

Dragon's Den "B.O.L.D. Explorer" Girl Scout Patch Program



Theme: Building Courage & Connection Through Challenge

Location: Dragon's Den, Homestead, PA

Badge Name: B.O.L.D. Explorer (Brave, Organized, Loyal, Determined)

Age Group: Brownies and Juniors (Lower Course) | Juniors to Ambassadors (Upper Course)

Date: August 15th, 2025

Times: 10:30 AM–1:30 PM (Lower Course) | 4:30 PM–7:30 PM (Upper Course)

About the Program

The B.O.L.D. Explorer Patch Program helps Girl Scouts live out the values in their Promise and Law by providing an adventurous, supportive environment where they can grow through challenge. This also relates to the Dragon's Den values.

Girl Scout Slogan: "Do a good turn daily"

Girl Scout Promise & Law: Core values that drive each activity—honesty, helpfulness, courage, strength, and sisterhood.



Pricing

- **Lower Course:** \$32 per participant (up to 20 participants) Brownies and Juniors (10:30 AM–1:30 PM)
 - **Upper Course:** \$36 per participant (up to 20 participants) Juniors to Ambassadors (4:30 PM–7:30 PM)
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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.

Forever Friends

Girls who build strong, lasting friendships through Girl Scouts—supporting, trusting, and caring for each other even as they grow up.

Confidence to Be Themselves Unapologetically

The courage to be proud of who they are, speak up, and express their true thoughts and feelings—without needing to change to fit in.

Feel Safe to Try New Things

Knowing they are supported and accepted in Girl Scouts, girls feel brave enough to take on new challenges, make mistakes, and learn without fear.

Encourage Each Other

Cheering on fellow Girl Scouts with kind words, support, and positivity—helping everyone believe in themselves and succeed.

Girl Scout Slogan – "Do a Good Turn Daily"

A reminder to do something kind or helpful for someone else every day—without expecting anything in return.

B.O.L.D. Explorer Patch Description

Celebrate girls who:

- **Brave:** Step outside their comfort zones (Ropes Course)
- **Organized:** Care for their gear, plans and executes problem solving challenges
- **Loyal:** Collaborate, support, encourage and cheer on their team
- **Determined:** Persevere through challenges (Climbing Wall)

Girls earn this patch through hands-on physical, mental, and emotional growth experiences.

Patch Requirements Breakdown

B is for BRAVE:

- **Lower/Upper Ropes Course: Team Problem-Solving**

Focus: Teamwork, Communication & Leadership

- Navigate low elements collaboratively
- Reflect on roles and team success

- **Climbing Wall Challenge**

Focus: Courage & Confidence

- Use knots and safety knowledge to climb
 - Progress at individual pace
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O is for ORGANIZED:

- **Ground School & Safety Orientation**

Focus: Organization & Responsibility

- Learn to wear and adjust harnesses/helmets
 - Understand safety systems and rules
 - Learn how to take care of components of harness after ropes course
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L is for LOYAL:

- **Reflection & Recognition Circle**

Focus: Self-Awareness, Gratitude, and Gear Responsibility

- Share "good turns" and reflect on group dynamics
 - Return gear properly
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D is for DETERMINED:

- **Knot Tying Challenge**

Focus: Mastery of the Figure-8 Knot

- Learn and practice tying 2-3 knots with a partner
 - Understand how knots build trust
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Patch Earned

Girls receive a **custom Dragon's Den B.O.L.D. Explorer patch** (optional patch available for troop purchase) to commemorate their courage, leadership, and teamwork.



Optional Activities

These additional SEL-based games enhance the experience and support Girl Scout Law values:



What's in a Name? — A Girl Scout Reflection Activity

Theme: Building Belonging, Respect, and Sisterhood

Purpose: To help Girl Scouts deepen their connections with one another by exploring the personal and cultural stories behind their names—while reflecting on how these stories connect to the Girl Scout Promise, Law, and daily acts of kindness.

Why It Matters

This simple and meaningful activity supports key Girl Scout values—**respect for self and others**, **consideration and caring**, and **being a sister to every Girl Scout**. It helps Scouts embrace what makes them unique, celebrate cultural identity, and build lasting friendships rooted in empathy and understanding.

Sharing the meaning or origin of one's name also encourages girls to “**Do a Good Turn Daily**”—by listening actively, honoring each other's stories, and uplifting voices that might otherwise go unheard.

Materials Needed

None

How to Play

1. **Break into Small Groups:** Have Scouts form groups of 2–3.
 2. **Reflect:** Ask each Scout to think about any part of their name—first, middle, last, or even a nickname—and consider:
 - What does their name mean?
 - Who chose it and why?
 - Is there a cultural, family, or personal story behind it?
 3. **Share Stories:** Invite Scouts to share the story behind their name with their group. Encourage active listening and kind responses.
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Group Reflection

After 10 minutes, gather everyone together in a circle to reflect and share. Use these discussion prompts to foster deeper conversation:

- Is anyone willing to share something they learned about someone else's name or their own?
- Would anyone change their name if they could? Why or why not?
- Has anyone had a nickname they really love? What's the story behind it?

Connect to Girl Scout Values

As you reflect, tie the activity to the **Girl Scout Law** and **Promise**. Ask questions like:

- How did this activity help us practice **respect, consideration, or kindness**?
- How does listening to others' stories help us **make the world a better place**?
- Did anyone feel they **helped someone feel heard** today, even in a small way?
- What's one "Good Turn" you can do today to show friendship or understanding?

Push Catch — A Girl Scout Challenge

Theme: Emotional Strength, Focus, and Friendship Under Pressure

Purpose: To help Girl Scouts recognize and manage emotions during high-energy situations, promoting confidence, self-regulation, and empathy in a fun and supportive environment.

Why It Matters

Girl Scouts are *courageous and strong, considerate and caring*, and always striving to do their best—even when the pressure is on. Push Catch creates a fast-paced setting for Scouts to reflect on how they handle stress, spotlight moments, and mistakes, while staying true to the values in the Girl Scout Law and Promise.

This activity is also a great way to practice the Girl Scout Slogan: "Do a Good Turn Daily"—by encouraging kind encouragement, sportsmanship, and peer support even when someone is out.

Materials Needed

- A soft tossable ball (e.g., a beach ball or foam ball)
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How to Play

- 1. Circle Up:** Have everyone stand in a circle. One leader or Scout stands in the center with the ball.
 - 2. Explain the Goal:** Scouts will respond to commands that are the opposite of what is said.
 - If the leader says “Push!”, the Scout must catch the ball.
 - If the leader says “Catch!”, the Scout must push (bop) the ball back.
 - 3. Quick Response:** The game moves quickly—this helps Scouts stay present and focused under pressure.
 - 4. Mistakes & Choice:**
 - If a Scout gets it wrong, they sit down and observe respectfully.
 - Scouts can also opt out at any time, which reinforces autonomy, boundaries, and self-awareness.
 - 5. End Goal:** The last Scout standing wins—but the real win is in learning emotional regulation and showing respect along the way.
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Emotional Reflection & Girl Scout Connection

After a round (or between rounds), circle up for a short debrief to encourage emotional literacy and group bonding.

Discussion Questions:

- How did you feel at different points in the game—before, during, or after you were “out”?
- By show of hands, who else felt that way?

- **What helped you stay focused, or what made it hard?**
- **What are some ways to handle stress or pressure respectfully?**
- **Did you encourage someone else today? How did it feel?**

Clap Jump Spin Run — A Girl Scout Leadership Game

Theme: Movement, Mindfulness & Making Decisions

Purpose: To help Girl Scouts develop **focus, emotional regulation,** and **group awareness** in an active, joyful way—while learning how to **make responsible choices** and **support their peers** under pressure.

Why It Matters

Girl Scouts are leaders in action—learning to **listen, adapt, and support others** even when situations are complex. This game offers a playful yet challenging opportunity for Scouts to develop group communication, personal responsibility, and adaptability.

It also supports the Girl Scout Slogan: **“Do a Good Turn Daily”** by encouraging Scouts to cheer each other on, take responsibility for their moves, and help the group succeed together.

Materials Needed

- None! Just space to form a circle.
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How to Play

Step 1: Learn the 4 Moves

Start in a large circle and practice each move together:

- **Clap** – Clap your hands once.
- **Jump** – A gentle hop in place or just outside your spot.
- **Spin** – A full spin in place.
- **Run** – Move across the circle and take someone else’s spot.

Step 2: Play in Rounds

Round 1 – Single Direction

- One Scout starts the sequence with a **Clap**, passing the next move (**Jump**) to the person on their **right**, followed by **Spin**, then **Run**.
- The runner finds a new spot in the circle, turns to their right, and starts the sequence again with a **Clap**.
- Everyone focuses on passing one move at a time with care.

Round 2 – Choose Your Direction

- Same as Round 1, but now the **runner chooses** whether to continue the sequence to the right **or** the left.
- This round introduces **decision-making** and requires Scouts to stay flexible and alert.

Round 3 – Double Sequence

- When the **runner lands**, they now start the sequence **in both directions**—to the left *and* right.
- This requires the whole circle to work together, track moves, and be patient—**like true Girl Scout leaders**.

Reflection & Discussion

While the game’s flow naturally sparks self-awareness and cooperation, you may want to pause between rounds or at the end for quick discussion.

Possible Questions:

- What helped you stay focused and in sync with others?
- How did it feel when things got complicated?
- What strategies helped you keep track of the sequence?
- Did anyone help you succeed during the game?
- When did you feel most like a Girl Scout—brave, kind, or helpful?

River Bank

- Boundary and focus game requiring attention and impulse control

Milk Crate Climbing Challenge

- Optional physical challenge for advanced participants (with proper safety protocols)

Using the belay system from our climbing wall, participants will climb milk jugs to see who can get the highest. This is a problem solving activity that takes courage and bravery.

[Milk Crate Climbing Example](#)

Ropes Course & Climbing Wall

- Core activities for skill demonstration and B.O.L.D. badge requirements