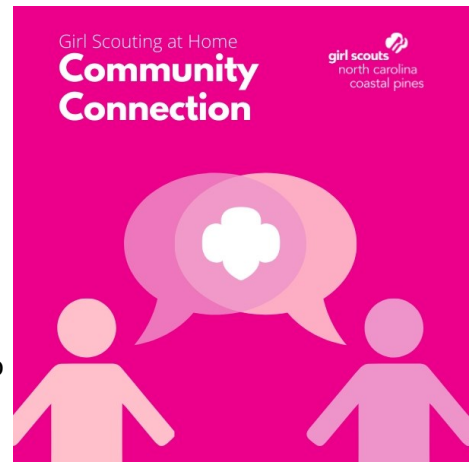


Community Connection

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!

COMMUNITY CONNECTION encourages Girl Scouts to continue to maintain a connection with their community. Each Monday we'll share ways for you to engage with your community by learning about, connecting with, and leaning into the community around you. Join the conversation online.

#OurGSNCCPCommunity



Did you know April 22, 2020 marks 50 years of Earth Day? That's 50 years of events, rallies, teach-ins and more aimed at driving transformative change for people and the planet. This year in honor of Earth Day, we're inviting Girl Scouts and their families to take the **Girl Scout Earth Day Challenge**—because at Girl Scouts we're always striving to use our resources wisely and to **make the world a better place**. What is the Girl Scout Earth Day Challenge? We're challenging you to participate in activities that conserve resources or take action toward making our world a better place. Together we can do more!

Challenge #1. Monday, 4/20/2020. Mind the water. On average, each person in the United States uses about 80-100 gallons of fresh water per day. Wow, that's a lot of water! Ready for wild water facts? If you leave the water running while brushing your teeth, you use approximately two gallons of water. Yikes! The CDC (Center for Disease Control) recommends that you should [scrub your hands for at least 20 seconds](#) each time you wash, but also reminds you to turn off the water while you're scrubbing. Since the average person washes their hands at least nine times a day, you can save *6 gallons* of water by turning off the water while scrubbing. Check out these [additional ways to save water](#), and be mindful of the amount of water you use today. At the end of the day, estimate and [record the number](#) of gallons of water your family saved.

**Here's a tip for Girl Scout Brownies. If you love water and you're passionate about conserving it, take a deep dive into water conservation by completing the [WOW! Wonders of Water Journey](#).*



Challenge #2. Tuesday, 4/21/2020. Repurpose. Today's your day to create something new from something old! Wikipedia defines repurposing as the process by which an object with one use value is transformed or redeployed as an object with an alternative use value. In other words, giving an item a new life. That pretty cool! Did you catch our [Facebook Live](#) event where we gave new life to a water bottle? You can find lots of fun repurposing crafts on the internet. Need a gift for a friend? Why ["knot" a headband](#) that was repurposed from an old t-shirt? Need a fancy envelope to mail it in? Or just want to send a fun postcard to your friend? Consider using a [cereal box](#). We'd love to see your creation! Share your pictures on our [Facebook page](#) or [Instagram](#). Remember to use **#OurGSNCCPCommunity**

Challenge #3. Wednesday, 4/22/2020. Dump Diversion. Happy Earth Day!

You know you've been putting it off ... it's time to clean out your closet, bedroom, or playroom and donate what you're no longer using. According to the EPA (Environmental Protection Agency), the average American person produces 4.40 pounds of daily waste. That's a daily average and doesn't include the amount of trash you create when you toss items you no longer use. That can add up! Instead, you can donate items that still have life in them. Here's a fun way to see how many pounds you can divert from the landfill. [Record the number](#) of pounds.



- Step 1: Place items to donate in a bag.
- Step 2: Weigh yourself holding the bag of items.
- Step 3: Weigh yourself without the bag of items.
- Step 4: Subtract your weight (step 3) from the combined weight (step 2).
- Step 5: Record the number of pounds you diverted from the dump.



Questions? programteam@nccoastalpines.org

www.nccoastalpines.org

Challenge #4. Thursday, 4/23/2020. Power Down. So far this week, you've been able to save water, repurpose items, and reduce the amount of trash that ends up in our landfills. You've harnessed your energy to make some pretty powerful changes! Speaking of energy, did you know that it's never too early to start changing your behavior to create sustainable energy conservation practices? Today's challenge encourages families to power down for an evening of fun. The average household electricity consumption measured by the kilowatt-hour (kWh) is 28.9 kWh per day. That's about 1.2 kWh per hour, per person. Can you brainstorm ways to reduce your power consumption by at least one hour tonight. Can you do more?!? Try to brainstorm enough activities to power down for 3-4 hours! Have some fun with these options:

- Dinner by candlelight
- Sunset picnic
- Flashlight tag
- Boardgames by the light of a camp lantern
- Get outside for a sunset or stargazing. Prepare by gathering info about [tonight's sky](#)
- Read a book by flashlight
- Tell silly stories or perform skits by candlelight

Always ask permission from an adult before using candles. Remember fire safety when using candlelight.

Remember to [record the number](#) of hours you were able to power down to save energy.



**Here's a tip for Girl Scout Juniors. If you enjoy exploring energy and how to use it wisely, delve a little deeper into the science of energy by completing the [GET MOVING! Journey](#).*

Challenge #5. Friday, 4/24/2020. Take Action for our Planet! It's time to put it all into action. You are challenged to put your new-found knowledge and the skills you've acquired this week into action to advocate for change! One way to do this is by creating a t-shirt design that speaks to every individual's power to make a difference for our planet. What would your message be? How would you use your message to advocate? Design a t-shirt that captures a message not just for Earth Day, but for everyday. Thanks to the generosity of our community partner, [Big Frog Custom T-shirts & More Raleigh-North](#), we're gifting five lucky girls one free t-shirt with their t-shirt design printed on it. How cool is that! Simply share your t-shirt design with us on our [Facebook page](#) or [upload](#) it by Friday, May 1, 2020 to be eligible. Winners will be announced on Tuesday, May 5, 2020. For just \$20, all girls have the opportunity to see their design on a t-shirt. With permission from a parent/caregiver, simply email your t-shirt design along with your t-shirt size to Big Frog Custom T-shirts at art@bigfrograleigh.com. Someone from the Big Frog team will reach out for payment. **This \$20 offer includes one t-shirt and shipping within our council footprint. Make sure to indicate that you are a member of Girl Scout with Girl Scouts North Carolina Coastal Pines.**

The WOW! Wonders of Water Journey for Girl Scout Brownies and the GET MOVING! Journey for Girl Scout Juniors are part of the It's Your Planet—Love It! Leadership Journey series. In this series, girls learn about environmental topics such as clean water and air, noise pollution, global warming, soil contamination, and agricultural processes. Each Journey is packed with current environmental information and offers ways to improve life for everyone on the planet.

In a Girl Scout Journey, awards link experiences, discussions, and ideas that girls explore together. As Girl Scouts progress from Daisy to Ambassador, their awards symbolize new and higher levels of achievement—and ultimately a deeper understanding of what it means to be a leader. See what girls can do on the Journey for your age level by clicking [here](#).



Every year on April 22—Girl Scout Leader's Day—we give extra kudos to our amazing leaders. Troop leaders: we love you, and we're forever grateful to you for being the role models girls look up to, especially in challenging times like these. [Thank a volunteer!](#)

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).

T-shirt Design—What you need to know!

Tips from Big Frog Custom Shirt T-shirts

- Use a white piece of paper to create your design. Standard paper size of 8 1/2 X 11 works the best.
- Design will be printed on a light color shirt.
- Make sure your design has thick outlines.
- Use vibrant colors (marker, sharpie, etc.), as color pencils and crayons may not scan well.
- With adult permission, email your design to art@bigfrograleigh.com.
- Include your t-shirt size in the body of the email.
- An invoice in the amount of \$20 will be emailed to the adult. This fee includes shipping.



Where fun is always celebrated.

SPECIAL THANKS TO:

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