

Trail Adventure Badge

Purpose: Learn how to go on an adventurous jog or play outdoor hiking games.

Step 1: Choose your outdoor adventure

Do you want to jog around your neighborhood? Or would you rather play games on a hike? Act out both of them in front of your family. Pretend you're jogging outside. Look down and imagine you're seeing plants and insects. Look up and imagine you're seeing the sky, birds, and trees. Then, pretend to play a game while hiking. You could hop like a bunny or look for colors along the way. Draw a picture of yourself hiking up a trail. Add plants, trees, and animals you might see.

Step 2: Prepare for your outdoor adventure

Practice breathing from your belly. When you breathe, you get oxygen, which gives you energy for your adventure. Put one hand on your belly and take a deep breath. Breathe in as you count to two in your head, then out as you count to two. Then stretch and work your muscles. Ask an adult to help you put six pieces of masking tape on the floor in lines spaced 2-3 feet apart. Jump from one line to the next with one or both feet. Then stand at the first line, bend down and walk your hands out as far as you can go and back again without moving your feet. Lie down and stretch to see how far you can reach between the lines.

Step 3: Go on your outdoor adventure

Play some games by yourself or with your family. If you go for a jog, pretend you are different animals. Run fast like a cheetah. Gallop like a horse. Zig-zag like a pig. Walk slowly like a turtle. If you want to hike, pretend you have the super senses of an animal: deer ears (cup your hands around your ears), owl eyes (form binoculars with your hands), snake tongue (stick out your tongue), fox feet (tiptoe), and dog nose (you can smell everything).

Congratulations! You've earned the Trail Adventure badge!



Girl Scout Daisies

