

## Practice Knots by Level!

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**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



## Let's Get Creative in the Outdoors!

Get inspired by nature and create your very own masterpiece by utilizing the outdoors! There is so much to see, hear, touch, and smell when you are outside! In this activity, you will use the outdoors as your inspiration of making creative art pieces! Review the 7 principles of Leave No Trace below BEFORE you begin your Outdoor Art Masterpiece! It is important to keep these principles in mind when you are outside and in nature!

### Leave No Trace—7 Principles

1. **Know before you go** (Learn about the area you are visiting)
2. **Choose the right path** (Use trails that are already there instead of making a new path)
3. **Trash your Trash** (Pick up after yourself! Do not leave trash in nature!)
4. **Leave what you find** (Keep nature in nature, you can look at it but don't take it home!)
5. **Be careful with Fire** (Fires should be kept in fire pits)
6. **Respect Wildlife** (You are in their home, make sure that you are being quiet)
7. **Be Kind to other Visitors** (Be considerate of other people visiting nature as well!)

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### Need a copy of a Journey, badge requirements or want to order patches?

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**In this Activity, you will be earning Step 3 in the Daisy Outdoor Art Maker badge!**

**Explore Art in the Outdoors by creating a Leave No Trace painting!**

**Protecting Nature is important! As Girl Scouts, we always leave an area better than we find it! Leave No Trace has 7 important ways in order to keep nature safe when you're outside and leaves no trace that you were there!**

- 1. Know before you go (Learn about the area you are visiting)**
- 2. Choose the right path (Use trails that are already there instead of making a new path)**
- 3. Trash your Trash (Pick up after yourself! Do not leave trash in nature!)**
- 4. Leave what you find (Keep nature in nature, you can look at it but don't take it home!)**
- 5. Be careful with Fire (Fires should be kept in fire pits)**
- 6. Respect Wildlife (You are in their home, make sure that you are being quiet)**
- 7. Be Kind to other Visitors (Be considerate of other people visiting nature as well!)**

**Check out our video [HERE](#) to view the Activities!**

**Written instructions are below!**

**Supplies Needed:**

- ◆ Canvas or Painting Paper
- ◆ Paint (Washable works great!)
- ◆ Paint Brushes
- ◆ Pencil or light colored crayon/marker
- ◆ Paper Towels and Water

**Step One:** With your adult, talk about the 7 different Leave No Trace ways when outside. Think of one of the ways and how you can help the environment.

**Step Two:** Use your canvas or painting paper to start drawing a picture of you helping the environment with one of the Leave No Trace ways!

**Step Three:** Once you have completed your drawing of your helping protect the environment by Leaving No Trace, you are ready to paint! Make sure that you have water to change out your paint colors and paper towels available to clean your brushes. Be Creative!

**Step Four:** Let your masterpiece dry and clean up!

**Once your outdoor art is completed, take a picture of it! Show it to a family member or send it to one of your Girl Scout Friends and tell them about what you did to help Leave No Trace!**

**Furthermore, have your adult at home SHARE your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging [#OurGSNCCPCommunity](#) with a picture of your Outdoor Art!!**



**In this Activity, you will be earning Step 2 and Step 5 of the Outdoor Art Creator Badge!!**

**Explore Art in the Outdoors by creating a Leaf Rubbing and a Mini Garden!**

**Let's play Outdoors by exploring nature and creating our own Art! You will first learn how to create art by using the leaf rubbing technique! These are great to add some nature on your drawings or to add to a card! You are also able to design with nature by creating your own mini garden! This is a great way to get creative outside!**

**Check out our video [HERE](#) to view the Activities!**

**Written instructions are below!**

### Leaf Rubbing Supplies Needed:

- Crayons
- Paper (light colored ones are best)
- Nature!

**Step One:** Gather your materials for the activity! Remember, Leave No Trace! You will want to find leaves that are Dead, Down, and on the Ground! Find different kinds of leaves based on size, texture (hard or soft), and type of leaf. Once you have found these leaves, head to a table with your paper and crayon!

### Mini Garden Supplies Needed:

- Seeds (your choice)
- Egg Carton (cardboard ones are best)
- Seed Soil
- Water
- Glue
- Pencil
- Scissors

**Step One:** Start by cutting your egg carton in half. The bottom half is where you will have the seeds in. Save the other half for later! You will then use your pencil to poke about 2 to 3 holes in the bottom of each egg spot. This is so water can drain in case the plant is overwatered.

**Step Two:** Start filling your egg carton about 1/2 way full of soil. Once you have soil in each egg spot, you will then place

**Step Two:** Make a leaf rubbing by placing your paper over a leaf and rubbing it with a crayon. Try it for each type of leaf you found and possibly with different color crayons as well.

**Step Three:** Which kind of leaf worked out the best? Think about the reasons why that leaf worked out better than the other leaves.

**Step Four:** Use your new skill of leaf rubbing by creating a card for someone with the leaf design on it!

your seeds in the soil. If you are using multiple seed packets, make sure you map out which spots you will put which seeds in. Make sure to read the directions on your seed packet that you have with your adult. Each seed packet is different in the way that the seed takes to germinate (when it begins to grow/sprout). Once you press your seeds into the soil, fill the egg carton up with more soil on top. Water the seeds lightly according to the seed packet.

**Step Three:** Cut the name label on your seed packet and glue it on the back of the egg carton by the seeds that you have planted it by. This way you know which ones is which! Keep the rest of the directions in a place you can find again. Place your egg carton garden on a windowsill or a place indoor that has lots of sunlight!

**Step Four:** Start designing your mini garden outside! You can start thinking about what kinds of pot or box you are going to put your plants in when they are ready to be transplanted from the indoors to the outdoors! Think about possibly creating Rock Pets to keep them company when they go outside!

**Once your outdoor art is completed, take a picture of it! Show it to a family member or send it to one of your Girl Scout Friends!**

**Furthermore, have your adult at home SHARE your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging [#OurGSNCCPCommunity](#) with a picture of your Outdoor Art!!**



**In this Activity, you will be earning Step 2 in Juniors Outdoor Art Explorer badge!**

**Explore Art in the Outdoors by reverse Tie-Dying a T-shirt!**

**Make something wearable by creating an outdoor-themed craft! Get inspired and take a night walk with an adult to a place where you can get a good look at the sky! Use this as your inspiration to design a piece of clothing that represents what you saw on your night walk. Reverse tie dye is great but make sure you are doing it with an adult (they can make one too!)**

**Check out our video [HERE](#) to view the Activities!**

**Written instructions are below!**

**Supplies Needed:**

- Gloves and eye protection!
- Spray bottle
- Bleach
- Funnel
- Water
- Black or dark color plain shirt (cotton is best!) You can use any dark clothing (just double check with your adult at home!)
- Rubber bands or yarn
- Grocery bag

**Step One:** Mix half water and half bleach in the spray bottle. Use a funnel to help with this process. Be sure to wear rubber gloves and eye protection when mixing and spraying bleach.

**Step Two:** Prep the shirt by twisting it to create a spiral tie dye design. Lay fabric flat on work surface. Decide the area on the fabric where you want the swirl to be. Pinch fabric at this point. Twist fabric around into a flat spiral. Bind with rubber bands or yarn/twine, and create 6 wedge shapes. Use more rubber bands as desired.

**Step Three:** Now its time to make sure you have your gloves and eye protection on! Outside or in a sink, spray your shirt with the spray bottle that is filled with the bleach mixture. Remember to spray both the back and front of the shirt. When you are done, place it in a plastic bag or keep in the sink. Check back in 5 to 10 minutes. It should become a reddish color!

**Step Four:** When it is a reddish color, rinse the shirt in cold water and dry it. You can put it in the dryer or let it dry in the sun. Make sure to be still wearing your gloves at this step!

**Once your Reverse Tie Dye Shirt is completed, take a picture of it! Show it to a family member or send it to one of your Girl Scout Friends!**

**Furthermore, have your adult at home SHARE your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging #OurGSNCCPCommunity with a picture of your Outdoor Art!!**

# cadettes



**In this Activity, you will be earning Step 5 in Outdoor Art Apprentice badge!**

**Explore Art in the Outdoors by creating your own Windsock!**

**Design with nature by creating a Windsock that works with the wind! Once you created it, you can put it outside and watch it in action. A Windsock is a tube that resembles a giant sock. It can be used as a basic guide to wind direction and speed, and an added bonus of decoration! Learn more about Windsocks by clicking [HERE!](#)**

**Check out our video [HERE](#) to view the Activities!**

**Written instructions are below!**

**Supplies Needed:**

- Cardstock paper (white would be ideal for decorating)
- Crayons/Markers
- Glue (Hot glue is great to use if available!)
- Ribbon
- Yarn
- Scissors

**Step One:** Start by making scallops (a wave pattern) with your scissors at the bottom side of your cardstock. Paper should be landscape orientation (aka Hamburger style!) Once you have the bottom of your paper designed, you can now start decorating your windsock. Use your crayons or markers and design your windsock in whichever design you want to do! Be creative!

**Step Two:** When you are done coloring your windsock, you will begin putting on streamers or ribbons on the scalloped ends of the cardstock. You can decide how to design with the colors of ribbons you choose to put on your windsock. Glue the ribbons on the end of the windsock. You can use school glue or hot glue if available to you.

**Step Three:** Lastly, glue on a piece of yarn on the top of the windsock to create a loop so you can hang it outside.

**Step Four:** Test it outside! Take notes of which direction the wind is going!

**Once your outdoor art is completed, take a picture of it! Show it to a family member or send it to one of your Girl Scout Friends!**

**Furthermore, have your adult at home SHARE your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging [#OurGSNCCPCommunity](#) with a picture of your Outdoor Art!!**





**In this Activity, you will be earning Step 2 Outdoor Art Expert Badge!**

**Explore Art in the Outdoors by creating Trash to Treasure!**

**Take a hike on a trail or around your neighborhood to pick up trash. Pick up trash that do not belong there such as candy wrappers or soda cans, etc. Then you will create your own Trash to Treasure project from the trash you collected!**

**Check out our video [HERE](#) to view the Activities!**

**Written instructions are below!**

**Supplies Needed:**

- Bag to collect trash
- Walking area (could be your neighborhood or park)
- Gloves
- Canvas
- Plaster of Paris
- Bowl/Bucket
- Mixing utensil
- Water
- Paint Supplies

**Step One:** Begin by putting on your gloves and grab a bag that you are able to put trash in. Begin your walk around your neighborhood or park. Any trash that you see on the ground, pick it up and put it in your bag!

**Step Two:** Once you have your bag of trash from your walk. Prepare your canvas by laying out your trash on the canvas and think about what sculpture or design you want to create. Next, mix your plaster! Pour 1 part of water for 2 parts of plaster in a bowl. Mix it until all the clumps are out (about 5 minutes).

**Step Three:** Use your plaster as adhesive to your trash to your canvas. You will want to wear gloves for this activity. Scoop the plaster and start building your sculpture with the trash and plaster. This is your project, use your best judgement!

**Step Four:** Once your project is completed, wait for it to dry complete for a couple of hours. When it is dried, you can begin painting your project with the colors and design of your choice! Let it dry once painted and display in your home after its done!

**Remember to name your art piece and include a brief description for what you want to say about preserving the environment and send a picture to your Girl Scout Friends!**

**Furthermore, have your adult at home [SHARE](#) your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging [#OurGSNCCPCCommunity](#) with a picture of your Outdoor Art!!**



**In this Activity, you will be earning Step 2 in Outdoor Art Master badge!**

**Explore Art in the Outdoors by Lashing together some nature!**

**Ever wanted to make your own sculpture? Need to practice your Knots skills? Well you're in luck! You will be building an outdoor sculpture by lashing sticks or small branches together! Lashings are a practical way to join two objects together, but you can get creative with them, too! If you are needing to brush up on your Knot Tying skills, check out this Girl Scouting At Home program [HERE](#) to refer back to Lashing How-To's!**

**Check out our video [HERE](#) to view the Activity!**

**Written instructions are below!**

**Supplies Needed:**

- Scissors
- Rope
- Sticks from nature!

**Step One:** Find your materials to lash together! Remember Leave No Trace! Dead, Down, and on the ground is best! Once you gather your supplies, find a spot to create your art masterpiece!

**Step Two:** Lay out all your sticks or branches that you collected. Take this time to let your creativity mind take over! Start laying out your materials in ways you see it being sculpted. This takes time! Think about it and come up with a couple different thoughts and ideas.

**Step Three:** Time to Lash! You will need to decide which sticks or branches will need to be lashed together to create your sculpture. To begin the lashing, start with a Clove Hitch on the bottom stick/branch. Then begin to Lash. Use whichever technique you are most comfortable with! Use the scissors to trim your rope if needed after the lash is complete.

**Step Four:** Take this time to continue lashing your sculpture together!

**Once your nature sculpture is completed, take a picture of it! Show it to a family member or send it to one of your Girl Scout Friends!**

**Furthermore, have your adult at home [SHARE](#) your Outdoor Art to our [Girl Scouts Facebook Page](#) by tagging [#OurGSNCCPCommunity](#) with a picture of your Outdoor Art!!**

## Badges by Level

### Daisy

**What did you earn?** By doing this activity you completed Step 3 in the Daisy Outdoor Art Maker badge!

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



### Brownie

**What did you earn?** By doing this activity you completed Step 2 and 5 in the Brownie Outdoor Art Creator badge!

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



### Junior

**What did you earn?** By doing this activity you completed Step 2 in Outdoor Art Explorer badge!

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



### Cadette

**What did you earn?** By doing this activity you completed Step 5 in Outdoor Art Apprentice badge!

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



### Senior

**What did you earn?** By doing this activity you completed Step 2 in Outdoor Art Expert badge!

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



### Ambassador

**What did you earn?** By doing this activity you Step 2 in Outdoor Art Master badge!

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



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