love State Parks program.	<input type="checkbox"/> 44. Visit an orchard or nursery to see their trees. <a href="#">n</a>	<input type="checkbox"/> 69. Visit a local monument.
<input type="checkbox"/> 20. On a hot day, compare temperatures in various amounts of shade. <a href="#">n</a>	<input type="checkbox"/> 45. Walk and look for art in your community: murals, statues, etc. Spot any tree art? <a href="#">n</a>	<input type="checkbox"/> 70. Take a nature walk and take time to hug a tree. <a href="#">n</a>
<input type="checkbox"/> 21. Photograph a tree from different perspectives. <a href="#">n</a>	<input type="checkbox"/> 46. Learn how to estimate the height or age of a tree. <a href="#">n</a>	<input type="checkbox"/> 71. Match fallen leaves, branches, and seeds to their tree species. <a href="#">n</a>
<input type="checkbox"/> 22. Learn about springtime forest management. <a href="#">n</a>	<input type="checkbox"/> 47. Observe the various creatures/plant life that benefit from a large tree. <a href="#">n</a>	<input type="checkbox"/> 72. Take note of areas where root systems help prevent erosion. <a href="#">n</a>
<input type="checkbox"/> 23. Learn about summertime forest management. <a href="#">n</a>	<input type="checkbox"/> 48. Go birdwatching and keep a journal of what you see.	<input type="checkbox"/> 73. Wear your PFD when you are participating in water sports.
<input type="checkbox"/> 24. Make a summer dessert—s'mores, goof balls, mud pies etc.	<input type="checkbox"/> 49. Track your water intake for a week to ensure you stay hydrated while outside.	<input type="checkbox"/> 74. Create tree art with natural items like sticks and leaves. <a href="#">n</a>
<input type="checkbox"/> 25. Learn about spring and summer birds in your area	<input type="checkbox"/> 50. Pick up at least 25 pieces of garbage in your neighborhood.	<input type="checkbox"/> 75. Explore what trees would grow best in your own yard. <a href="#">n</a>

Send pictures/videos of your outdoor adventures to GSWPA at [gswpa.org/getoutdoors](http://gswpa.org/getoutdoors).

**Instructions:** From **April 1-September 15**, complete the required number of spring/summer activities for your grade level to earn your Get Outdoors Challenge patch and/or your spring/summer patch. When you've checked off the required number of activities, [visit gswpa.org/getoutdoors](http://gswpa.org/getoutdoors) for more information on ordering your patch through our GSWPA shop.

The activities with a [n](#) can also help you unlock the **Girl Scout Tree Promise** patch. Find out more about the Girl Scout Tree Promise at [girlscouts.org/treepromise](http://girlscouts.org/treepromise).

Number of Activities Required Per Grade Level							
Daisy Launch	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	Adult
10	20	25	30	35	40	45	50

For official challenge rules and guidelines, visit [gswpa.org/getoutdoors](http://gswpa.org/getoutdoors).