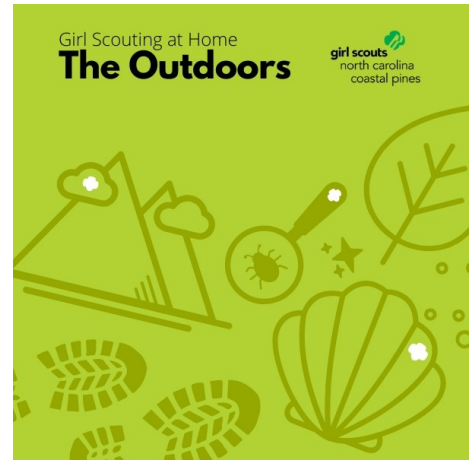


Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

THE OUTDOORS encourages Girl Scouts to nourish their love of the great outdoors and their connection with nature. Each Thursday, join us to explore and celebrate the beautiful world around us, while developing a lifelong appreciation for nature and the out-of-doors. Join the conversation online. **#OurGSNCCPCommunity**



Let's learn about Leave No Trace

What is this? Why is it important?

Click [here](#) to learn about the 7 principles for leave no trace and what goes into each principle. There are activities by grade level starting with first grade and there are many resources to play with on the site!

By doing these activities your girl has started:

Daisy: Eco Learner step 1

Brownie: Eco Friend Step 1

Junior : Eco Camper Step 2

Cadette: Eco Trekker Step 1



Please feel free to continue the badge work and finish the rest of the steps! Resources can be found at our store- see below for information.

Safe Exploring!!




Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).

Questions? programteam@nccoastaspines.org

www.nccoastalpines.org

The Outdoors

Have a “Be Prepared” show-and-tell. When you go outside, there are some things you will want to bring, and some you’ll want to leave at home. Gather items from around your house and make two piles. One is for “take outdoors” and one is for “leave behind.” Think of things like a toaster or a toy (leave behind) and water bottle, sunscreen, and bug spray (take outdoors). Then show an adult your two piles and have them guess what each is for.



Talking points about what to bring:

Water bottle: to help stay hydrated

Bug Spray: to prevent bug bites

Footwear: comfortable and proper for the terrain (lots of rocks, high grass tennis shoes, trail that has a water crossing hiking sandal).

Sunscreen: to prevent sunburn

First aid kit: just in case something happens

Dress: dress for the weather (maybe a rain jacket if it's going to be rainy or windy, layers of clothes for when you get hot or chilly)

Whistle: to announce you are here and if a situation arose when needing to alert someone of your location.

Journal: good to stop and think, draw what you see.

Backpack: helps carry everything

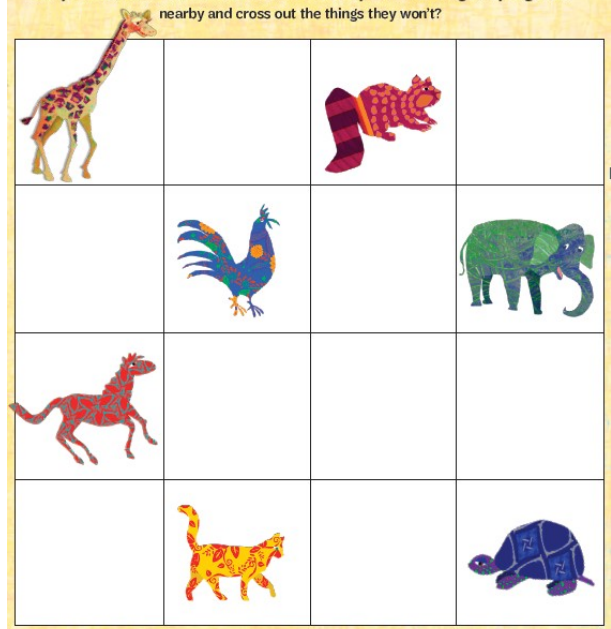
Snacks: Great for a break along the trail. Be mindful of what is carried in needs to be carried out so think about weight of items, and not required items.

Map: Know where you are going and tell someone you are going!

Play a wildlife game with your friends or family. In some of the squares on the chart in this booklet, draw pictures of creatures you might find in your backyard or the park—like ants, birds, and worms. In other squares, draw pictures of wildlife you probably won't see near your home—like a lion or an elephant. Play a game with your family or friends by having them circle the pictures of things you are likely to see in your backyard and crossing out the ones you're not.

Play a Wildlife Game

Fill in the board by drawing pictures of wildlife in the empty squares. Draw some living things you might see near your home and some that live far away. Then have a family member or friend look at the board. Can they circle the things they might see nearby and cross out the things they won't?



Brownie

Take a hike. You've probably taken a hike before, but now get ready to take an eco hike! Buddy up with some friends and an adult to visit a place where you can hike. Before you go, make a plan and learn about the place where you'll be going. Are there water fountains? Trash cans? What does the weather forecast say? Then, when you're on your hike, practice different ways of caring for the environment: stay on walking paths or hiking trails, and leave no trash behind. Can you think of more?



While hiking find a nice place to sit, where there are some trees, animals, open grassy area. Sit there for 5 minutes. Write or draw what you see, hear, notice what is odd, neat, cool, weird. If you are not able to do this on the hike, when you get home take 5 minutes to write/draw things that stuck out in your mind.

Questions to think about and answer:

What you thought?

What did you see?

What you learned from the walk?

Share this with an adult or friend!



OR

Design a poster. Make a poster showing all the ways you can care for the environment. Think about the different things you do outdoors and the places where you go—maybe you look at but don't touch living things when you go to the beach, or make sure your soccer team leaves no trash behind after your games. Be as creative as you'd like! Share your poster with friends or family and talk to them about it. Is there a place where you can hang it up and see it every day?



Junior

Step 2

Prepare and package snacks for your conservation hike (Step 5). Make your own brand of trail mix by combining the things you love most, like banana chips, dried berries, pretzels, raisins, granola, and more. And don't forget to pack water in a reusable container.

DIRECTIONS

- Throw everything together in a sealed container. Add in items you like, don't put in the items you don't like, and make additions to the recipe for your taste.
- Store in cool, dry area (to prevent melting of chocolate candies/chips and other soft ingredients).
- You can make to go bags of snacks by putting portions into Ziplock bags.

INGREDIENTS

1 cup Cheerios toasted oat cereal (honey nut, plain and apple cinnamon work equally as well)

1 cup goldfish crackers or 1 cup other cheese crackers

1 cup cherry-flavored dried cranberries (or other favorite dried fruit)

1 cup cashews or 1 cup other favorite nuts (although be aware of children's potential allergy to peanuts)

1 cup miniature M&M's chocolate candies (or other chocolate candy)

1 cup peanut butter chips or 1 cup butterscotch chips

1 cup miniature pretzel twists or 1 cup pretzel sticks



Cadette

Step 1

Take the **30-60 minute [Leave No Trace Online Awareness Course](https://nlt.org/learn/7-principles)** that includes questions about Leave No Trace practices and techniques. (Note: The course doesn't work on a mobile device.) Learn about the Leave No Trace history and mission, find out about visitor-created impacts in recreational areas, and understand how to apply the Seven Principles on your outdoor trip. You can print a certificate when you complete the course.

