



Girl Scouts of Texas Oklahoma Plains

“Adventure Out” Challenge 2019

Program to be completed in the Month of June 2019

To support the benefits of being outside, and to celebrate “June Great Outdoors” month. How many can you do? Participation efforts can be done by girls individually, by troop or combined efforts. Activities must be done in June.

- Complete 45 to earn the “Adventure Out” patch (girls only)
- If you have earned the patch already you will receive a year rocker (girls only)
- 5 girls or more from a Troop Completing 75, the Troop will be entered in a drawing for a for free camping weekend, Troop picks which camp property (SR, CK, CRB, CBO)
- “On My Honor” is required for completing the steps.
- Refer to Safety Activity Check Points as needed

Ride a Bike	Go Swimming*	Look at Nocturnal animals*	Take a Hike*
Go for a Walk/Run	Visit a Water Park	Go Fishing*	Go Camping*
Camp Out in Yard*	Play Baseball	Start a Kickball Game*	Participate in Archery*
Hoola Hoop *	Blow Bubbles	Play Basketball*	Fly a Kite
Visit a local city Park *	Visit a National Park	Visit a State Park	Play Tennis*
Draw with Sidewalk Chalk	Earn a Outdoor Badge*	Go Rafting*	Attend a Girl Scout Camp*
Climb a Tree *	Garden/Plant Flowers*	Go Bird Watching*	Explore a New Sport*
Work in the Yard	Wash a Car	Help Neighbor in Yard	Clean up Neighborhood
Read a Book in the Shade	Wear Sun Screen Outside	Roller Skate/Skateboard	Go on a Picnic*
Walk a Dog*	Attend a BBQ	Go Golfing*	Attend Outdoor Sport Event
Ride or Paddle a Canoe*	Participate in Fun Run/Walk*	Dance in the Rain	Jump Rope
Make & Sail a Paper Sailboat	Have a Water Balloon Fight	Play Four Square	Watch a Movie in the Park
Play in the Sprinklers	Visit a Zoo	Use a GPS*	Play Tag with Friends*
Build a Fort	Skip Rocks on Water	Catch a Frog	Play in a Sandbox
Star Gaze*	Roast Marshmallows*	Play Capture the Flag*	Go Zip Lining*
Complete a Ropes Course*	Have a Dance Party Outside*	Listen to Music Outside*	Visit a gun range
Go to a Rodeo	Play a Board Game Outside*	Paint/Draw Outside*	Have a Potato Sack Race
Look at Bugs*	Play I Spy	Write in a Journal Outside*	Watch a Sunset
Watch a Sunrise	Walk Barefoot in Grass	Play Hide and Seek*	Go Horseback Riding*
Draw with Water on Cement	Visit a Waterfall	Make Leaf Prints/Rubbing*	Paint a rock and hide it
Collect Seashells	Have a Scavenger Hunt	Play Spray Bottle Water Tag	Play Hopscotch*
Look for Shapes in Clouds	Build a Sand Castle	Make a Treasure Hunt	Take a Selfie Outside
Make Mud Pies	Pick a fruit/vegetable off a plant*	Make a Birdfeeder/House*	Play on a Beach
Dig in Dirt for Worms	Make Something Tie Dye*	Make an Obstacle Course*	Make Ice Cream in a Bag
Play Flashlight Tag	Go to a Farmers Market	Put on a Play Outside*	Retire a flag

*badge related activities

Please print clearly in ink: Earning/check one: _____ Patch _____ 2019 Rocker (already have patch)

Girl Name: _____ Troop #: _____

Leaders Name: _____ # of activities completed: _____

Leaders Address: _____ City: _____ State: _____ Zip: _____

Leaders Phone #: _____ Leaders Email: _____

Parent/Guardian Signature _____

To be eligible for troop prize, please submit all troop sheets together. Items will be mailed to Troop leader.

Allow to the end of September for delivery. No late entries will be accepted after 7-15-19. MAIL IN THE FORMS.

**DO NOT FAX, EMAIL, AND DO NOT SEND A PHOTO OF FORM, PRINT CLEARLY, IN INK (NO PENCIL)

Please return this signed form(s) to the following Girl Experience Outdoor Education staff listed here:

Heidi Vose/ Fort Worth 4901 Briarhaven Rd. Ft. Worth, TX 76109 questions: hvose@gs-top.org