

Activity Guide for **Camp Mary Atkinson**



girl scouts 
north carolina
coastal pines

Nature and Property Activities for Troops and Groups

Table of Contents

About Camp Mary Atkinson	2
Certified Activity Areas.....	3
Explore Nature	4
Soil Percolation Activity	4
Nature Hike	6
Scavenger Hunt.....	7
Leave No Trace Principal.....	8
Group & Field Games	9
GaGa Ball	9
Captain's Coming.....	11
WaaMaster.....	12
Campfire & Songs	12
Flag Ceremony	15
Flag Ceremony Calls	17
Arts and Craft Projects.....	18
Nature Self Portraits	18
Clothespin Animals.....	19
Salt Dough Fossils.....	20
Map of Camp Mary Atkinson	21

About Camp Mary Atkinson

Welcome to Camp Mary Atkinson! We are so excited that your troop (group) is taking a trip to our flagship camp in Johnston County! This camp activity guide has lots of helpful information for planning your trip, activity suggestions, and helpful reminders. This information is here to help you start planning your trip, so feel free to use it as a starting point and expand upon the ideas in the pages to come.

Camp Mary Atkinson (CMA) sits on 278 acres of land- a gift from Mary Atkinson in 1954. The space provides us with so many options for activities, whether it is being used by troops, service units, or summer overnight camp. From walking the trails to climbing the Alpine Tower, CMA has something for everyone!

Our property is home to beautiful, wooded trails- take a hike and look for frogs and fish by the lake, birds in the trees, and turtles in the woods. If boating is more your speed, our lake offers opportunities to canoe, kayak, and paddleboard. For those looking to swim, our pool is open May 15-September 15, and the lake has a swimming area that can be used when weather conditions allow. The target sports areas (archery, axe, BB gun, and slingshot ranges) are great for Girl Scouts of all levels and experiences. Our bouldering grotto and 50-foot Alpine Tower proved an opportunity for individual challenge while getting your feet off the ground! There are a variety of hiking trails to explore the woods surrounding the camp. To top it all off, we have grassy areas and an airnasium for games, a gaga ball pit, and shelters that are perfect for crafts and other activities.

We can't wait for you to come to CMA and explore all it has to offer!

Certified Activity Areas



At Camp Mary Atkinson, several activity areas will require certified instructors for troop/group participation. Below is a brief overview of each area and the certification needed. Additionally, we have certified volunteers who may be available to assist your group in these activity areas by request. To make this request, reserve the activity using the reservation system and complete our Campsite Usage and Activity Request form found in the Campsite Confirmation Packet.

Outdoor Adventures Training

At least one outdoor certified adult volunteer to accompany a troop camping trip.

- To take Girl Scouts camping at one of our GS-NCCP camp properties, in pre-existing structures, at least one volunteer must complete Outdoor Adventures: Basic Camping Skills.
- To take Girl Scouts camping off GS-NCCP camp property and/or camp in tents and other temporary structures, at least one volunteer must be certified in Outdoor Adventures: Basic and Extended Camping Skills. Outdoor Adventure certifications are valid for five years.

Alpine Tower

The Alpine Tower must be reserved separately for your group to participate in climbing.

- Must have a certified Alpine Tower facilitator.
- Must have certified belayers.
- Girls must be in 4th grade to participate in activities.
- Climbers must have a completed, signed waiver (this will be obtained once the reservation is made)
- Please allow at least 1.5 hours per 15 girls participants.

Target Sports

We offer a variety of Target Sport Activities, which have a variety of requirements. For usage, reservations are required.

- **Archery**- Girl Scout Brownies and up, facilitator with USA Archery Level 1 or higher
- **Axes**- Girl Scout Cadettes and up, facilitator trained in GSNCCP Axe Throwing
- **BB Guns**- Girl Scout Brownie and up, facilitator certified as an RSO.
- **Slingshots**- Girl Scout Daisy and up, facilitator trained in Slingshot safety, form, etc.

Swimming

The pool or waterfront must be reserved separately for your group to participate in swimming.

- Swimming in the pool at Camp Mary Atkinson is available from May 15- September 15. There must be at least one certified lifeguard, and more may be needed based on the number of participants.
- Swimming at the lake is available in the designated area of the H-Dock as long as the water temperature is above 70 degrees. There must be a certified lifeguard in waterfront lifeguarding and more may be needed based on the number of participants.

Watercraft

The waterfront must be reserved separately for your group to participate in Watercraft Activities. At Camp Mary Atkinson, we offer canoeing, kayaking, and paddleboarding. Instructors must be certified in the GSNCCP Watercraft Council Properties Training, and watchers are required.

Note: Please always check the most recent version of Safety Activity Checkpoints at www.nccoastalpines.org for current guidelines.

Explore Nature

We want to encourage girls to play with nature, not just in nature. Creating opportunities for unstructured play will allow girls direct access to real nature while allowing girls to explore, discover, and create their own activity. Check out these ideas for unstructured nature play as well as group games. These ideas are sure to get your girls up, outside, and having fun in the outdoors!



Build shelters, fairy or gnome houses, bridges, castles, mazes, and art pieces out of natural materials



Create your own games, run through fields and grassy areas or lay down and cloud watch



Pretend to be animals and make up stories and act them out.

We want to be stewards of our environment, so we encourage girls to only use nonliving materials found on the ground. Be sure to check areas for safety hazards prior to allowing girls to use the space for free play. Once play is finished, remember to Leave No Trace by returning all materials to their original locations.

Soil Percolation Activity

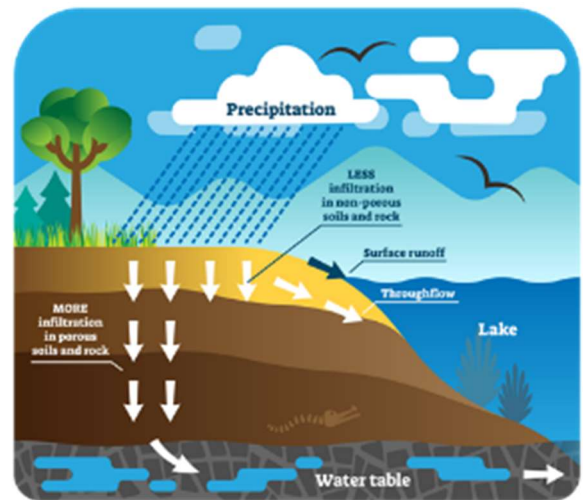
Soil is very important part of a forest community and provides nutrients and water to the plants and animals that grow and live in it. This activity is designed to introduce girls to the impact humans have on soil and the amount of water it can hold. For a shorter activity time, you may have girls perform the activity tests in one area - utilizing a trail, field, and undisturbed areas that are very close together. You are encouraged to take your group on a hike around Camp Mary Atkinson, repeating the activity test in as many locations as you wish, for a longer and more in-depth activity.

Time: 20-60 minutes

Materials:

- Percolation cans (you can make a percolation can by using a can opener to remove both the top and bottom from any canned good. The remaining tube is your percolation can...if you are planning to have several available, try to use cans that are the same size - it will allow you to make comparisons without worrying about the can size being a variable.)
- Water (at least 32 ounces)
- Stopwatch or timer
- Paper and pen to record data.

INFILTRATION



Vocabulary:

- Soil - the upper layer of earth in which plants grow, a black or dark brown material typically consisting of a mixture of organic remains, clay, and rock particles.
- Percolation - the process of liquid slowly passing through a filter. Percolating waters ooze, seep, or filter through the soil beneath the surface, without a defined channel.

Instructions:

1. Gather the girls into a circle in a field (the field near the program building or airnasium are ideal spots). Push the edge of one side of your percolation cylinders below the surface of the soil. It is important that the can edge is below the surface, not resting on top of the ground.
2. Ask the girls what they think will happen if you pour cup of water into the can (will it sit there? Get absorbed? Why do we think what we do?)
3. Ask one of the girls to measure cup of water and pour it into the can and have the group time how long it takes for all the water to be absorbed into the ground.
4. Record the location and time on your paper.
5. Ask the girls:
 - Do you think the same thing will happen in other locations? (Hard dirt trail, spot in the woods that's not walked on, gravel path, etc.)
 - What makes those locations listed above different from one another? (type of soil, number of plants, hard and compact, loose soil, near water, etc.)
 - How did they get that way? (people walking/playing, vegetation cleared for the trail, rain washing away soil, etc.)
6. Take a walk around the property and find spots where the ground is different (compacted dirt trail by Lady Slipper or on the Lauren Trail, small gravel path near the pool, off-trail near the lake, etc.). Have the girls guess how long they think it will take for a cup of water to be absorbed at each spot? Repeat your percolation test at each location, making sure to use the same amount of water each time, and record your results.
7. Take a look at your recordings as a group:
 - Are there any times that surprised you?
 - What location had the fastest absorption time? Longest?
 - What may have affected the rate at which the water was absorbed?
8. If you haven't already, try to find a spot that is already pretty wet (a low area of soil near the lake, close to puddled water. What might be different about the causes of slower absorption time at these locations? (saturation of soil)



Did You Know:

- 1 tablespoon of soil has more organisms in it than there are people on earth!
- There are 70,000 different types of soil in the United States!
- A large tree can pull up to 100 gallons of water from the soil in a day!

Nature Hike

There are several fun trails at Camp Mary Atkinson, and you can create an epic hike by connecting a few of them with even more time on the trail!

Here's one of our favorite routes:

- Start your hike on the Lauren Trail, between the Leadership Center and Fox Leap. This trail will take you through the woods and around part of the lake and is a great place to spot frogs (both big and small). The trail will end at the fire circle with the stage at the far end of the lake (if you have time to spare, pause here to create a group skit about taking care of the environment, taking an adventurous hike, or pretending to be the creatures you've seen).
- From the fire circle, walk along the path to the boathouse. From here, follow the gravel trail up to Owl Hollow and look for the trail into the woods next to cabin three. This trail will take you through the woods to the Alpine Tower Field and is a perfect trail for seeking signs of water (you'll have a bit of a hill and may have to step across a tiny stream, depending on the weather and time of year). This is the best spot to look for garden spiders (they're pretty distinctive, so the girls may want to look up photos for recognition before they come).
- When you get to the Alpine Tower Field, hike straight past the shelter to the gravel path. From here, you have two options: follow the gravel path all the way past the archery field and the pool or look for the path on your left that will take you through the woods to Lady Slipper and continue through to the parking lot across from the staff house. No matter which way you go, you'll end up near the same parking lot and can return to your unit or hike back to the start by following the gravel trail to the left of the staff house.

Each section of this trail will take approximately 20 minutes, for a total of approximately 1 hour. This estimate can alter greatly depending upon the age of your girls, the number of finds along your way, and stops you make for activities or hydration. If you're looking for something shorter, just pick part of the loop to hike.



Scavenger Hunt

This scavenger hunt has a fun twist – drawing! When you find one of the items on the chart, sketch a picture of it. This may take a bit longer than your typical scavenger hunt and requires a pencil or something to draw with. You can take a clipboard (or make your own out of old cardboard and a binder clip/paper clip) for extra support.



Insect	Bird	Fish
Tree	Clouds	Flower/Leaf
Something rough	Something fuzzy	Something light
Something hard	Something moving in the breeze	Something that came from a tree
Something really big	Something very small	Something you really liked

Leave No Trace Principles

GIRL SCOUTS LEAVE NO TRACE

Learn and be prepared to use the Leave No Trace Seven Principles to help protect the environment on your trip:



Plan ahead so you leave nothing behind. Get to know the area you'll visit. Repackage and store food in reusable containers.



Travel and camp on durable surfaces. Walk only on existing trails and camp on surfaces that are already impacted or are durable enough to withstand repeated trampling.



Dispose of waste properly: Carry out what you carry in—never dump anything on a campsite or into a water source.



Minimize campfire impacts: Instead of using firewood and building campfires, pack a lightweight cooking stove and lantern.



Respect wildlife by checking them out at a distance. Never approach, feed, or follow them.



Be considerate of other visitors. Remember you're not alone in the wilderness. Keep your voices down and let nature be the loudest sounds you hear.

Group and Field Games

GaGa Ball

What is Gaga?



You know that everyone's going gaga over gaga. But what is it? Here's the 101 on how to play gaga ball:

Gaga is a fast paced, high energy sport played in an octagonal pit. The more players the better! Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun and easily, everyone gets a serious workout.

Easily addictive, people can't wait to get back in the

pit. The games move quickly...after a few short minutes, the action heats up with a second ball, sure to get even the best players out. within minutes. Once the game ends, everyone is back in for the next round.

Rules of Gaga Ball

It's super simple. Basically, we throw a bunch of players and a ball in a pit. Turn up the music, everyone for him/herself; if the ball touches you below the knee, you're out. The last one in the pit wins. Then, everyone hops back in for the next round. Games last no more than five minutes. It's fast, it's sweaty and it's really addictive. As soon as you get out, you can't wait to hop back in. That's why they're all talking about it!

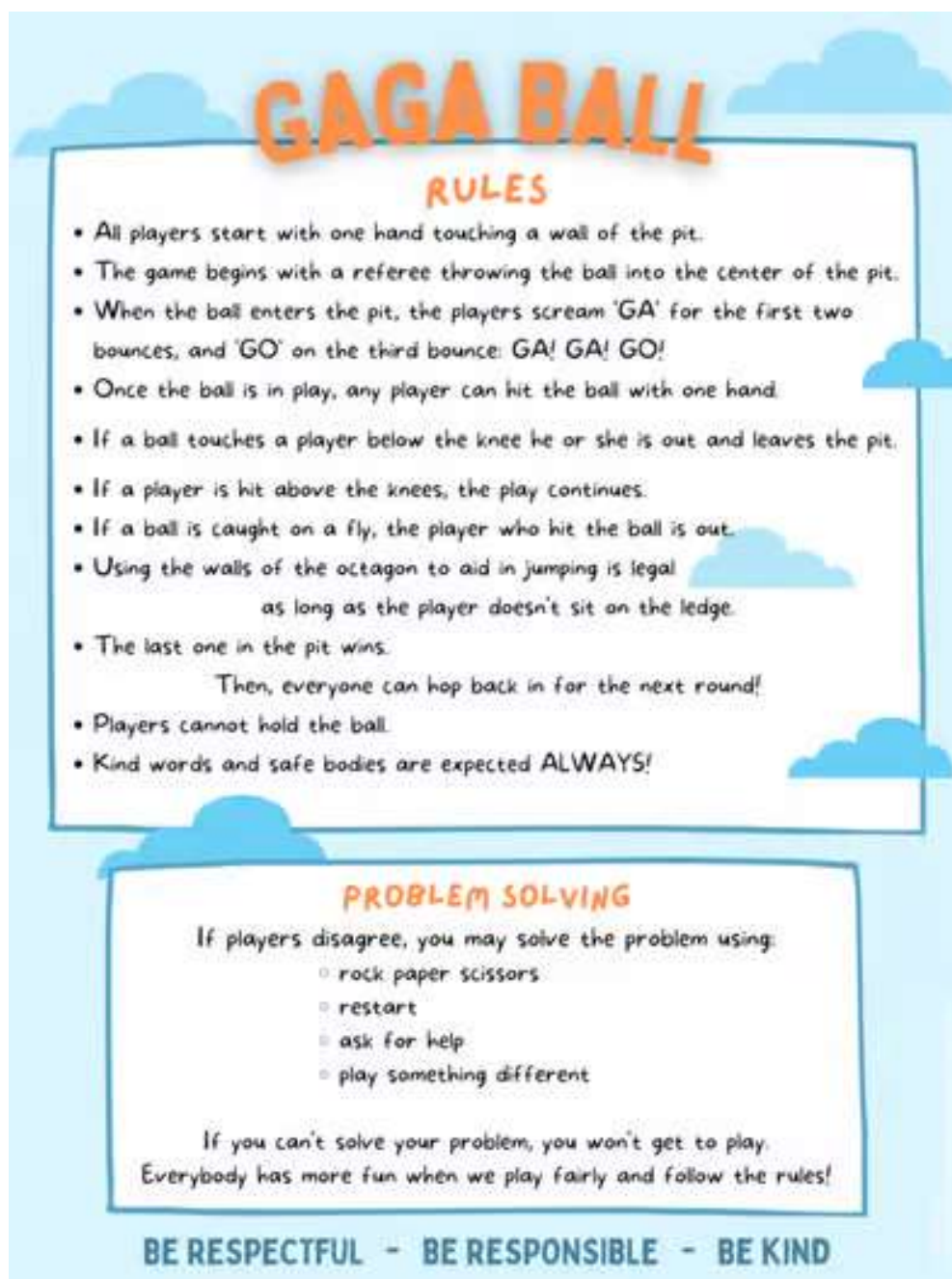
The official game rules of The Gaga Center:

- All players start with one hand touching a wall of the pit.
- The game begins with a referee throwing the ball into the center of the pit.
- When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'GO' on the third bounce, after which the ball is in action.
- Once the ball is in play, any player can hit the ball with their hands only and may not carry or throw the ball - it must be punched with open hand or fist.
- If a ball touches a player below the knee (even if the player hits himself or herself) he or she is out and leaves the pit. If a player is hit above the knees, the play continues.
- Any player who is touched by the ball either directly or by a rebound off the wall is "out", then must step out of the pit.
- If a ball is caught on a fly, the player who hits the ball is out.
- If the ball goes out of the Ga-ga court, the last player to touch the ball is eliminated.
- If a player catches the ball before it bounces, the player who had the last contact with the ball is eliminated.
- Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches).

- Using the walls of the octagon to aid in jumping is legal as long as the player does not permanently sit on the ledge of the octagon.
- Players cannot hold the ball.
- If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.
- If there are only two players remaining, a player may hit the ball up to 3 times in a row. The ball is “rejuvenated” by contact with the wall, and the hit count resets.

Some Ga-Ga games are designed to be team efforts, although the sport is traditionally a one-against-all competition. Teaming, or intentional passing of the ball to other players, is allowed only at the discretion of the referee and must be specified in advance of play.

There are plenty of variations of the rules, and like 4-square, you can certainly make your own house rules! Have fun and be creative!



Captain's Coming

Start with an adult acting as the "Captain." The role of the Captain is to call out the actions and dismiss the players who don't do the actions quick enough or who break from character.

Once the captain calls an action, each player has 3-4 seconds to start performing the action. If they don't find a group fast enough or perform the right action, they are out of the game.



Actions:

- **Captain's Coming:** Everyone stands at "attention" (in a salute), and they can't move from this position until the caller says, "At Ease!" If they laugh or break from their attention, they are dismissed.
- **At Ease:** Relax
- **Starboard:** Players run to the right.
- **Port:** Players run to the left.
- **Girl Overboard:** One person drops to one knee the other stands behind them, puts a hand on their shoulder. Both scan the ocean for the overboard girl.
- **Crow's Nest:** Three players stand backs to each other and lock arms at the elbows to form the crow's nest.
- **Walk the Plank:** Five people stand in a single-file row, hands on the shoulders of person in front of them.
- **Mermaid:** each player individually thrust out right hip, places right hand on that hip, takes left hand and makes a big, exaggerated wave and yells out "howdy sailor!"
- **Hit the deck:** fall to the floor on your stomach.
- **Grub Time:** Five people turn towards each other and pretend to be eating at a table.
- **Octopus:** Four people lean against each other back-to-back and wave their arms as if they are a giant octopus
- **Swab the Deck:** Pretend to mop.
- **Row Your Boat:** Get in a line of three and pretend to row a boat while singing "row, row, row your boat."
- **Porthole:** Two people form a circle with their hands (like a porthole window), and a third person looks through it.

Play continues until there is only one girl remaining - she can be the new captain!



WaaMaster

- Everyone stands in a circle.
- Have an adult be the "Waa master."
- Explain that the Waa Master will do one of three different actions:
 - a fireball (make a vertical circle with your arms, like you're a wizard making a fireball),
 - a snake (put one elbow in the palm of the other hand like a cobra standing up)
 - a bear (put both hands up in front of your shoulders like bear claws)
- The Waa Master bows to the group and says "waaa." Everyone else will then bow back and say "waaa."
- The Waa Master then says "7-2-3 Waa!" and everyone does one of the actions. If someone in the circle does the same action as the Waa Master, they are out.
- Play continues until there is one person remaining with the Waa.
- Master it's now time for a Waa-off!
- The Waa Master and remaining player stand back-to-back and then take three steps away from each other while counting 7-2-3 aloud.
- The two players then do an action as they turn to face one another, saying "Waa" as they do.

Big Dreams, Big Possibilities

C	A	X	E	R	A	N	G	E	W	I	R	C	Y
V	C	O	L	E	A	R	N	I	N	G	R	L	F
D	I	B	N	H	N	S	K	I	L	L	S	I	U
S	D	I	O	G	G	N	I	K	I	H	A	M	N
U	L	H	A	A	I	N	T	I	C	E	C	B	R
A	D	V	E	N	T	U	R	E	S	I	A	I	G
D	S	W	I	M	M	I	N	G	N	E	M	N	R
Y	R	E	H	C	R	A	N	N	U	T	P	G	A
N	G	A	A	S	B	A	D	G	E	S	S	W	H
F	R	I	E	N	D	S	H	I	P	S	T	C	A
I	B	W	S	T	C	A	B	I	N	S	C	E	M
N	R	T	C	N	S	E	I	D	D	U	B	R	A
X	H	M	C	O	M	M	U	N	I	T	Y	N	A
T	N	S	R	E	W	O	T	E	N	I	P	L	A

BOATING
 TENTS
 ALPINE TOWER
 LEARNING
 ADVENTURES
 FRIENDSHIPS
 BUDDIES
 SWIMMING
 SKILLS
 COMMUNITY
 CABINS
 GRAHAM
 CAMP
 HIKING
 FUN
 AXE RANGE
 CLIMBING
 BADGES
 ARCHERY

Campfire & Songs

No camping trip would be complete without a campfire! Campfires can include songs, skits, poems, performances, ceremonies, or any variety of activities. Of course, don't forget the s'mores!



At Camp Mary Atkinson, there are fire circles by each group of cabins. Additionally, there is a large fire circle located by the stage at the far side of the lake. At each fire circle, make sure there is a water bucket full of water, a rake or shovel, and an appropriate amount of firewood. These items should be checked in the daylight.

Some campfires have a set flow, while others are free flowing. The most important thing is to give girls the opportunity to participate in some way. With larger groups, it is a good idea to have a sign up for songs and skits to help manage the group, allowing everyone who wants to perform the opportunity to do so. It works well to start with loud, exciting songs and skits at the beginning, and work to quieter songs and skits at the end.

OH, I WISH I WERE

(Tune: "If You're Happy and You Know It")

Oh, I wish I were a little bar of soap,
Oh, I wish I were a little bar of soap.
I would slip and I'd slidey,
Over everybody's hidey.
Oh, I wish I were a little bar of soap.

Oh, I wish I were a little hunk of mud.
Oh, I wish I were a little hunk of mud.
I would ooey and I'd gooey,
Under everybody's shoey.
Oh, I wish I were a little hunk of mud.

Oh, I wish I were a little can of pop.
Oh, I wish I were a little can of pop.
I'd go down with a slurp,
and come up with a burp.
Oh, I wish I were a little can of pop.

Oh, I wish I were a little mosquito.
Oh, I wish I were a little mosquito.
I'd buzzy and I'd bitey,
Under everybody's nighty.
Oh, I wish I were a little mosquito.

Oh, I wish I were a little bitty orange.
Oh, I wish I were a little bitty orange.
I'd go squirty, squirty, squirty,
Over everybody's shirty.
Oh, I wish I were a little bitty orange.

SINGING IN THE RAIN

(Chorus)

I'm singing in the rain,
Just singing in the rain.
What a glorious feeling,
I'm happy again.



Commands:(Do the first movement and sing again, adding each movement to the previous one until all are done)

- Thumbs up
- Elbows in
- Knees together
- Butt out
- Chin Up
- Tongue out
- Turn around

CANA WOMAN?

(Tune: "She'll Be Comin' Round The Mountain")

Can a woman fly an airplane?
Yes, she can, yes, she can.
Can a woman build a building?
Yes, she can, yes, she can.
Can a woman fight a fire?
Can a woman change a tire?
Can a woman lead a choir?
Yes, she can, yes, she can.

Can a woman be a lawyer?
Yes, she can, yes, she can.
Can a woman fix an engine?
Yes, she can, yes, she can.
Can a woman be a drummer?
Can a woman be a plumber?
Can she play ball in the summer?
Yes, she can, yes, she can.

Can a woman be a doctor?
Yes, she can, yes, she can.
Can a woman drive a tractor?
Yes, she can, yes, she can.
Can a woman lead a nation?
Can she run a TV station?
Can she head a corporation?
Yes, she can, yes, she can.

Just you wait until we're older than you'll see,
We'll be women in tomorrow's history,
As we grow up through the years,
We will sing out loud and clear,
Can we start the process here?
Yes, we can, yes, we can.

Camp Mary Atkinson Activities Guide Fall 2025

Green Tress

Green trees around us, Bright stars above,
Friends all around us
In a world filled with love. Taps sounding
softly, Hearts beating true,
As we are saying, Good night to you.

Taps

Day is done,
Gone the sun,
From the lake,
From the hills,
From the sky,
All is well,
Safely rest,
God is nigh.

Flag Ceremony

There are two flag poles at Camp Mary Atkinson:

- One outside the **Leadership Center**, and it has flags and sashing in the mailbox next to the walk leading into the Leadership Center.
- One is located in the fields between the **Program Building and Craft Hut**, and supplies can be found in the mailbox in the field.



There is no one way to do a flag ceremony.

Some things that can be included are:

- Pledge of Allegiance
- Girl Scout Promise
- Girl Scout Law
- A Girl Scout Song or Poem

Flag Ceremony Etiquette:

- Red sashes can be used but are not required. If used, tied on the left side with a square knot.
- Remove items from your hands.
- It is not required to remove hats or other headwear.
- Participants should make a horseshoe around the flagpole.
- Flag ceremonies are quiet, solemn occasions.
- Take down the flag before sunset.
- No disrespect of any kind should be shown to the flag of the United States. It should be kept clean.

Flag Trivia:

- How many stripes are on the American flag? (answer: 13)
- When grouped with other flags, where should the American Flag be placed? (answer: at the center and at the highest point of the group)
- When the American Flag is posted in a stand it is always posted before other flags? True or False (Answer: False. it is posted last and is taken out first during the closing ceremony to make sure it is always at the highest point)
- When the American Flag is displayed in a public auditorium what side of the speaker is it placed on? (Answer: to the speaker's right as he faces the audience. Any other flag should be placed on the left of the speaker)
- The flag should be lowered and brought in at dusk if not illuminated. True or False? (Answer: True)
- At what pace should the flag be raised? (Answer: briskly/quickly and lowered slowly)
- When a flag is old and tattered and needs replacement, what should be done with it? (Answer: the flag should be retired in a dignified manner, burned)

Bonus Question: How many American Flags have been placed on the moon? (Answer: 6)

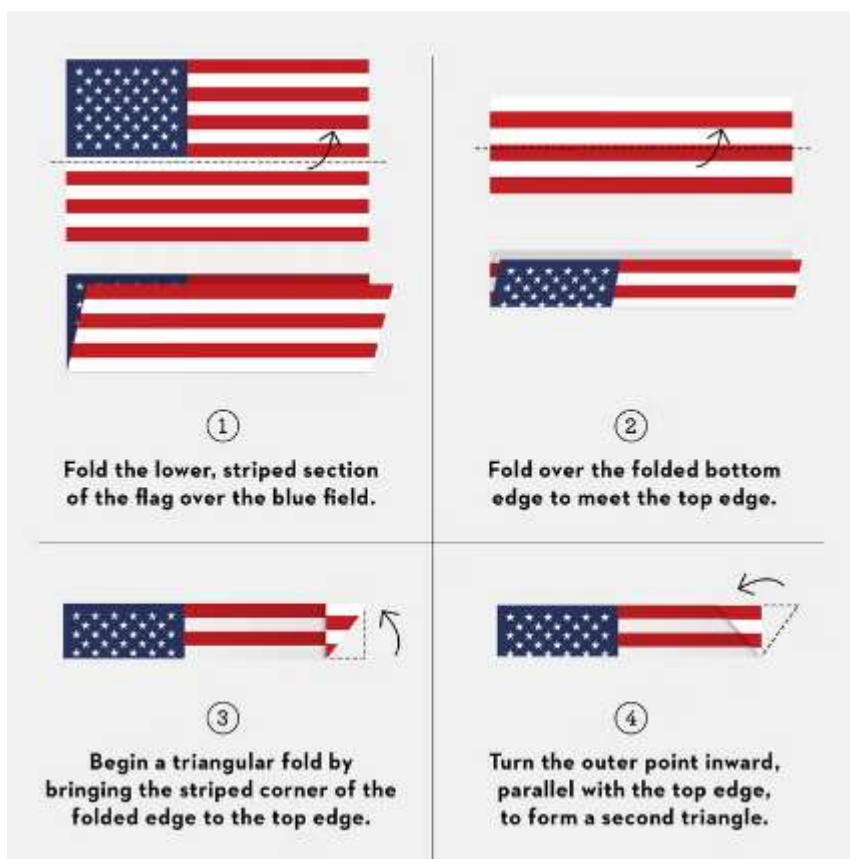
Terms Used in Flag Ceremonies

- The **color bearer (or flag bearer)** is the person who carries the flag. There is one color bearer for each flag used in the ceremony.
- The **color guard** is a team that guards the flags. Any even number of guards may be used, but usually, four or six girls are sufficient.
- The **Girl Scout in charge (or caller)** is a designated Girl Scout who announces or calls each part of the ceremony.

Possible Commands for a Flag Ceremony:

- **"Girl Scouts, attention."** Used to announce that the flag ceremony is to begin.
- **"Color guard, advance."** Signals the color guard to advance with the flags, or advance to pick up the flags.
- **"Color guard, post the colors."** Directs the color guard to place the flag in flag standards or to attach the grommets to a flagpole rope.
- **"Color guard, honor your flag."** or **"Color guard, salute your colors."** Signals the color guard to salute the American flag.
- **"Please join us in saying the Pledge of Allegiance."** (Followed by an appropriate song, quotation, or poem, if so desired.)
- **"Color guard, retire the colors."** Prompts the color guard to remove the flag from standards or to lower the flag, detach it from the rope, and fold it prior to being dismissed.
- **"Color guard, dismissed."** Prompts the color guard to leave in formation, with or without the flag.
- **"Girl Scouts, dismissed."** Indicates girls may leave in formation or be at ease were they have been standing.

How to Fold a Flag



Flag Ceremony Calls

Flag Raising Script



- **Caller:** “Girl Scouts, attention.”
- **Caller:** “Color guard, attention.”
- **Caller:** “Color guard, advance.” Color guard starts forward at a uniform pace with their left foot walking in a straight line to the pole. Pace should be moderate but dignified. At the pole the leader of the guard (if there is no leader, the person to the left) will say quietly so only the guard can hear: “Color guard, halt”. This is on the right foot. They should step with their left foot, then stop.
- **Caller:** “Color guard, post the colors.” The color guard raises the flag. Again, the pace should be moderate but dignified.
- When the flag reaches the top and the rope is secured:
- **Caller:** “Color guard, honor the flag The guard salutes for three seconds.
- **Caller:** “Please join us in saying the Pledge of Allegiance and the Girl Scout Promise.” Troops and audience repeat pledge and promise. Color guard stands at attention, but does not say the pledge or promise.
- **Caller:** “Color guard, retreat. “They walk slower than before back to base (where they started from).

Once there:

- **Caller:** “Color guard, dismissed.”
- **Caller:** “Girl Scouts, dismissed.” This signals to the attendees that the ceremony is over and they may now exit.

Flag Lowering Script

- **Caller:** “Girl Scouts, attention!” Everyone comes to an attention stance.
- **Caller:** “Color guard, attention!”
- **Caller:** “Color guard, advance!” Color guard marches forward at a uniform pace with uniform steps, starting with the left foot in a straight line to the pole. Do not halt until given the command.
- **Caller:** “Color guard, salute the colors!” The guard salutes for three seconds.
- **Caller:** “Color guard, retire the colors. “The color guard lowers the flag. If flag is at half-staff, the pole runner should quickly raise the flag to full staff before lowering. Pole runner then slowly lowers the flag. When the flag is in reach, one person in the color guard steps out of line to grab the striped end of the flag to ensure that it does not touch the ground. When flag is completely lowered, third person unclips the flag from the bottom up and they move to the side to fold the flag properly while pole runner secures the flagpole. When pole runner is finished securing the flagpole, they move over to support the middle of the flag to ensure that it does not touch the ground and to that the flag is folded as tightly as possible. After the flag is folded the color guard returns to line, facing the flagpole, with the flag bearer in the center.
- **Caller:** “Please join us in singing Taps.” Troop and audience sing Taps. Color guard stands at attention but does not sing.
- **Caller:** “Color guard, dismissed!” Color guard turns in a clockwise rotation to face the caller in one swift movement color guard once again marches forward at a uniform pace with uniform steps starting with the left foot until they are given the next command.
- **Caller:** “Girl Scouts, dismissed.” Everyone is dismissed.

Arts and Craft Projects

Nature Self Portraits



Time: 30-60 minutes

Materials:

- White cardstock paper
- Craft glue (like tacky glue or hot glue guns)
- Crayons/markers/colored pencils
- Natural materials (twigs, pinecones, grass, pine straw, leaves, etc.)

Instructions:

- Have the girls think about what a self-portrait might look like. Do they want to create their entire body? Face only? What type of natural materials might be good for making the shapes and parts of the body they'll need?
- Gather plant materials from outside. Try to use things that are already dead and lying on the ground. (This is a great opportunity to pair a nature hike with your craft time!)
- Give each girl a piece of white cardstock as her canvas and allow the group adequate time to make their individual self-portraits. Encourage them to be creative!
- Allow the artwork to dry.
- Take a "gallery tour" to look at each girl's self-portrait as a group. Ask each girl to tell the group about her art and what materials she used.

Clothespin Animals



Time: 20-45 minutes

Materials:

- Clothespins (one for each girl)
- Cardstock/construction paper
- Glue
- Crayons/Markers/Colored pencils

Instructions:

- Have girls draw a picture of an animal on their piece of paper (cardstock or construction paper works best). If you wish, you can print animals for them to cut out instead.
- Make the animals colorful!
- Draw a line horizontally through the center of the animal, starting at the animal's mouth (you're going to make it look like the mouth is opening) and cut along this line.
- Position the two pieces on the side edge of a clothespin and glue in place, so the animal should look entirely when the clothespin is closed, and open at the mouth when you squeeze the clothespin open.
- For extra fun, create a tiny surprise animal or object that you want the animal to appear to be eating. Cut out the tiny object and glue it to the opposite side of the clothespin, taking care to position it so it can be seen only when your animal's mouth opens.
- Create a show with your new animals!

Salt Dough Fossils



Time: 20-45 minutes

Materials (makes 8):

- Measuring cups (1c, 1/2c, 1/4c)
- Mixing bowl or container
- 1c Flour
- 1/4c Salt
- 1/2c Water

Instructions:

- In the mixing bowl, have the girls measure the flour and salt.
- Mix with hands.
- Measure cup of water and add to dry ingredients.
- Mix with hands.
- Mix until the ingredients are all incorporated. It will be very sticky at first but will become smoother and dough-like as it's mixed. You can add a little more water or flour if your dough feels dry or wet.
- Separate the dough into 8 pieces.
- Have girls shape their dough piece into a ball, then press it flat (about 1/4 inch thick, or the same thickness as their finger)
- To make fossils, the girls can either draw on the dough or collect small rocks and twigs to press into it. Make sure to remove any materials from the dough so that they are just left with the impression.
- Allow dough to air dry (this may take a few days) or bake it in the oven on a parchment-lined baking sheet at 325 degrees for two hours. Once dry, girls can paint their fossils, if they wish.

Map of Camp Mary Atkinson

