

A decorative border of stylized green leaves and white flowers surrounds the central text box.

# **Get Ready to Go Outdoors!**

**A step-by-step Outdoor Skills  
Bring-A-Friend Recruitment  
Event Guide for Brownie troop  
leaders or Service Units**

Dear GSCNC Troop Leaders,



The Program Services department at GSCNC is pleased to offer you this prepackaged “Bring-A-Friend” event plan for your use. We need your help to share Girl Scouting with the many girls in your schools, neighborhoods and faith communities who would benefit from being involved with the world’s premier leadership organization for girls.

This guide includes four activities designed to help girls Get Ready to Go Outdoors! None of them are required, so you can feel free to adapt the plan to fit your needs.

This packet includes an event flyer template with contact information and a health history questionnaire on the back. This form is designed to be distributed to the parents of non-Girl Scouts being invited to your meeting or event. If you prefer to create your own flyer, please include the information on the back of ours, as it will provide you with necessary information in case of an emergency.

Girls can earn a *Bring-A-Friend* patch if they add new members to their troop or recruit girls for a new troop. Patch request forms and more details about the program are available online at [www.gscnc.org](http://www.gscnc.org). Please note that this patch cannot be purchased from the shop.

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# Brownie Outdoor Skills Event To-Do List



## At least one month before the event...

- Solicit support from other parents in troop to help and delegate tasks as needed.
- Determine Brownie Outdoor Skills Event time and place (perhaps after school, on a school holiday or a weekend).
- Determine if participants will need to be charged a small fee to cover costs.
- Create invitation (see p. 13 and <http://www.gscnc.org/avd/resources.html>)
- Share Brownie Outdoor Skills Event plans with current Girl Scouts and instruct them to invite a friend to this meeting.
- Copy invitations and registration forms and distribute to girls' friends as well as 2nd and 3rd graders at local schools who are not Girl Scouts.

## A few weeks before the event...

- Collect registration forms and be prepared to accommodate any special needs.
- Obtain necessary supplies (see p. 4 )
- Remind parents of event time and place and make sure they have clear directions to meeting location.
- Ensure that volunteers are prepared to lead Brownie Outdoor Skills activities.

## At the event...

- Make sure that signs clearly direct girls to event location.
- Warmly welcome girls and their parents!
- Have FUN! See event agenda and activity guides in this packet.
- Provide girls and their parents with more information about the opportunities to join a Girl Scout troop in their area.

## After the event...

- Follow up with girls who attended to encourage ongoing participation in a Girl Scout troop.

# Sample Event Agenda



*This agenda is based on a **two-hour** event time beginning at **3:00 p.m.** Please adapt as needed! If holding an event with more than 25 girls, you may wish to divide girls into groups that rotate through the stations instead of having girls move through each activity together.*

- |                    |  |
|--------------------|--|
| <b>3:00 – 3:15</b> | Welcome<br><i>Make Nametags</i><br><i>Introduce Girls</i>  |
| <b>3:15 – 3:45</b> | Make a Sit-Upon  |
| <b>3:45 – 3:55</b> | Girl Scout Camp Songs  |
| <b>3:55 – 4:20</b> | Edible Campfires   |
| <b>4:20 – 4:45</b> | Roll-A-Bag Relay   |
| <b>4:45 - 5:00</b> | Closing<br><i>Girls join hands in a friendship circle</i><br><i>Sing “Make New Friends” or “Taps”</i><br><i>“Pass the Squeeze” around the friendship circle, each girl squeezing the hand of the girl next to her until the squeeze circles around to the person who started it.</i><br><i>Thank the friends for coming and encourage them to join a Girl Scout troop.</i><br><i>Check girls out to their parents and speak with any adults who are interested in getting their girls involved in a troop.</i> |

# Supplies Needed



## Sit-Upons

- Vinyl Fabric, precut to 15"x30" pieces 1 per girl
- Padding (newspapers, carpet padding, etc), precut to 13"x13" 1 per girl
- String, precut to 4' pieces 1 per girl
- Markers or paint pens

## Songs

- None

## Edible Campfires

- Paper Napkins 1 per girl
- Cups 1 per girl
- Spoons 1 per girl
- Jelly Beans or M&Ms 20-25 per girl
- Coconut Shavings 1 tbsp per girl
- Potato Sticks 2-3 per girl
- Mini Marshmallows 5-6 per girl
- Skinny Pretzel Sticks 5-10 per girl
- Pretzel Logs 2-3 per girl

## Roll-A-Bag Relay

- Sleeping Bags 2

# Sit-upons

Sit-upons are a traditional Girl Scout craft, and something the girls can use over and over. You can use a variety of materials, but make sure that the outer covering is durable and waterproof.

## **Materials Needed:**

Precut vinyl fabric, padding, string, permanent markers or paint pens



## **Before the Event:**

- ◆ Cut the outer fabric into 15"x30" squares, one for each girl. Using pinking shears will help avoid fraying. Vinyl tablecloths are an inexpensive option, or you can purchase vinyl fabric or heavy-duty plastic.
- ◆ Fold the fabric in half to make a 15"x15" square, then punch holes around the three open sides about every inch or so. *\*NOTE: depending on age and ability, you may wish to have girls punch their own holes.*
- ◆ Cut or fold your inner padding material into 13"x13" squares. Newspaper is a common inner layer for sit-upons, but carpet padding or quilt batting can give girls a little more cushion.

## **At the Event:**

- ◆ Pass out the materials to the girls. Each girl should receive one 15"x30" vinyl square, one 13"x13" piece of padding, and one 4' piece of string or twine.
- ◆ Show the girls how to put the padding inside their vinyl piece, fold it shut, and sew the edges up with the string. An overlay stitch works best, but a straight stitch can work to.
- ◆ You can have the girls wrap a piece of tape around the end of their string to make it easier to sew with if needed.
- ◆ Once they have sewn up their sit-upon, they can decorate it with markers or paint pens. Encourage them to include their name in the decorations.

*\*This activity completes requirement #4 for the Girl Scout Ways Try-It. You can find the rest of the requirements on pages 14-15 of the book Try-Its for Brownie Girl Scouts.*

# Songs



For as long as there have been Girl Scouts we have been singing! Camp songs are perfect for an evening around the fire, passing the time while hiking, or just having a little fun. Learn one or more of the songs below. If you already know these, learn a different new song.

## **Materials Needed:**

Optional: copies of song lyrics for girls

### **Make New Friends**

Make new friends, but keep the old  
One is silver and the other's gold.

A circle is round, it has no end  
That's how long I want to be your friend.

I have a hand, and you have another  
Put them together and we have each other.

*Stand in a circle, and on the third verse,  
have everyone hold out their right hand,  
then left hand (on "hand" and "another")  
and clasp hands to make a big ring.*

### **G for Generosity**

She wears a G for Generosity  
She wears an I for Interest too,  
for interest too.  
She wears an R for Real live sportsmanship.  
She wears an L for Loyalty, for loyalty.

She wears an S for her Sincerity  
She wears a C for Courtesy, for courtesy.  
She wears an O-U-T for Outdoor life, outdoor life,

And that's a real Girl Scout.  
And that's the kind of scout I wanna be.  
Girl Scout life is just for me.

### **Brownie Smile Song**

#### **(I've got something in my pocket)**

I've got something in my pocket.  
It belongs across my face,  
I keep it very close at hand  
in a most convenient place.

I'm sure you wouldn't guess it  
If you guessed a long, long while,  
So I'll take it out and put it on-  
It's a great big Brownie Smile!

#### **Outdoor Version:**

I've got something in my pocket  
That I found behind a log,  
My leader said "you put that back!"  
But I want to keep this frog.

It's cool and green and slimy  
And it wriggles in my hand.  
I've also got a woolly worm  
And a pocket full of sand.



### **Barges**

Out of my window, looking in the night,  
I can see the barges flickering light.  
Silently flows the river to the sea,  
And the barges too go silently.

Barges, I would like to go with you,  
I would like to sail the ocean blue.  
Barges, have you treasure in your hold,  
Do you fight with pirates brave and bold?

Out of my window, looking in the night,  
I can see the barges flickering light.  
Starboard shines green and port is glowing red,  
You can see them flickering far ahead.

Barges, I would like to go with you,  
I would like to sail the ocean blue.  
Barges, have you treasure in your hold,  
Do you fight with pirates brave and bold?

### **Leaders (camp version)**

Out of my tent flap looking in night,  
I can see the leaders having a fight.  
Cold cream on their faces, curlers in their hair,  
I can see their bright red underwear.

Leaders, I would like to fight with you,  
I would like to throw a pillow or two  
Leaders, have you candy in your tent,  
Is that where all our cookie money went?

Out of my tent flap looking in the night,  
I can see the leaders having a fight.  
Silently fly the pillows through the air,  
And the feathers do go everywhere.

Leaders, I would like to fight with you,  
I would like to throw a pillow or two  
Leaders, have you candy in your tent,  
Is that where all our cookie money went?

### **I'm A Girl Scout**

*To the tune of Frere Jacques/Are  
You Sleeping?*

I'm a Girl Scout,  
I'm a Girl Scout.

Who are you?  
Who are you?

Can't you tell by looking?  
Can't you tell by looking?

I'm one too,  
I'm one too.

### **Thunderation**

*Start out very soft and repeat getting  
louder with each repeat.*

Thunder, thunderation,  
We're the Girl Scouts  
Of the nation.

When we sing with  
Determination,  
We create a real sensation.

### **Taps**

*Traditional Closing song*

Day is done,  
Gone the sun,  
From the lake  
To the hills  
To the sky.

All is well,  
Softly rest,  
God is nigh.

# Edible Campfires

Campfires are used for all sorts of things, from keeping warm on a cool night to cooking s'mores. This tasty edible campfire can help your girls learn and practice safety and fire building techniques before trying a real fire.



## **Materials Needed:**

Paper napkins, jelly beans/M&Ms, coconut, potato sticks, mini marshmallows, pretzels sticks and logs, cups, and spoons

## **Before the Event:**

- ◆ Pre-sort the fire materials. Create a baggie for each girl containing 20-25 jelly beans or M&Ms, about 1 tablespoon coconut shavings, 5-10 skinny pretzel sticks, a few potato sticks, 2-3 pretzel logs, and 5-6 mini marshmallows.

## **At the Event:**

- ◆ Give each girl a baggie of food, a cup of water, a spoon, and a paper napkin.
- ◆ Use the following steps to help the girls put together their campfires. Remember to explain what they are doing and how it relates to a real campfire.
  - ◇ First, clear an area at least 8-10 feet around where the fire will be built (open up and spread out the napkin. Move any clutter away.)
  - ◇ Lay your fire ring. Remember that most campsites have premade fire rings in safe locations. (Arrange jelly beans or M&Ms in a wide circle on the napkin.)
  - ◇ Keep your fire bucket full and close by in case the fire gets out of control. Keep your shovel nearby too. (Put water cup and spoon near fire ring.)
  - ◇ Lay the A-frame using kindling. The opening (bottom of the A) needs to be facing you, and the wind should be at your back, so it blows the fire against the wood. (Lay down 3 skinny pretzels to make an A, with the crosspiece on top of the legs.)
  - ◇ Place the fire starters in the center of the A frame, with 2-3 under the crosspiece. (Distribute 5-6 mini marshmallows in the A frame.)
  - ◇ Now add tinder. (Sprinkle coconut throughout the center of the A frame.)
  - ◇ Hold a match under the crosspiece of the A frame and light the fire starters. (If the fire is built correctly, the leader adds candy corn or red hots to show fire.)
  - ◇ As the wood starts burning well, add more kindling and fuel (Add pretzel sticks and logs.)
- ◆ Now the best part—eat your campfires!

# **Roll-A-Bag Relay**



Sure, Mom can roll up your sleeping bag before a camping trip—but what about coming home? Play the roll-a-bag relay to practice rolling up your sleeping bag.

## **Materials Needed:**

2 sleeping bags and lots of energy!

## **At the Event:**

- ◆ Divide the girls into two equal sized teams.
- ◆ Give each team a sleeping bag.
- ◆ On the count of three, the first girl should run with their sleeping bag to a line across the room. She should then unroll the bag, leave it there, and run back and tag the next person in line.
- ◆ That girl then runs to the unrolled sleeping bag, rolls it back up, and runs back to the next person in line with it, who then runs up and unrolls it, and so on.
- ◆ The first team to have everyone roll/unroll their bag wins!

For more practice, play again but this time have the first person in line move to the back. This will shift everyone by one spot, so that girls who rolled are now unrolling, and girls who unrolled are now rolling.

*\*This activity completes requirement #1 for the Ready, Set, Go Camping Try-It. You can find the rest of the requirements on pages 124-125 of the book Try-Its for Brownie Girl Scouts.*



# Get Ready to Go Outdoors!

***Join the Girl Scout fun and get ready to go outdoors!***

**Participate in the following activities:**

- **Edible Fire Snack**
- **Singing Songs**
- **Crafts**
- **And much more!**

**When:**

**Where:**

**Fee:**

Financial assistance is available.

**Send registration and payment**

**To:**

**By (date):**

**Questions? Contact:**

Email \_\_\_\_\_

Phone \_\_\_\_\_



**Girl Scouts®**

***Girl Scout Council of the Nation's Capital***

Girl's Name \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Mother/Guardian \_\_\_\_\_ Day phone \_\_\_\_\_

E-mail \_\_\_\_\_ Evening phone \_\_\_\_\_ Cell or pager \_\_\_\_\_

Father/Guardian \_\_\_\_\_ Day phone \_\_\_\_\_

E-mail \_\_\_\_\_ Evening phone \_\_\_\_\_ Cell or pager \_\_\_\_\_

School Attending \_\_\_\_\_ State \_\_\_\_\_ Grade \_\_\_\_\_

Troop # \_\_\_\_\_ Level \_\_\_\_\_

**The registrant's racial background is:** *(optional)*

- American Indian or Alaskan Native  Asian  Black or African American  White  Other \_\_\_\_\_  
 Hawaiian or Pacific Islander *(please check one)*  Hispanic or Latina  Not Hispanic or Latina

**Must have information for emergency contact** if parent(s) cannot be reached (please print clearly):

Name/ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name/ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**HEALTH HISTORY – All Information provided will be kept confidential**

**Describe allergies, details of chronic conditions, or health restrictions on additional sheet if needed.**

Are all immunizations up to date? \_\_\_ Yes \_\_\_ No If no, please state reason: \_\_\_\_\_

Please provide comments where applicable: Medication being taken \_\_\_\_\_

Special dietary needs/restrictions: \_\_\_\_\_ Weight of girl for dosage purposes: \_\_\_\_\_

Specific information including physical, psychiatric or behavioral problems: \_\_\_\_\_

Insurance company: \_\_\_\_\_ Policy Number: \_\_\_\_\_ Group # \_\_\_\_\_

Family physician: \_\_\_\_\_ Phone: Day \_\_\_\_\_ Eve \_\_\_\_\_

**Parent Permission Statement**

† The health history is correct as far as I know, and the person herein described has my permission to engage in all events activities except as noted. If she appears ill, I will not send her.

† **EMERGENCY AUTHORIZATION:** In the event I cannot be reached in an emergency, I hereby grant permission to the program director to secure proper treatment for my child.

† The Girl Scouts may use any photo in which my child appears to promote Girl Scouting. For the purpose of liability insurance, my daughter has my consent to become a member of the Girl Scouts.

**Parent/Guardian Signature required:**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_