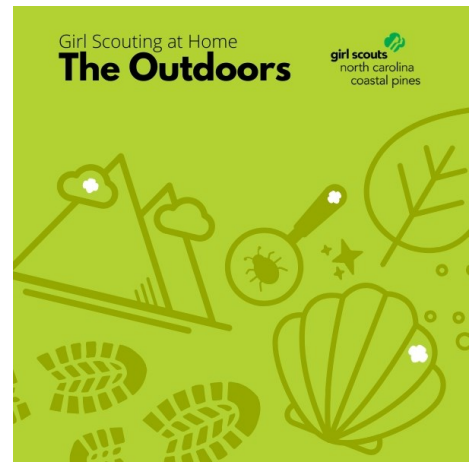


**Girl Scouts North Carolina Coastal Pines** invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with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



## Nature Observations from Anywhere

Sometimes, we may find ourselves either not spending much time outdoors or not really paying attention to the natural world around us when we *do* go outside. Join us for an activity that will give you a chance to make nature observations—whether you are outside in your favorite spot or inside your home! Below, you will find activity instructions and ideas for setting up your nature experience.

Read through the instructions carefully, then check out the next page before you get started. That's where you will find specific steps for each Girl Scout level and information on which badge step you will have completed once finished!

### Make a Fist Full of Sound (adapted from [Sharing Nature with Children](#), by Joseph Cornell)

1. Find a comfortable spot where you can listen to outdoor sounds. This might be a bench you can sit on during a nature walk, a spot in your backyard, your balcony or porch, or a seat near an open window inside your home. You will stay in this spot for several minutes, so make sure you will be comfortable whether you are standing, sitting, or laying down.
2. Hold your hands out in front of you with your fingers spread apart. If you are resting your hands in your lap or on a surface, make sure your palms are facing up.
3. Listen to the world outside. You may want to close your eyes while you do this, but it's okay to keep them open. We will be listening for sounds that come from nature and sounds that don't belong to nature. For this activity, let's keep track of nature sounds with our left hand, and non-nature sounds with our right.
4. When you hear a nature sound, fold the thumb of your **left** hand into the center of your palm. When you hear a second nature sound, fold in another one of your fingers, and hold it there with your thumb. See if you can find a different sound for each finger (for example, if a nearby bird chirps five times, count that as one sound and wait for a new sound to count as your next one).
5. When you hear a non-nature sound, fold the thumb of your **right** hand into the center of your palm. When you hear a second non-nature sound, fold in another one of your fingers, and hold it there with your thumb. Remember to find a new sound for each finger, if you can!
6. Keep listening until you have folded in all the fingers on both hands—you now have two fists full of sound!
7. If you can remember them all, make a list of all the sounds you heard. Can you guess what made each sound? Which fist filled up first, the nature or non-nature hand? What might that mean about the spot you chose? Do you think you would hear different sounds if you tried this activity at a different time?
8. Now, write a poem about what you heard. Your poem can rhyme or not rhyme, and it doesn't matter how many lines or words it has. This is called **free verse**. Get creative without rules!
9. Share your poem with someone. If you post it on social media, tag us using **#OurGSNCCPCommunity**



Now read on to see the specific instructions for **your** Girl Scout level!

## Daisy

Sometimes, it's difficult to keep track of lots of things at one time. When you do the activity, start by only listening for nature sounds. Once you have made a list of those sounds, do the activity again—but this time, only listen for non-nature sounds. If you don't want to write your list, you can draw the things you hear!

**What did you earn?** By doing this activity you completed Step 2 in the Outdoor Art Maker Badge!

**Like this activity?** See if you can complete the rest of the badge at home!



## Brownie

Make sure to close your eyes or wear a blindfold for this activity. Instead of writing your list, draw pictures of what you think made the sounds! Ask a friend or family member to try this activity in a different spot. Once you've finished, trade places and try again. Did you hear the same things?

**What did you earn?** By doing this activity you completed Step 2 in the Senses Badge!

**Like this activity?** Check out the rest of this badge, or the Bugs or Outdoor Adventurer badges! Girl Scouts of Eastern Washington and Northern Idaho have a great video to help you complete the Senses badge here: [Senses Badge](#)



## Junior

No changes in the activity for you—just follow the instructions on the previous page!

**What did you earn?** By doing this activity you completed Step 1 in the Scribe Badge!

**Like this activity?** Check out the rest of this badge, or one of the following: Detective, Flowers, Animal Habitats, or Outdoor Art Explorer!



## Cadette

Once you've completed the activity instructions on the previous page, try to recreate the sounds using your own voice or household objects. Record your versions of the sounds if you can, then play or make those sounds for a friend or family member and see if they can guess what they are.

**What did you earn?** By doing this activity you completed Step 3 in the Outdoor Apprentice Badge!

**Like this activity?** Try to complete the rest of this badge on your own!



## Senior

Using a phone or another recording device, record the sounds around you as you listen. Then, play the recording for a friend or family member and see if they can pick out the same sounds as they listen. How did their results compare?

**What did you earn?** By doing this activity you completed Step 3 in the Outdoor Art Expert Badge!

**Like this activity?** Try to complete the rest of this badge on your own!



## Ambassador

Once you've completed the activity, think about the sounds you heard. Now record different nature sounds and put them together to create a song or composition—let your creativity run wild!

**What did you earn?** By doing this activity you completed Step 3 in the Outdoor Art Master Badge!

**Like this activity?** Try to complete the rest of this badge on your own!



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).