



Registration opens on [eBiz](#) June 26th

Getting fresh air and being around nature is a great way to destress and reconnect with others. So, grab your tent, marshmallows, and sit-upon and settle into your backyard or living rooms for our first Council-wide virtual camp out!

The Camping Services Team and camp staff friends live stream throughout the evening for great Girl Scout Fun! We will start the evening off setting up our campsites or pillow forts, then try our favorite camp meals while cooking dinner and making dessert (did you say s'mores?? mmmm). No camp out would be complete without at least one game, and of course a fireside sing-along.

An information guide and registration information will be available on the Girl Scouts at Home webpage on June 26. Registration is FREE.

Saturday, July 11 | 4pm-9pm

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Virtual Campout Technology

Scheduled Activities

Girl Scouts Nation's Capital's Camping Team will be live streaming the scheduled activities using YouTube. The YouTube link is included in the [Ebiz registration](#) confirmation, in this packet. The Livestream will not be public. You must have the link to access the event.

Any changes to the event link or access will be posted on the [Girl Scouts Naiton's Capital Facebook Page](#).

YouTube Livestream

Families can join us on YouTube through a computer, mobile phone, or through some Smart TVs. We plan to use the same Livestream all evening but will post any changes to our [Council Facebook page](#).

- To comment on the YouTube Livestream, families will need a YouTube channel; families can also comment, post, and load photos to [Council Facebook page](#) throughout the event.
- Link to the Livestream will be shared in the Program Registration confirmation email.

Social Media - Facebook Page

The camping team would love to hear from you during the campout and see your pictures. If you want to share, please feel free to add your photos to our [Council Facebook page](#).

- You are also welcome to post to the council [Twitter](#) (@GSCNC) or [Instagram](#) (@gscnc)
 - Please use the tag **#gscncCampOut**

Camp Trivia

We will use the online trivia platform [Kahoot.it](#) to play the scheduled trivia game. We will share the Kahoot Game ID during the event on both the YouTube Livestream.

Pro tip: Families will need two devices, or internet windows open to play the game. The trivia questions will be shared on the YouTube Livestream, but families will input their answers through their second device or internet window on [Kahoot.it](#).

- For example, a family could have the YouTube Livestream open on their computer while answering questions through a parent's smartphone.
- A [Kahoot.it](#) account is not needed to participate.
- To join the [Kahoot.it](#).trivia game visits [Kahoot.it](#) and enter the game code provided during the Livestream.

Schedule

Share pictures of your campout site, meals, crafts, and more with everyone using [#gscncCampOut](#)

Time	Activity	On your Own or Virtual	Details or Corresponding Page
4 pm	Welcome	Join our amazing Camp Staff as we kick off the event on the YouTube Livestream.	Check out the link for the YouTube Livestream.
4:15 pm	Camp Setup	On your own with your family, set up your camping area.	See pages 6 & 7 for more info on setting up your own camping area. <i>Post your photos and comments using #gscncCampout!</i>
5 pm	Dinner & Thanks (grace)	Join us on the YouTube Livestream as we go over our favorite Cookout dinners and share a camp thanks (grace). Then, work together with your family to cook and enjoy dinner at home.	See page 8-11 for dinner ideas. <i>Post your photos and comments using #gscncCampout!</i>
6 pm	Girl Scout Outdoors Trivia	YouTube Livestream and Kahoot.it	Play along at kahoot.it . The game ID will be announced through the YouTube Livestream. **Two devices or two windows in your internet browser are needed to play along and see the live feed. <i>See page 4 for more details.</i>
6:30 pm	Campfire Desserts	Check into the YouTube Livestream to see some dessert tips. Then work with your family to make a tasty treat.	See page 12-16 for dessert ideas. <i>Post your photos and comments using #gscncCampout!</i>
7:15 Pm <i>(two choices)</i>	Choose Your Own	On your own enjoy just being outdoors together. Choose from our list of activities to do together or make up your own!	See Pages 17-24 for ideas. <i>Post your photos and comments using #gscncCampout!</i>
	Camp Staff Fun	Join us on the YouTube Livestream as we chat with camp staff, play games, share camp facts, and more!	Check out the link for the YouTube Livestream.
8:15 pm	Fireside fun	Join us on the YouTube Livestream for a fireside sing along.	See page 26 for Song lyrics. <i>Post your photos and comments using #gscncCampout!</i>
9ish pm	Off to bed!	Brush your teeth, put on your pj's, and tuck into bed. Enjoy the night out under the stars or snuggle into your tent/blanket fort.	

Campsite Setup

Finally! You're at camp, let set up our campsite for the night.

Are you sleeping outdoors?

- Pitch a tent in the yard
- Toss a blanket out under the stars
- String up a hammock between two trees

Or are you sleeping indoors?

- Build a magical blanket fort
- Pitch your tent in your living room
- Or simply sleep in your usual spot if you'd like!

Think of ways to make your "campsite" special. Many campers like to bring twinkle lights, fluffy blankets, photos of loved ones, or great books. We've included some inspiration to help you design your indoor or outdoor campsite. We encourage you to build your space in whatever method and style inspires you, so be as creative, be unique, and create your own camp magic at home!

Outdoor Campsite Tips

Backyard camping can be just as fun as camping in the backwoods, and way more approachable for younger kids or outdoor newbies. Camping at home provides the comforts of indoor bathrooms and electricity while still allowing you to connect with nature, hear night sounds, and see the stars. You can use all your lawn furniture to relax and enjoy the outdoors, but you'll also want to bring along a tent, sleeping gear, and lighting options. You may even have a hammock to help give that authentic backwoods experience. Try to include everyone in the experience, even your family pet!

Food and Snacks! Everyone loves snacks! You can make snacks or meals in a fire pit if you have one. If not, you can use your grill or even cook indoors (see pages 8-16 for dinner and dessert ideas). If you are cooking outdoors, make sure to prepare a cooler with your food and drinks, and gather your grilling supplies and, of course, your mess kit! Also, make sure everyone knows proper fire safety.

Lights! You will want to scare away the shadows so you can enjoy your time together outdoors. If you have them handy, throw some traditional camp lighting options like flashlights, headlamps, or lanterns in your gear to bring along. Don't forget a battery night light if you need it (Glow sticks are great options!). If you're looking for more of a "glamping" magazine experience, you can hang up string lights around the yard, or set out rustic solar lights and tea light jars for ambiance.

Be Prepared! Make sure you don't forget the insect repellent (or citronella candles) and have the family first aid kit handy!

Setting up! Pitching a tent can be a fun (and sometimes challenging) family activity. Maybe it's your first time pitching a tent, or maybe you're a pro. Regardless, the best part is doing it together! Chose a spot for your tent that faces the door towards the house and make sure you have a clear walkway. This makes trips indoors for gear or bathroom breaks smoother. Glow Sticks or solar lights can be placed next to stakes or tied to lines to make sure no one runs into anything in the dark.

Need help setting up your tent or waterproofing? Check out these tips from [Popular Mechanics](#).

Pro Tip: When you pile in all of your sleeping items, make sure that nothing touches the walls inside. This will help everything stay nice and dry when the dew falls.

Building a Blanket Fort!

Note: These are just suggestions, we encourage you to be resourceful and creative with what you have! **(Pro tip: Get in the spirit of camping and only use a flashlight to get around, even in the house!)**

You can get the cozy feeling of a tent with minimal supplies. All you need for this quick and easy blanket fort is a sheet or blanket, a few chairs, and clamp, clips, or rope! Make a lean-to by draping sheets over chair backs and clamping them to the top of the chair. Don't have clamps? Try tying it on with string or rope, or maybe even a hair tie! Peel the bottom of the sheet out at an angle to make your lean-to and use heavy objects or books to anchor it to the floor. Tuck your sleeping back and pillow under the lean-to and move on in! Feel free to decorate the space with pillows, fluffy blankets, a favorite snuggly, glow sticks, or twinkle lights.

Family Sized Blanket Fort

Suggested Supplies:

- Sheets
- Blankets
- Cushions
- Pillows
- Chairs
- Clothespins
- Binder Clips
- String

Optional Supplies:

- Wood dowels or broom sticks
- Snacks
- Snugglies
- Whatever else you think will make it feel homey!
- String lights, battery tea lights
- Pets
- Heavy Books

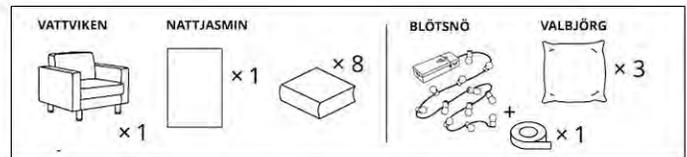
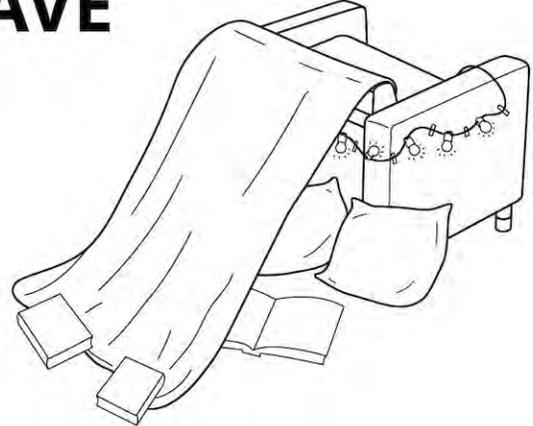
We surfed the internet and found a few resources to help you out with building a blanket fort at home if this is your first time.

YouTube Video by BuzzFeed Nifty – **“How To Make The Coziest Blanket Fort Ever”**:
<https://www.youtube.com/watch?v=4HPnf15i-Ls>

YouTube Video by Pretty Providence- **“How to Make a Blanket Fort - Three Ways!”**
<https://www.youtube.com/watch?v=zR1Z7e>

Need more inspiration? Check out this picture from Ikea Russia's Instructions on [How to Build the 6 best blanket forts for your home quarantine.](#)

CÀVE



Make sure that the structure is safe. Do not leave children unattended.
The suggested examples are not official IKEA user guides for IKEA products.
If you didn't find products mentioned in the instruction, use similar ones.

INSTRUCTIONS for the basic fort

- Choose a location and clear a space for your fort.
- Build the walls of the fort with the backs of chairs.
- Drape blankets over the backs of the chairs.
- Add layers of blankets to the floor between the chairs.
- Line the walls of the fort with pillows and cushions.
- Drape a sheet across the chairs to create a roof.
 - Secure by placing heavy books on the edges of the sheet or tucking under pillows.
 - Secure the sheets together with clothespins or binder clips

Need a second level?

- Secure dowels and broomsticks between couch cushions.
- Tie a string across them.
- Drape another sheet across the dowels to create a second level of the fort.
- Use more dowels or sticks to raise the roof of the fort.

Decorate and have fun!

- Add string lights (secure with binder clips) and other electric lights to the walls and roof of the fort.
- Add books, snacks, or snugglies.

Cooking Out!

We are so excited to have dinner with you! One of the most popular activities at camp is Cookout! And we love working with the girls to make their own meal and helping them learn the valuable skills of meal planning, preparation, and cooking over a fire or charcoal.

Girls, we encourage you to let your parents help make these tasty cookout meals. We know you could do it all by yourself, while they kick up their feet and watch, but it is *way* more fun when you do it all together!

Things to keep in mind when planning your Camp Out dinner

- **Cooking methods** - In many locations, wood fires or open fire may be prohibited. Today's Girl Scouts are encouraged to use solar ovens, box ovens, portable stoves, or charcoal grills. When working on your menu, consider the impact your outdoor cooking experience will have on the environment around you (and your backyard). Check fire codes for your area and select a cooking method that is safe and will Leave No Trace on the environment. *To help you out, we are including cooking direction for both outdoors and indoors.*
- **Safety** - Make or collect all your equipment before you start. Choose a recipe (or recipes) and read it thoroughly. Be sure you have everything you need. If cooking outdoors over a fire, make sure you tie back long hair and roll up loose or floppy sleeves. Also, make sure you are not wearing any dangling jewelry or hoodie strings. Tuck them into your shirt. If you do not have a fire pit or grill, but want to cook outdoors, look for dirt, concrete, or asphalt. Heat can damage grass or wooden decks. Look up. Check for overhanging branches or buildings. Heat, flames, and ash all rise and can catch nearby things on fire.
- **Cooking and meal prep** -the best part of Cookout is doing it together; involve all family members in the meal prep and cooking (maybe this time, exclude the family pet). Go over the recipe and discuss cooking safety with everyone. Maybe make a family kaper chart and assign jobs for prep, cooking, and cleanup! We know it can take longer to include kids in cooking, but the food tastes so much better when you make it yourself! At Camp, we've discovered that our girls *LOVE* to cook and surprisingly, clean and do the dishes. They feel so empowered when they get to do it themselves. It may be hard for them to let the adults help.

Meals

The second-best part of Cookout – Yummy Food! Use this chart to help plan your menu.

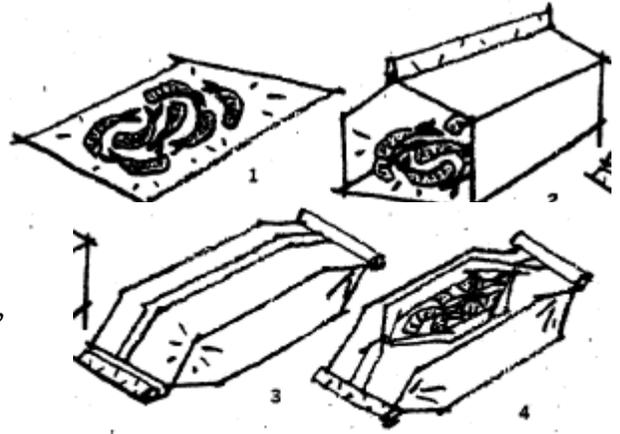
Main Choose 1 (or 2 if you want)	Sides Choose at least 2	Dessert Choose 1 (YUM!)
<input type="checkbox"/> Foil Dinner	<input type="checkbox"/> Fruit Salad	<input type="checkbox"/> S'mores
<input type="checkbox"/> Doraco/ Walking Taco/ Frito Pie	<input type="checkbox"/> Salad	<input type="checkbox"/> Dough Boy
<input type="checkbox"/> Pizza Bagels	<input type="checkbox"/> Carrot/Celery Sticks	<input type="checkbox"/> Banana Boat
	<input type="checkbox"/> Other Family Favorite such as mac n' cheese, potato chips, potato salad, mixed veggies, etc	<input type="checkbox"/> S'maco

Main Dishes

Foil Dinner – “Build your own”

Ingredients/ Supplies:

- **Protein** – Chicken, Ground Meat (Turkey, Chicken, Beef), Sausage links/patties, Veggie links/patties, veggie burger, tofu, etc.
- **Veggies** – Traditionally, it is potatoes, carrots, and onions. You can also add, ½ cup of green beans, peas, broccoli, peppers, asparagus, or 1 cup frozen stew mixed veggies.
- **Oil** – veggie oil, canola oil, or butter ~ 1.5 tsp. or ½ Tbsp.
- **Salt and pepper** and other choice seasonings
- **Foil** (heavy-duty is best)
- **Mustard** (optional)



Prep: (servings suggested per person)

- Chop or slice veggies to roughly all the same size. Set out in bowls to create a buffet-style line.
 - ½ Large carrot or 4-5 mini carrots – sliced into rings
 - ½ potato or 4-5 mini potatoes – Cube into ~1/4inch squares or thick slices. (can use frozen potato cubes)

Build your Personalized foil packet!

- Rip off a piece of foil per person (~12” x15”). Layout foil on the table or hard surface.
- Place 1/2 Tbsp (or 1 tsp.) of butter/ oil on the center of the foil square
- Lay a layer of veggies on top of the oil, ex. ¼ of potato and ¼ of the carrot.
- Place protein on top of veggies. (take care if using raw meat)
- Layer remaining veggies on top. ex. The remaining ¼ of potato and carrot.
- Place the remaining ½ Tbsp. or ½ tsp. of oil/butter on top.
- Season with salt and pepper and any other herbs you like.
- Seal packet.
- Optional: use the Mustard on the outside of the packet, seal side up, to label with each person initials or favorite emoji.

Outdoor Cooking:

Foil packets cook best over coals. If cooking outdoors in a fire pit or on a grill, start the charcoals using your preferred method before cutting and prepping the veggies. Once the charcoals are all slightly gray, graying on the edges, they are ready to cook on. Lay them out, making a flatbed using tongs or layer them in the bottom of your grill. (Gas Grill? Use Medium high heat)

- Place the sealed packet, mustard/ seal side up on the embers to start.
- Cook about 10-15 mins per side. Use Heat safe tongs to flip.
- **Adults only:** To check, remove a packet from the embers with tongs and *carefully* open a top or side seam. If protein is not cooked through, gently refold and place back on embers with its friends.

Indoor Cooking Suggestions:

Preheat the oven to 425 degrees. Place packets on a baking sheet or directly on the rack. Bake for ~45 minutes.

Enjoy – Save dishes and eat right out of the foil.

Doraco/Walking Taco/ Frito Pie

Whatever you call this classic Cookout Dish, it tastes great and is super easy to make! Also, fewer dishes since you eat out of the bag – yes, please!

Ingredients/ Supplies: (5 servings)

- **Protein** – 1 lb. Ground Meat (Turkey, Chicken, Beef), veggie crumble, other protein replacement.
- **Taco Seasoning**
- **Single Serve Dorito or Frito Bags** (~1 oz)
- **Toppings**
 - Lettuce Chopped/ shredded
 - Tomatoes
 - Shredded cheese
 - Salsa or pico de gallo
 - Also consider Fajita peppers, onions, black or refried beans, sour cream, jalapenos, avocado, etc.
- All Metal Pot or Skillet, or Cast-Iron Dutch Oven, Pot or Skillet. (avoid any plastic or rubber even on handles)

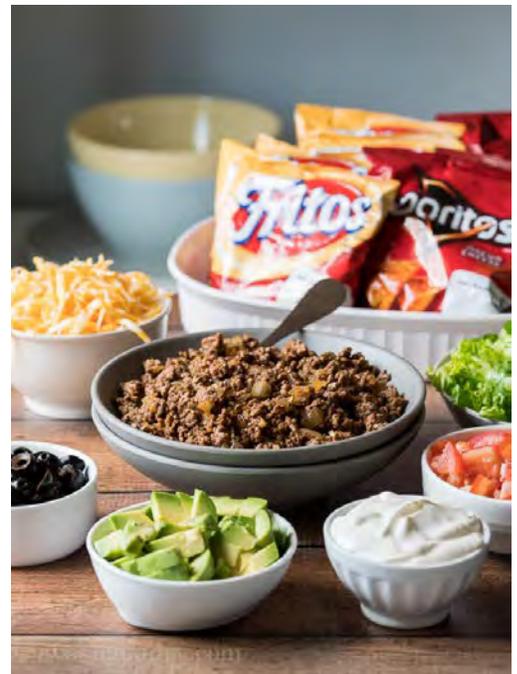


Image courtesy of <https://iwashyoudry.com/super-easy-walking-tacos-recipe/>

Prep:

- Chop, shred, or set out toppings to create a buffet-style line.

Outdoor Cooking:

Start fire or grill. In the large pot, skillet or Dutch oven, brown ground meat and add taco seasoning according to directions. Make sure to use potholders when stirring the mixture and removing the pot/skillet from the fire or grill. Pro Tip: If using a big metal pot over the fire, coat the outside of the pot below the handle with dish soap. The soap will burn instead of the pot, making cleanup 10x easier.

Indoor Cooking Suggestions:

On Stovetop, brown ground meat in large pot or skillet. Add taco seasoning according to directions. Make sure to use potholders when stirring the mixture and removing the pot/skillet from the stove.

Serving:

It is often debated how best to crunch up your chips. You can either

- Crunch them without opening the bag and make a big POP with the air bubble.
- Possibly less messy option: tear open the top of your bag and then crunch the ship by squeezing the bag.

After crunching your chips, let everyone assemble their own tacos by layering the ingredients inside the bag. Chips, taco meat, toppings, and Enjoy!

** If protein is still hot/warm, kids may need a plate to set their bag on or potholder. Best to let it cool before enjoying from the foil bag.

Pizza Bagels

Pizza Bagel is great for a meal or even snack with mini bagels!

Ingredients/ Supplies:

- **Bagels** – 1 large plain bagel per person.
- **Shredded cheese**
- **Pizza Sauce or Tomato Sauce** (~ 4 Tbsp. Per person)
- **Toppings:**
 - Whatever you like! Pepperoni, sausage, olives, veggies, etc.!
- **Oil** – veggie oil, canola oil, or butter ~ 1.5 tsp. or ½ Tbsp.
- **Foil** (heavy-duty is best)
- **Mustard** (optional)



Prep:

- If not pre-sliced, carefully slice bagels.
- Place a large piece of foil flat on a table or hard surface.
- Place bagel halves cut side up on the center of the foil.
- Add tomato sauce, cheese, and toppings to both halves of the bagel.
- **Easiest for kids to eat:** Carefully smush halves back together like a sandwich.
- Add the ½ Tbsp. Butter or oil in the center of the foil and place bagel sandwich on top.
- Use the corners of the foil to wrap it all up nice and snug.
- Optional: use the Mustard on the outside of the packet, to label with each person initials or favorite emoji.

Outdoor Cooking:

Pizza Bagel sandwiches are best cooked over coals. If cooking outdoors in a fire pit or on a grill, start the charcoals using your preferred method before starting the food prep. Once the charcoals are all slightly gray, graying on the edges, they are ready to cook on. Lay them out, making a flatbed using tongs or layer them in the bottom of your grill. (Gas Grill? Use Medium high heat)

- Place the sealed bagel sandwich, mustard side up on the embers to start.
- Cook about 5-10 mins per side. Use Heat safe tongs to flip.
- **Adults only:** To check, remove a foil wrap from the embers with tongs and *carefully* open a top. Cook until warmed through or cheese is melted.

Indoor Cooking Suggestions:

Heat oven to 425°F. Place the foil-wrapped bagel on a cookie sheet or directly on the rack. Bake 5-10 mins. Cook until warmed through or cheese is melted.

Alternative Cooking Option:

- You can also roast both halves open-face style. Place the piece of foil over the campfire grate or on the grill grate and set bagel on top of the foil. If indoors place on a baking sheet or directly on the rack.
- Loosely tent another piece of foil over the bagels and cook until warmed through

Unwrap and Enjoy!

Desert S'mores

Ingredients/ Supplies: (per person)

- **1 whole Graham Cracker** (S'more sandwich made with each half)
- **1 Large marshmallow** (2 is good, but sometimes *too* much)
- **¼ or ½ Plain Chocolate Bar** (any chocolate or chocolate substitute of choice is good. Most people use Hershey since it's easy to break apart.)
- **Outdoor cooking:** S'more stick, s'more fork, or 3' long, ¼" dowel rod
- **Indoor cooking:** Cookie Sheets



Prep:

- Break a graham cracker in half to make 2 "slices."
- Break apart choc bar

Outdoor Cooking:

Start fire or grill. Prep your S'more sandwich. Lay each side of the graham cracker on the table or other hard surface. Place your broken piece of chocolate on one side.

- Add 1 or 2 marshmallows on to the cooking tip of your s'more stick/dowel/ s'more fork. Roast to preferred "doneness." Could be burned, could be a gooey, crisp, and warm brown. It's up to you!
- Place the marshmallow(s) inside the graham cracker and chocolate bar sandwich, Enjoy.
 - **Mess-Less Marshmallow -**
 - Once your marshmallow(s) is done, have someone help hold the graham cracker sandwich open for you.
 - Carefully place the cooked marshmallow(s) on top of the bottom graham cracker. Have your helper close the graham sandwich with the top half and "hug" your marshmallows while you slowly slide out your stick/dowel/fork.

**** My Marshmallow's on Fire!!!!** No worries, friend! Just blow it out like a birthday candle on your cake. Never Swing it around, you might lose it or hurt someone.

Pro Tip: If using Wooden S'more Stick or Dowel rods, soak the cooking tip in water for up to 1 hour before cooking. This "greens" the woods and reduces its chance of burning.

Indoor Cooking Suggestions:

- Line your Cookie Sheet with graham cracker halves. Place marshmallows on one side of the pair of graham crackers and place chocolate on the other graham cracker. (May help if you choose crackers side-by-side for each side of the sandwich.)
- Broil for 1-2 minutes. Watch closely! They brown quickly!
- Remove from the oven, match a marshmallow top to a chocolate bottom, and create a sandwich.

Enjoy! You may want "Some More," but one is usually enough.

Mix it up

Instead of basic chocolate: try dark chocolate, pb cups, white chocolate, cookies and cream chocolate, chocolate with nuts, mint chocolate, etc.

Instead of Graham crackers: consider your favorite Girl Scout cookie, choc chips cookies, Oreos, rice treats.

Add more to it! Maybe try adding a hazelnut spread, your favorite nut butter, or even cookie butter.

Dough Boys

Ingredients/ Supplies: (makes ~ 5 servings)

- **1/4 C. sugar**
- **1 tsp. cinnamon**
- **1 can biscuits**
- **4 Tbsp. butter**
- **2 C Chocolate chips**
- **2 C mini Marshmallows**
- **Foil** (heavy-duty is best)

Prep:

- Set out Chocolate chips, Mini Marshmallows for buffet-style additions.
- Mix the cinnamon and sugar together in a big bowl.
- Rip off a piece of foil per person (~12" x15").
- Layout foil on a table or hard surface.
- Open the biscuit can and give each person 2 biscuits.
- Squeeze the two biscuits together and squish out flat. Can do it in hand or on foil – both work.
- Place 1/2 Tbsp (or 1 tsp.) of butter on the center of the foil square
- Add chocolate chips and mini marshmallows to the double biscuit and roll into a ball.
- Roll the ball in the Cinnamon sugar bowl.
- Place the ball in the center of the foil square on top of the butter.
- Add a little more butter on top of the ball and roll into the foil nice and tight.

Outdoor Cooking:

Dough Boys are best cooked over coals. If cooking outdoors in a fire pit or on a grill, start the charcoals using your preferred method before starting the food prep. Once the charcoals are all slightly gray, graying on the edges, they are ready to cook on. Lay them out, making a flatbed using tongs or layer them in the bottom of your grill. (Gas Grill? Use Medium high heat)

- Place the sealed dough ball on the embers to start.
- Cook about 10-15 mins. Rotate often. Use Heat safe tongs to flip.
- **Adults only:** To check, remove a foil wrap from the embers with tongs and *carefully* open a top. Cook until biscuit starts to brown on the outside.

Indoor Cooking Suggestions:

Heat oven to 375°F. Place foil-wrapped dough on a cookie sheet or directly on the rake. Bake 10-15 mins. Cook until biscuit starts to brown on the outside.

Banana Boats

Ingredients/ Supplies: (makes ~ 5 servings)

- **5 Large bananas**
- **2 C Mini Marshmallows**
- **2 C Chocolate Chips**
- **Other options:** Peanut butter chips, caramel chips, tasty spread, nuts, etc.
- **Foil** (heavy-duty is best)



Image borrowed from

<https://www.bettycrocker.com/recipes/campfire-smores-banana-boats/3b7bc701-ca09-41fd-893a-77f031cdaaa2>

Prep:

- Set out Chocolate chips, Mini Marshmallows, and other options for buffet-style additions.
- Rip off a piece of foil per person (~12" x15").
- Layout foil on a table or hard surface.
- Place banana in the center of the foil square.
- Open banana either:
 - Peel back a section of banana
 - Make a deep lengthwise cut along the inside curve of each banana, being careful not to cut all the way through. Open slit to form a pocket. May help to push ends slightly together.
 - You can also cut out a wedge of banana to make more room for toppings if desired.
- Gently move the peel away from the banana without removing it from its peel to make space for toppings.
- Place ~ 1 Tbsp. Chocolate Chips and 10-12 mini marshmallows and additional toppings of choice inside the peel around the banana.
- Use corners of foil to wrap up banana nice and snug. Be careful to keep the yummy toppings inside the peel.

Outdoor Cooking:

Coal cooking is best for this delicious treat. If cooking outdoors in a fire pit or on a grill, start the charcoals using your preferred method before starting the food prep. Once the charcoals are all slightly gray, graying on the edges, they are ready to cook on. Lay them out, making a flatbed using tongs or layer them in the bottom of your grill. (Gas Grill? Use Medium high heat)

- Place the sealed banana on the embers.
- Cook about 8-10 mins. Rotate ~ often. Use Heat safe tongs to flip.
- **Adults only:** To check, remove a foil wrap from the embers with tongs and *carefully* open a top. Cook until chocolate and marshmallow start to melt.

Indoor Cooking Suggestions:

Heat oven to 375°F. Place foil-wrapped banana on a cookie sheet or directly on the rake. Bake 8-10 mins. Rotate halfway through. Cook until chocolate and marshmallow start to melt.

Adding ice cream??

S'maco

Ingredients/ Supplies: (makes ~ 5 servings)

- **5 Taco sized flour tortillas**
- **2 C Mini Marshmallows**
- **2 C Chocolate Chips**
- **Peanut butter, hazelnut butter, cookie butter, other tasty spread**
- **Foil** (heavy-duty is best)

Prep:

- Set out Chocolate chips, Mini Marshmallows, and spread choice for buffet-style additions.
- Rip off a piece of foil per person (~12" x15").
- Layout foil on a table or hard surface
- Place tortilla opens in the center of your foil square.
- Spread ~ 1 Tbps. of spread butter of choice over half of the tortilla.
- Sprinkle ~ 1 Tbps. (or more) chocolate chips on top of the peanut butter.
- Add ¼ C (10-12) mini marshmallows on top.
- Fold your tortilla in half or roll into third.
- Using the corners of your foil, securely wrap your s'maco in the foil.

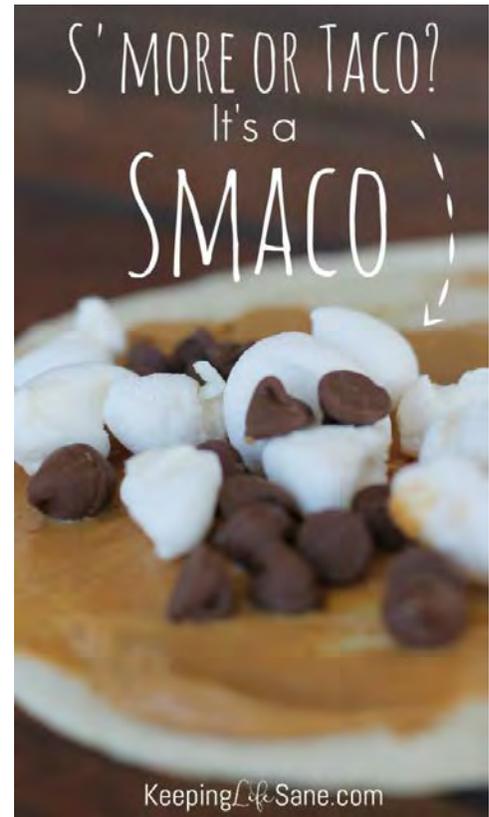


Image Borrowed from
<https://www.keepinglifesane.com/smaco/>

Outdoor Cooking:

S'macos is best cooked over coals. If cooking outdoors in a fire pit or on a grill, start the charcoals using your preferred method before starting the food prep. Once the charcoals are all slightly gray, graying on the edges, they are ready to cook on. Lay them out, making a flatbed using tongs or layer them in the bottom of your grill. (Gas Grill? Use Medium high heat)

- Place the sealed dough ball on the embers.
- Cook about 5-8 mins. Rotate ~ every 3 mins. Use Heat safe tongs to flip.
- **Adults only:** To check, remove a foil wrap from the embers with tongs and *carefully* open a top. Cook until chocolate and marshmallow start to melt.

Indoor Cooking Suggestions:

Heat oven to 375°F. Place foil-wrapped s'maco on a cookie sheet or directly on the rake. Bake 5-8 mins. Rotate halfway through. Cook until chocolate and marshmallow start to melt.

Table Talk

Use these questions to spark interesting dinner discussions with fellow campers (family).

1. If you could have any superpower, what would it be and why?
2. If you were stranded on a deserted island and you could only have three things with you, what would they be and why?
3. What is your favorite smell? What memory does it remind you of?
4. If you could be one character from a book for a day, who would it be and why?
5. What does a perfect day look like to you?
6. Tell me about something that made you happy today.
7. Would you rather wear your pants backward or your shoes on the wrong feet?
8. Would you rather have pine needles for eyelashes or holiday lights for fingernails?
9. Would you rather cry ketchup or sweat mayonnaise?
10. Would you rather be a giant rodent or a tiny elephant?
11. Would you rather go without television or junk food for the rest of your life?
12. If you had to pick only one – would you want to be a great singer or a great dancer?
13. If you could be an animal, what would you be?
14. If we could only have one holiday, which one would you pick?
15. If you could go anywhere in the world, where would you go?
16. If you could make any animal talk, what would it be?
17. If you had to live with a cartoon character, who would you pick?
18. If you could go camping anywhere in the world, where would you go?
19. How do you like your marshmallow- toasted brown or burnt black?
20. If you could invent a Girl Scout cookie, what would it be? What would you name it?

Choose Your Own Activity

Activity Idea 1: Take a Virtual tour of a National Park!

Great News, even though we are all pretty much staying home all the time, you can check out some great national parks right from your own backyard!

Try one of these two sites to get you there:

- <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- https://crafty.diply.com/121060/you-can-virtually-tour-a-whole-bunch-of-national-parks-from-your?fbclid=IwAR0_SlpnBtKWwuJ0uyDHlkBkBz8XGifqiuEZiBGN8eBbDYbRCwAy2MraPT4
- Only interested in Yosemite National Park? Check it out here <https://www.virtuallyosemite.org/>

Activity Idea 2: Friendship Bracelets

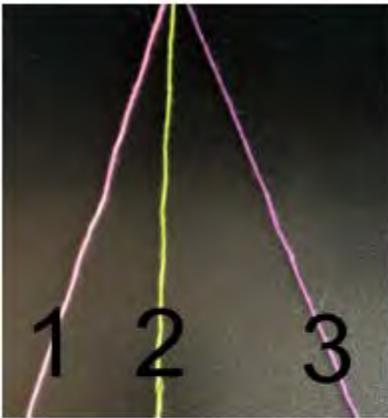
Learn how to tie a special knot and make a beautiful bracelet you can wear!

Materials needed:

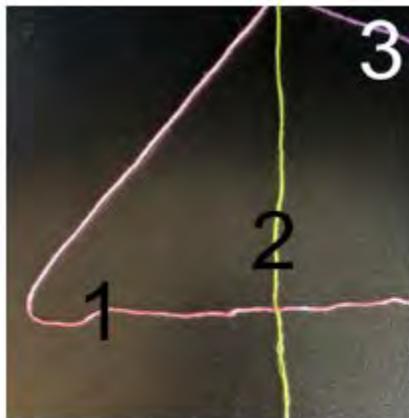
- Multiple colors of embroidery floss (this can be found in the craft section of most grocery stores)

Directions

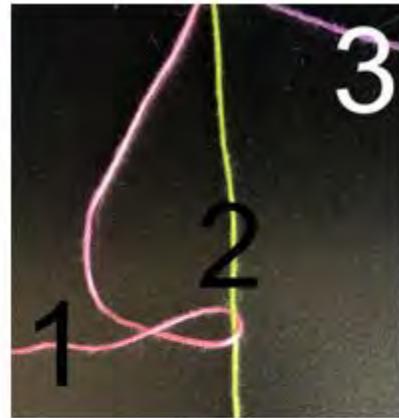
1. Choose any number of colors that you want. For my bracelet, I chose three strings. The more strings you use =, the more comprehensive your bracelet! If this is your first time, we recommend doing no more than 4-5 strings. You'll want your strings to be about 2 feet long.
2. Knot your strings at the top and splay them out so that all three strings are laid out in front of you. For the sake of this tutorial, we're numbering my strings from left to right.
3. Take string # 3 and move it out of the way, we are only using string #1 and #2 to start
4. Take string #1 and bend it on top of string #2, creating a "4" shape with the two strings
5. Wrap the tail of string # 1 around its neighbor (string #2) by going under it and pulling the tail of string #1 out through the space between the two strings.
6. Pull it tight so that knot sits at the top of the bracelet, string #1 is now sitting between strings 2 and 3.
7. Repeat steps 4-7 with string #1 now wrapping around string #3.
8. Now string #1 should be sitting at the farthest right spot and string #2 in the farthest left.
9. Repeat your steps, this time with string #2, making the knots.
10. Continue this pattern, knotting your strings from left to right, and watch as a bracelet forms!
11. Once you have reached your desired length, knot the end, and your bracelet is done!



Step 2



Step 4



Step 5



Thank you, Girl Scouts, of Oregon and Southwest Washington, for sharing the directions

Activity Idea 3: Sharpen your Observation Skills

Play a game to explore how scientists use observation to learn about our world.

Materials needed:

- 10-15 small items, such as keys, pens, coins, paperclips, small toys, etc.
- A towel, blanket, or similar item to cover all the items at once
- A blank sheet of paper
- A pen or pencil

Setup:

Scientists study nature to understand better how it works. They use what they learn to create solutions that help people, animals, and the environment. Scientists use a process called the scientific method to solve problems and learn new things.

One of the first steps of the scientific method is observation. Observation is watching and noticing something using all your senses, especially sight. It's the start of every experiment and scientific discovery.

Activity:

To get started, gather the listed materials and find a sibling, parent, or family member to be your partner.

Part 1: Identify quick changes.

- Start by facing your partner.
- Spend about 15 seconds, looking at each other to remember every detail about the way you look. What do your partner's clothes look like? Are they wearing jewelry? Pay super close attention!
- Then turn around, so you're standing back to back. Each of you should change one (just one!) thing about your appearance. For example, you may turn up your collar, take off your glasses, take off a ring, or roll down your socks.
- Then turn around and face each other again. Can you see which change your partner made in how they look? Are they able to guess what you changed?

Observation is watching and noticing something using all of your senses, especially sight, to gather information. So when you just paid close attention to your partner, you were observing them notice when something changed!

Part 2: Practice observation.

Observation is an important step for scientists when they want to understand something. They look closely at all the details. Sometimes scientists observe what they thought they would. Other times they're surprised!

For the next part of the activity, you'll play another game to sharpen your observation skills!

First, ask your partner to hide all the small items under the towel. Then ask them to uncover the items.

- After they remove the towel, spend 30 seconds observing the items.
- Have your partner cover the items again.
 - How many can you remember?
 - Were you able to remember all the items?
 - Brainstorm a few ways you could remember the items. For example, you could look at them longer or make a list.

Now, have your partner uncover the items for you to observe again. But this time, use your pencil and paper to make a list of the items.

- After 30 seconds, have your partner cover the items.
 - How many items can you remember?
 - Were you able to remember more than the first time?
 - Do you think you would now notice when something changes?

Have your partner lift the covering just enough to add or remove one item without you seeing.

- Then have them uncover the items again for 30 seconds for you to observe. Make sure to write a list to help you remember!

After 30 seconds, have your partner cover the items.

- How many items you can remember this time?
- What was different? What was new or missing?

Repeat the game a few more times, having your partner add and remove items.

- After each round, see how many items you can remember.
- Can you remember them all? Can you notice what changes each time?

And that's it! You've learned how to observe the world around you, just like a scientist. The next time you're observing something, remember to look at the object from different angles. Go close and look for the tiny details. Then step back and think about how the object you're observing fits into everything around it; this will help you learn something new!

You've now completed part of Think Like a Citizen Scientist Journey! If you had fun doing this, you might want to learn more about the scientific method, participate in a citizen science project, or take action with the rest of the Think Like a Citizen Scientist Journey.

Activity Idea 4: Go on a walk!

Taking a walk is an easy way to get out of the house and connect with nature, even if it is just in your neighborhood. Below are some activity ideas to take with you on your journey.

Nature Detective Walk

Materials needed:

- List of items to hunt for

Go on a nature detective walk. You can do this in your neighborhood, at a park or in your backyard. Look through a tube from a paper towel roll to focus on things close or far away. Spot at least three things from the list on the side of this page. Just observe and make a checkmark next to the item you find—don't collect or touch anything!

- An animal
- A plant not colored green
- A tree with flowers
- An insect
- A bird (do you know what kind it is?)
- A fallen leaf with a pattern you like
- A rock with an unusual shape
- A bush as tall as you are
- A pinecone or acorn
- Colored moss growing on a rock or tree
- More fun stuff you find (write what it is)

Use your senses outside

Materials needed:

- Pencil or Pen
- Paper

Go outside with a pen and paper, and write down words or draw pictures of what you see, feel, hear, and smell. Is it sunny or cool? Do you see pictures in the clouds? Shapes in flowers? Can you smell pine needles or rain? Do you hear the wind in the trees or the sound of the leaves crunching as you walk? Stick out your tongue—does the air have a taste? When you get back, describe five things from your hike to an adult or friend. You can even make it into a story, poem, or picture book. Use your notes!

Record how Things Change Outdoors

Materials needed:

- Pencil or Pen
- Paper

Head outside and find a scene — it might be a tree, a path, a park, or a plant in your backyard. Write about it or sketch it in color. Record everything you observe. What season is it? What time of day? What colors do you see? What do you like about your scene?

Return to this spot on another day, a different time of day, or even a different season. You might see the same tree reflected in a pond during the summer and in ice during the winter. Is the lighting different? Did the weather make a difference in the scene? In what ways do your two impressions of the same scene differ?

Activity Idea 5: Leaf/Nature Collage/ Chlorophyll Collage Prints

Preserve a memento of the nature around you! Make a leaf or bark rubbing or press their shape into a salt dough charm or ornament. Write down the memories you associate with that piece of nature, all while remembering to leave no trace.

Leave No Trace

Remember to practice [“Leave No Trace”](#) as you create your outdoor art!

7 Principles of LNT

1. Know Before You Go
2. Stick to Trails
3. Trash Your Trash
4. Leave What you Find
5. Reduce Fire impact
6. Respect Wildlife
7. Respect Others

Leaf Rubbing

Materials needed:

- Pencil or crayons
- Paper
- Nature items

Make a leaf rubbing by placing paper over a leaf and rubbing it with a crayon or pencil. Try it with soft and hard leaves to see if there’s a difference. Or make a bark Rubbing. Press your paper on a tree trunk and rub over the paper with your crayon or pencil. Then remove it slowly to make sure you can see the mark from the bark. Be careful not to hurt the bark. Do the same thing on several tree trunks to see the different designs in the markings.

You can overlap your rubbings and marking to make a collage of nature items.

Chlorophyll Collage Prints

The prints themselves can be made into cards, stationery, or wall art.

Materials needed:

- Paper towels
- Pencil or crayons
- Paper
- Hammer or Mallet
- Leaves, flowers, grass, etc. (Plants that are not your parents' favorite.)
- Compost bin (if you have one)

Preparation

Collect green leaves of various shapes and sizes. The fresher, the better. This could even be done while on a nature walk – lookout for poison ivy! (Find out how to identify it in this post if you aren’t sure.) Depending on the table you will be printing at, you may want to put down something to protect it from being dented by hammer hits.



Activity

- Place the piece of paper on a sturdy surface.
- Arrange the leaf/leaves on the paper as you like them with the top side of the leaf facing up.
- Place the paper towel on top of the leaves.
- Hit the leaves with the hammer. A firm tap is the best way I can think to describe the pressure. Tap around the outer perimeter of the leaf and over the center as well.
- You will see the chlorophyll release in the shape of the leaf into the paper towel.
- Continue to do this process to create a collage, stationery pages, a leaf study chart, or whatever form you want these prints to take or, however, fits your version of the project!
- Try leaves and flowers of different colors as well to open the chlorophyll discussion further. What happens? Try using herbs – they smell great!
- Once your all done with your leaves be sure to place them in your compost bin if you have one.

Activity Idea 7: Reverse Scavenger Hunt

Whether you are playing them with the people you live with or playing them with friends and family remotely, games can bring you together. Here is a fun game that you can play at home or virtually.

- Gather people in your home or virtually and announce that you will be doing a reverse scavenger hunt.
- Choose one person to be the host. They will be the only ones to know what items are on the scavenger hunt list.
- Tell everyone that they have 5 minutes to gather 10 items that they would take with them camping. It could be anything; their favorite t-shirt, a flashlight, their pillow, a hammock, anything!
- Once everyone is back with their items, the host will read through their list one by one.
- If you have the item listed, triumphantly raise it in the air and announce that you have it to ensure that you get credit!
- Whoever had most of their items show up on the list wins!
- If you want to play the game collaboratively rather than competitively, you can have everyone gather 5-10 items and work together to try to get as many things off the list as possible!
- Below is a sample list, feel free to adjust however you want. Or even just write your own!

Things I Would Take Camping

- | | | |
|--|--|--|
| <input type="checkbox"/> A toothbrush | <input type="checkbox"/> A compass | <input type="checkbox"/> Matches |
| <input type="checkbox"/> A hairbrush | <input type="checkbox"/> A deck of cards | <input type="checkbox"/> Extra Socks |
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Camera (not a cell phone) |
| <input type="checkbox"/> Camp t-shirt | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> A sleeping pad |
| <input type="checkbox"/> A book | <input type="checkbox"/> Bug spray | <input type="checkbox"/> A frisbee |
| <input type="checkbox"/> A flashlight | <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> A fishing pole |
| <input type="checkbox"/> A pillow | <input type="checkbox"/> Extra Blanket | <input type="checkbox"/> A snack |
| <input type="checkbox"/> A hat | <input type="checkbox"/> Stuffed animal | <input type="checkbox"/> A hammock |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Tent | |

Song Lyrics

Here are a few lyrics from some of our most popular songs at camp. We may not sing all of these during the campout, but you can sing all the ones you know at home on your own too!

Grace and Thanks

Madeline Grace/ Thanks

We love our bread,
we love our butter,
but most of all we love each other.

Fast Songs

Hippo Song

What can make a hippopotamus smile
What can make him walk for more than a mile
It's not a tune on the old violin
Or listening to the whistling wind
That's not what hippos do

They ooze through the goo without any shoes
They wade in the water till their lips turn blue
That's what hippos do

What can make a hippopotamus smile
What can make him walk for more than a mile
It's not a party with paper hats
Or a bag of candy that makes him fat
That's not what hippos do

They ooze through the goo without any shoes
They wade in the water till their lips turn blue
That's what hippos, yes, that's what hippos
Yes, that's what hippos do!

Amazing Plate Grace/ Thanks

(To the Tune of Bruno Mars – *Just the Way You Are.*)
When I see your plate.
There's not a thing that I would change.
Because you're delicious.
Just the way you are.

Tarzan Song

This is a repeat after me song.

TARZAN!
Was swinging on a rubber band
Smashed into a frying pan
Now Tarzan's got a tan

JANE!
Was flying in an aeroplane
Smashed into a freeway lane
Now Jane's got a pain
Now Tarzan's got a tan

CHEETA!
Was walkin' down the streeta
Groovin' to the beata
Now Cheeta is veleta

SHAMU!
Was swimmin' in the ocean blue
Smashed into a big canoe
Now Shamu's gonna sue
Now Cheeta is velveeta
Now Jane's got a pain
Now Tarzan's got a tan

Princess Pat

A note on the history and the words. [The Princess Pat is a royal Canadian infantry unit.](#)

The original words to the song are:

- The Princess Pat, Light Infantry (instead of lived in a tree)
- A ric-a-dam-do (instead of (a rick-a-bamboo)
- It's read and Gold, and Royal Blue (instead of purple too)

But it's probably more fun to sing it this way.

Chorus: A rick-a-bamboo,
Now what is that?
Its something made,
By the princess pat,
Its red and gold,
And purple too,
That's why its called,
A rick-a-bamboo,

This is a repeat after me song.

The Princess Pat, Lived in a tree
She sailed across, the seven seas,
She sailed across, the channel too
And she took with her, A rick-a-bamboo

CHORUS

Now Captain Jack, Had a mighty fine crew,
He sailed across, The channel too,
His ship did sink, And yours will too
If you don't take, A rick-a-bamboo

CHORUS

The Princess Pat, Saw Captain Jack,
She reeled him in, And brought him back.
She saved his life, And his crew's too.
And she saved 'em with, A rick-a-bamboo!

Auntie Monica

Chorus: I have an Auntie,
an Auntie Monica,
and when she goes shopping,
they all say ooo la la!

Because her feather's is swaying,
her feather's is swaying so,
Because her feather's is swaying,
her feather's is swaying so!

CHORUS

Because her hat is swaying,
her hat is swaying so,
Because her hat is swaying,
her hat is swaying so!
Because her feather's is swaying,
her feather's is swaying so,
Because her feather's is swaying,
her feather's is swaying so!

CHORUS

Because her purse is swaying,
her purse is swaying so,
Because her purse is swaying,
her purse is swaying so!

Because her skirt is swaying,
her skirt is swaying so,
Because her skirt is swaying,
her skirt is swaying so!
Because her hat is swaying,
her hat is swaying so,
Because her hat is swaying,
her hat is swaying so!
Because her feather's is swaying,
her feather's is swaying so,
Because her feather's is swaying,
her feather's is swaying so!

CHORUS

Because my her body's swaying,
Her body's swaying so,

Auntie Monica Con't

Because my her body's swaying,
Her body's swaying so!
Because her purse is swaying,
her purse is swaying so,
Because her purse is swaying,
her purse is swaying so!
Because her skirt is swaying,
her skirt is swaying so,
Because her skirt is swaying,
her skirt is swaying so!
Because her hat is swaying,
her hat is swaying so,
Because her hat is swaying,
her hat is swaying so!
Because her feather's is swaying,
her feather's is swaying so,
Because her feather's is swaying,
her feather's is swaying so!

Can A Woman

Can a woman fly an airplane?
Yes she can! Yes she can!

Can a woman build a building?
Yes she can! Yes she can!

Can a woman fight a fire, Can a woman change a
tire, Can a woman lead a choir?
Yes she can! Yes she can!

Can a woman be a lawyer?
Yes she can! Yes she can!

Can a woman fix an engine?
Yes she can! Yes she can!

Can a woman be a drummer, Can a woman be a
plumber, Can she play ball in summer?
Yes she can! Yes she can!

Can a woman be a doctor?
Yes she can! Yes she can!

Can a woman drive a tractor?

Yes she can! Yes she can!

Can a woman lead a nation, Can she run a TV
station, Can she head a corporation?
Yes she can! Yes she can!

Just you wait until we're older,
Then you'll see, Then you'll see.

We'll be women in tomorrow's history, history.

As we grow up through the years,
We will sing out loud and clear,

Can we start the process here?
Yes we can! Yes we can!

Elephant Song

*(A lyric elimination song – as you sing through the
song, drop each line and replace with na, na, na, na.)*

Oh tell me have you seen,
What's in the air tonight?
It's something gray and big,
It's riding on a bike.
It is an elephant.
It is so elegant.
It has a trunk in front and tail behind.

Example verse 2:

Na, na, na, na, na, na.
What's in the air tonight?
It's something gray and big,
It's riding on a bike.
It is an elephant.
It is so elegant.
It has a trunk in front and tail behind.

Example Verse 3:

Na, na, na, na, na, na.
Na, na, na, na, na, na.
It's something gray and big,
It's riding on a bike.
It is an elephant.
It is so elegant.
It has a trunk in front and tail behind.

Hippopotamus Song

What, can make a hippopotamus smile?
What, can make him walk for more than a mile?

It's not a tune on the old violin,
Or listening to the whistling wind.
That's, not what hippos do.

They like to, ooze in the goo without any shoes,
Swim in the water 'till their lips turn blue,
That's what hippos do.

What can make a hippopotamus smile?
What can make him walk for more than a mile?

It's not a party with paper hats,
It's not a puppy or a kitty cat.
That's, not what hippos do

They like to, ooze in the goo without any shoes,
Swim in the water 'till their lips turn blue,
That's what hippos, yes that's what hippos,
Yes, that's what hippos do.

Get Loose!

This is a repeat after me song.

I get loose!
I get funky!
Get your body movin'!

It started with yo' feet!
Oooh, your feet!

I get loose!
I get funky!
Get your body movin'!

It started with yo' feet!
Oooh, your feet!
Your legs!

I get loose!
I get funky!
Get your body movin'!

It started with your feet!
Ooh your feet!
Your legs!
Your hips!

I get loose!
I get funky!
Get your body movin'!
It started with your feet!
Ooh your feet!
Your legs!
Your hips!
Your arms!

I get loose!
I get funky!
Get your body movin'!
It started with your feet!
Ooh your feet!
Your legs!
Your hips!
Your arms!
Your head!

I get loose!
I get funky!
Get your body movin'!
It started with your feet!
Ooh your feet!
Your legs!
Your hips!
Your arms!
Your head!
Your whole body!

I get loose!!

Slow Songs

Make New Friends

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

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

I Love the Mountains

I love the mountains
I love the rolling hills
I love the flowers
I love the daffodils
I love the fireside
When all the lights are low
Boom de adda Boom de adda
Boom de adda Boom de adda

Linger

Mmm, I wanna linger
Mmm a little longer
Mmm a little longer here with you

Mmm it's such a perfect night
Mmm it doesn't seem quite right
Mmm that this should be my last with you

Mmm and come September
Mmm We'll all remember
Mmm our camping days and friendships true

Mmm and as the years go by
Mmm I'll think of you and sigh
Mmm this is goodnight and not goodbye

Mmm I wanna linger
Mmm a little longer
Mmm a little longer here with you
Mmm

On My Honor

Chorus: On my honor I will try
There's a duty to be done and I say aye
There's a reason here for a reason
above
My honor is to try and my duty is to
love

People don't need to know my name
If I've done any harm then I'm to blame
If I've helped another then I've helped me
If I've opened up my eyes to see

CHORUS

I've tucked away a song or two,
If you're feeling low, there's one for you
If you need a friend, then I will come
And there's many more where I come from

CHORUS

Friendship is the strangest thing
If you keep it to yourself, no reward will bring
But you gave it away, you gave it to me
And from now on great friends we'll be

CHORUS

Come with me where the fire burns bright,
We can even see better by the candle's light
And we'll find more meaning in a campfire's
glow,
Than we've ever found in a year or so

CHORUS

We've a promise to always keep
And to pray "Softly Falls" before we sleep
We are Girl Scouts together and when we're
gone,
We'll still be trying and singing this song

CHORUS

Magic

Chorus: Magic is the sun that makes a rainbow
out of rain.

Magic keeps a dream alive to try and try
again.

Magic is the love that stays when good
friends have to leave.

I do believe in magic, I believe.

When I was young, I thought the stars were
made for wishing on.

And every hole deep in a tree must hide a
leprechaun.

Old houses all had secret rooms if one could
find the door.

But who believes in magic anymore.

CHORUS

When I grew up the grownups said some day I'd
wake and find.

That magic is a childish game I'd have to leave
behind.

Like clothes that would no longer fit or toys that I
ignore.

I'd not believe in magic anymore.

CHORUS

Although my childhood's far behind I've learned
to my surprise.

That magic did not fade away It wears a new
disguise.

A child, a friend, a smile, a song, the courage to
stand tall,

And love's the greatest magic of them all.

Magic is the sun that makes a rainbow out of
rain.

Magic keeps a dream alive to try and try again.

Magic is the love that stays when good friends
have to leave.

I do believe in magic, for love's the greatest
magic.

I do believe in magic, I believe.

Barges

Chorus: Barges I would like to go with you

I would like to sail the ocean blue

Barges have you treasures in your hold

Do you fight with pirates brave and bold

Out of my way window looking in the night

I can see those barges flickering bright

Silently flows the river to the sea

And the barges do go silently

CHORUS

Out of my window looking in the night

I can see those barges flickering lights

Starboard shines green and port is glowing red

I can see those barges just ahead

CHORUS

How I long to sail away with you

As you sail across the ocean blue

But I must stay beside my window dreary

As I watch you sail away from here

CHOURS

GIRL SCOUTS LOVE THE OUTDOORS CHALLENGE



Beginning this May, take the national Girl Scouts Love the Outdoors Challenge! Check out the activities below and choose the ones you want to do to earn yourself a cool new patch. Summer is the perfect time to celebrate our love of the outdoors. [While safely socially distancing](#), explore the outdoors from your window, front step, laptop or the wide open trail! Use #gsoutdoors to share your story and to see how other girls are completing this fun outdoor challenge!

The Girl Scouts Love the Outdoors Challenge kicks off in May and ends with Girl Scouts Love State Parks Weekend on September 12 and 13, 2020. Based on your grade level, complete the required number of activities to earn a snazzy new patch.

1. Sketch the view of the outdoors from your window

2. Register for Girl Scouts Love State Parks Weekend

3. Participate in an outdoor STEM service project

4. Collect data for a citizen science project on [SciStarter](#).

5. Watch the sunrise

6. Watch the sunset

7. Identify a constellation

8. Identify a bird

9. Identify a bird call

10. Identify the type of clouds in the sky

11. Hike a new trail

12. Go swimming

13. Sketch a creek, stream, or river

14. Learn how to properly apply sunscreen

15. Identify poison ivy, oak or, sumac

16. Protect yourself from stinging or biting insects

17. Try paddle boarding

18. Learn a new swim stroke

19. Make your own first aid kit

20. Make your own trail mix

21. Visit a national park

22. Visit a state park

23. Clean up a local park

24. Build an anemometer and measure the wind's speed

25. Have a picnic with your family

26. Fly a kite

27. Photograph and identify native plants

28. Observe and identify native wildlife

29. Write a poem about nature

30. Tell the time by the sun

31. Learn about pollinators and how to protect them

32. Earn the [Outdoor Art badge](#)

33. Earn the [Trail Adventure badge](#)

34. Build a bird or bat house

35. Plan an outdoor scavenger hunt for your family

36. Make a tree bark rubbing

37. Find rain drops on leaves

38. Make an outdoor obstacle course for your family

39. Identify an insect by its song or sound

40. Use binoculars to see something far away

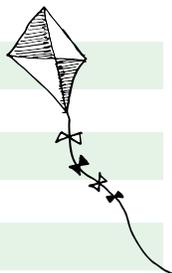
41. Skip a stone

42. Make a nature map of your neighborhood

43. Make a windchime and hang it outside

44. Learn how to use a compass

45. Learn how to use a pocketknife safely



46. Teach a friend a Girl Scout song to sing while handwashing

47. Play in the rain

48. Splash in a puddle

49. Measure the diameter of a tree

50. Learn the seven principles of [Leave No Trace](#)

51. Attend Girl Scouts Love State Parks Weekend



Number of Activities Required to Earn the Girl Scouts Love the Outdoors Challenge Patch



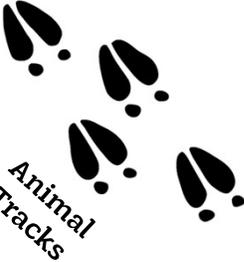
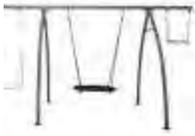
Daisy	20
Brownie	25
Junior.....	30
Cadette.....	35
Senior & Ambassador.....	40

[Get the patch!](#)

The national Girl Scouts Love the Outdoors Challenge is made possible by funding from *Johnson & Johnson*

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URBAN ADVENTURE!

<p>Red Car</p> 	 <p>Brick House</p>	 <p>Perched Bird</p>	 <p>Sidewalk Chalk</p>	 <p>Flower</p>
 <p>Flying insect</p>	 <p>Interesting Rock</p>	 <p>Bike</p>	 <p>Speed Bump</p>	 <p>Ant</p>
 <p>Silver Maple Tree</p>		<p>Free Space</p>	 <p>Bird in Flight</p>	<p>Animal Home</p> 
 <p>Squirrel</p>	 <p>Animal Tracks</p>	 <p>Swimming Pool</p>	 <p>Porch Chair</p>	 <p>Playground or Swing Set</p>
 <p>Flag on Pole</p>	 <p>Rabbit</p>	<p>Gnome</p> 	 <p>Spider Web</p>	<p>Poison Ivy</p> 

WHAT ELSE HAVE YOU SEEN?



Hello Everyone! Taz here again! I've been watching the weather closely for tonight's night hike, and it looks like it will be too cloudy for us to see anything. And, The wind is going to be so high where I am right now, I don't think you'll be able to hear me. We're going to move the live night hike to next week, and keep our fingers crossed the weather holds!



But for now, let's use our time wisely. I promised you a night hike, so we'll try to do the best we can with what we have.

If you've ever been to camp before, you probably know that Night Hikes usually do not travel very far. Instead we use the night to help explore our senses and learn about the sky and our nocturnal animal friends. Since the weather is no cooperating for us to be outside, we're going to take advantage of the opportunity to dive deep into nature at night!

Pause Me!

We need to grab some supplies for tonight!

Supplies:

- Pencil, pen or marker
- Paper (any)

We're going to need some imagination too – so put on your creativity caps!

Oh no! I almost forgot! Take a second to pause the video now. I need you to grab some supplies. Go and look for your favorite pen, pencil or marker and some scrap paper, notebook paper, computer paper – really any paper will do! We're going to write down some hypothesis (strong guesses) about nighttime as we go through our virtual hike tonight.

Nature at Night

Your Senses

Do our sense change at night?

What do you think?

Make a hypothesis (a strong guess) about them.



First, let's explore our sense at night.

We all know that we have 5 senses right. Taste, touch, smell, feel and sight.

How do you think nighttime, and the dark, change the way we see, hear, smell and taste? Take a minute right now to make a hypothesis. For example, you may think that Night doesn't change anything, - the way we see and taste is always the same. Or you may hypothesis that the dark makes things harder to see and taste, Or the dark makes things easier to see and taste go ahead and write it down, or tell your sibling or adult watching with you. How do you think our sense work at night?

Nature at Night

5 SENSES

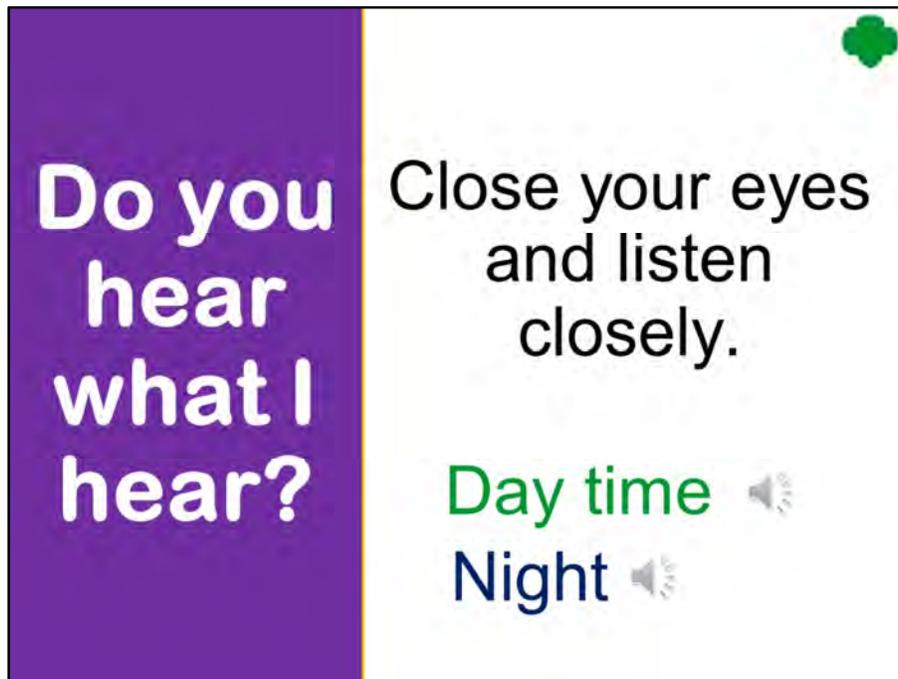


Try to make a strong guess for each – Hearing, Smell, Touch, Sight and Taste.

Nature at Night



Great job! Now, let's learn a little about each sense at night.



First, let's explore sounds and we will see if we can experience day and night sounds virtually. Use your creativity cap to help you imagine you are outside, in your backyard hearing these lovely nature sounds. Carefully listen to what you hear, these sounds can be relaxing but as a scientist, we're really trying to investigate the sounds.

First, I am going to play for you the sounds of nature on a Spring day and then sounds of nature at night.

Take a deep breath, close your eyes, and listen closely to these nature sounds. What do you hear? Can you name any of the animals you hear? Have you heard these sounds before? How many different sounds do you hear?

First, I am going to play for you the sounds of nature on a Spring day and then sounds of nature at night.

Play Day sounds – How many sounds do you think you heard? Write them down on your notepad so you don't forget. I think I heard at least 4 different sounds. My favorite was the sound of the squirrel – they sound so funny – imitate the squirrel sound.

Okay, now let's see if the sounds are different at night. Close our eyes, take another deep breath and listen closely.

Play Night sounds – How about that time? Did you hear more sounds or less sounds? Did the sounds seem louder or quieter? GO ahead and write down your answer.

Nature at Night



Hearing

Sounds are usually LOUDER.



I bet most of you got this one right! Sounds usually appear louder to us at night time.

Let's investigate why

Do you hear what I hear?

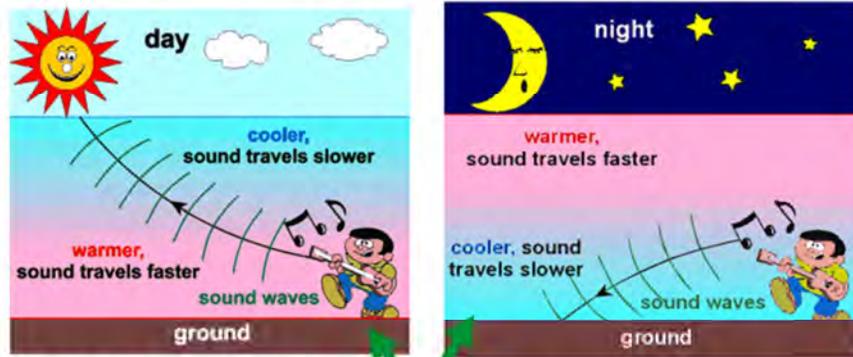


Fig. 1 In the daytime, the air near the earth surface is hotter, sound waves are refracted to the sky.

Fig. 2 In the nighttime, the air near the surface is cooler, sound waves are refracted to the earth surface.

Physics World, Cheung Kai-chung (Trans. Yip Ying-kin) online at http://www.hk-phy.org/qa/sound_night/sound_night_e.html.

Most people think it is because it is quieter at **night**, more animals and people sleeping or in their homes. But actually, everything seem louder at night, because, **sound** transmits farther because of refraction of **sound waves**! First, **sound** is the vibration of air, and it is a kind of **wave** motion. The **sound wave** moves faster in hot air and slower in cold air. Sound will always move towards areas with lower temperatures. In the daytime, when the sun shines the earth, the air near the earth surface is hotter than the air above, this causes the sound waves to refract up toward the sky and away from you. (Fig. 1). The opposite happened at night though, when the sun sets, the air near the ground cools, and the sounds waves move towards the ground and will also refract off the ground and back to you. (Fig. 2). This closer refraction, makes the nighttime sounds appear louder to your human ear.

Nature at Night



Sight

Is it harder or easier to see?



Okay friends, let's explore our sight at night.

DO you think it is harder or easier to see in the dark?

Is our sight different from Nighttime Nocturnal animals?

Look at your hypothesis and see if you want to change it now,

Then, We're going to check it out!

Night Vision



Our ability to see the world around us in clear, precise images is pretty awesome, but since we are a diurnal (awake during the daytime) species, our night vision is nowhere near as powerful as that of many animals.

Two of the most important types of cells involved in making vision possible are [rods](#) and [cones](#). The Cones in our eyes help us see 3 different colors of light - red, green, and blue. The cones are mostly centered on our eye to help us see straight ahead during the day.

Although awesome, our cones only really work with A LOT of light, like daylight. After the sun sets, it can be very hard for our cones to work to help us see colors.

This is where our rods come in to help us see. Rods work great in the dim light of night. They help us see to get around, but they do make everything look just a little fazzier and greyer than our cones do. Unlike cones, rods are mostly on the side of our eyes. Have you ever noticed that you could see objects better from the sides of your eyes/ your peripheral vision at night? If not, try it out tonight!

Okay so that was a lot about our vision at night. Did you guess your hypothesis correctly?



So, we've learned that our night vision isn't the best since we are diurnal animals. That's weird word huh? D-i-ur-nal. It's a really fancy way to say awake during the day.

What do we call animals awake at night?
That's right! Nocturnal!

Nocturnal Animals experience the world differently at night, because they are always awake at night.

I bet you already know a lot of nocturnal animals, but do you know which animal has the best night vision?

Owls? maybe Cats? Well... while both do have exceptionally good night vision, the answer is actually [frogs](#). Based on current research, frogs (and toads) are the only animals that can see in color in almost total darkness! That's pretty cool huh?!

Let's learn a little more about it. This video will help us explore more about how our vision compares to nocturnal animals.

Play Video

Wow, I know I would hate having eyes as big as grapefruits! How about you?

Next week, during our night hike (finger crossed friends) we will explore more about how our vision works at night. AND we'll look at taste too! So make sure to keep your notes handy and we can check your hypothesis' then!

For now, let's learn more about some awesome Nocturnal animal frineds.



Naturally dark night skies have a big role to play in supporting wildlife and ecosystems. Many living things need and have evolved to adapt to darkness, we call these living things nocturnal. Many mammals, bugs, and amphibians are nocturnal: Some come out at night to escape the heat of the day. Others need the night to hunt or avoid predators. Animals such as cats, owls, and rodents have developed keen hearing, smell, and dark-adapted vision in order to navigate at night.

Highways, habitat and skies lit with artificial light interfere with the vision, foraging, and dispersal activities of many mammals.

Humans, too, need natural darkness for sound sleep and good health. Cool blue white light at night from sources such as LEDs, fluorescent and metal halide lights interfere with the body's circadian rhythms by suppressing melatonin and increasing cortisol, a brain chemical released when we are stimulated or excited. High cortisol levels make it difficult to fall asleep or experience deep sleep, which our immune systems need to fight illness and disease.

Mammals



Bats - Some people think bats are blind, but that's not the case. Bats' eyes are small and sometimes poorly developed, but they work just fine. Megabats—larger bats that include fruit bats—search for food using sight and smell. Micro-bats—which include the smaller, familiar snub-nosed bats—mainly hunt by echolocation. Using this system, bats send out sound waves and listen for the echo to bounce off insects and other objects. Many people are also afraid of bats, but like bees, we NEED bats. Bats are also pollinators. According to the U.S. Forest Service, bats are responsible for dispersing seeds that grow into bananas, avocados, and nearly 300 other plant species. I personally really like bats, because they chow down on thousands of insects each night, including mosquitos! What better pest control can you ask for?

Raccoons – The masked bandit of your neighborhood, raccoons are round, fuzzy creatures with bushy tails, and five toes on their front paws that act like human hands.

Raccoons are not very social creatures. They are nocturnal and sleep during the day. During the winter, they tend to sleep more, but they do not hibernate in the traditional sense. They simply sleep while their bodies live off stored fat. They lose around 50 percent of their body weight during the winter.

Though these animals will sometimes resort to eating garbage in your neighborhood,

raccoons are actually very clean creatures. They are known to wash their food in streams and even dig latrines in areas they frequent regularly. Why do you think racoons have their distinguishing black mask? knows racoons wear black mask One theory is that the [black mask around a raccoon's eyes](#) helps deflect glare and helps with night vision,

Red Fox - Red foxes live around the world in many diverse habitats including forests, grasslands, mountains, and deserts. They also adapt well to human environments such as farms, suburban areas, and even large communities. The red fox's resourcefulness has earned it a legendary reputation for intelligence and cunning. The red fox is mostly nocturnal, although it will sometimes venture out in the day. The red fox, unlike other mammals, hears low-frequency sounds very well. It can hear small animals digging underground and will frequently dig in the dirt or snow to catch prey. The fox stalks its prey, much like a cat. It gets as close as it can and then pounces and chases its prey.

Red foxes usually feed on rodents, rabbits, birds, and other small game—but their diet can be as flexible as their home habitat. Foxes will eat fruit and vegetables, fish, frogs, and even worms. If living among humans, foxes will opportunistically dine on garbage and pet food.

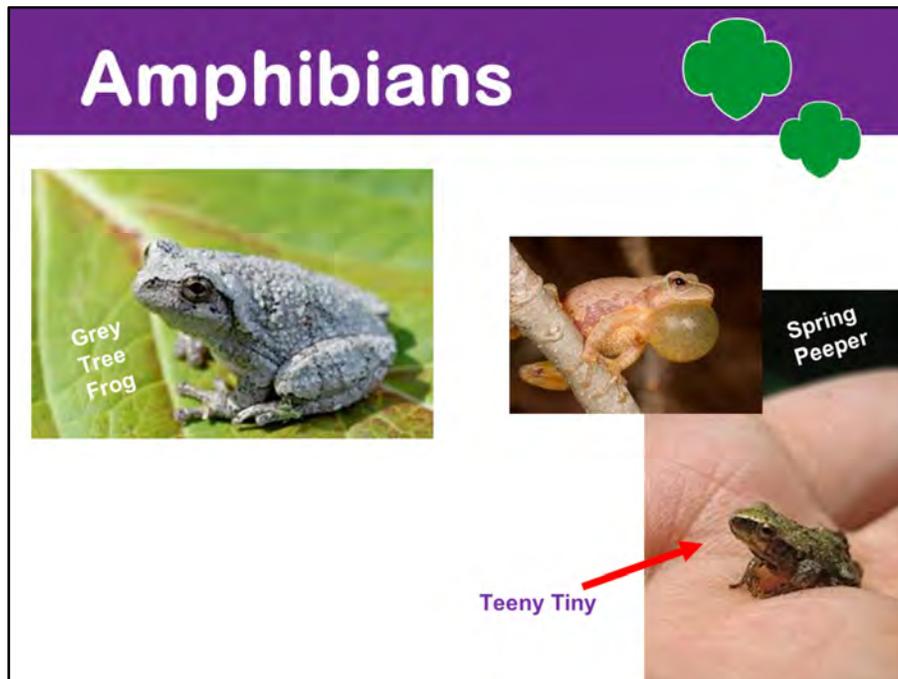
Birds



You are most likely to hear an owl hoot at night because they are nocturnal birds. They have big eyes and wide pupils that allow them to spot their prey. Unlike people's eyes, their eyes don't move in their sockets, but the owls can swivel their heads to look in any direction. Their short but wide wings allow them to fly through the forest, and their soft feathers help them approach prey very quietly.

Great Horned Owl - The great horned owl is one of the most common owls in North America, found in a range of habitats that includes [forests](#), swamps, [deserts](#), tundra edges, tropical [rain forests](#), cities, suburbs, and parks. If you live in North America, there's a good chance you've heard the deep, soft, stuttering hoots of this owl: hoo-h'HOO-hoo-hoo. This owl uses this hoot to advertise its territory. It can also make a variety of other sounds, including whistles, barks, shrieks, hisses, coos, and wavering cries.

Barn Owl - Ghostly pale and normally strictly nocturnal, Barn Owls are silent predators of the night world. Lanky, with a whitish face, chest, and belly, and buffy upperparts, this owl roosts in hidden, quiet places during the day. By night, they hunt on buoyant wingbeats in open fields and meadows. You can find them by listening for their eerie, raspy calls, quite unlike the hoots of other owls.

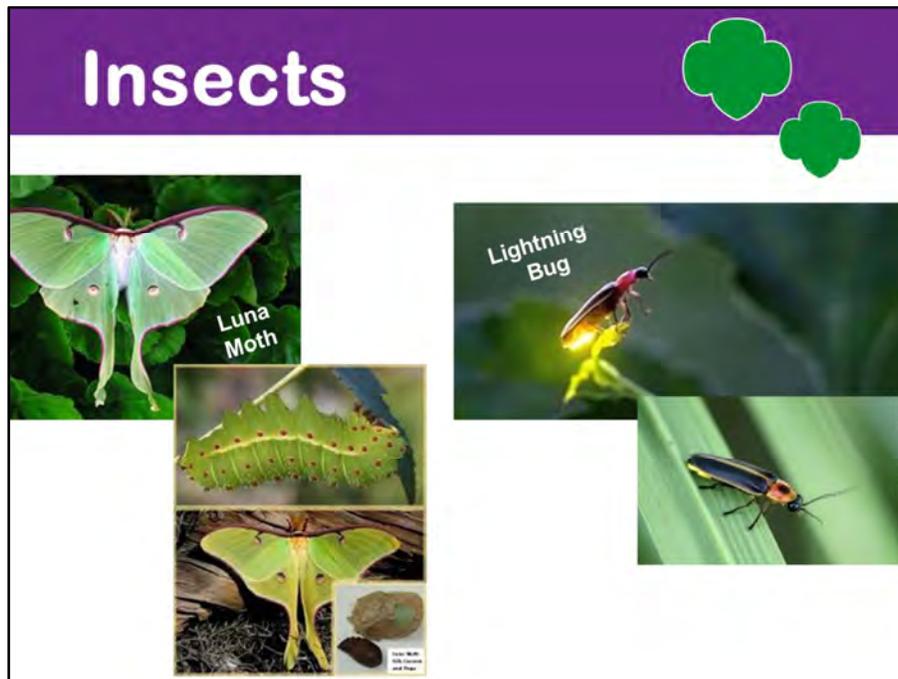


Two **amphibians** you may have heard at night, but not seen are the Grey tree Frog and spring peepers. You can hear both in the night sounds we played earlier, and I know I hear them and see them at Winona every summer. Some amphibians, can detect light levels 100x dimmer than humans. So, artificial light from streetlights, houses, and more can sometime disturb their habits. And prolonged exposure to bright lights affects their hormones, skin coloration, thermoregulation, and reproduction.

The Grey Tree Frog - The gray tree frog's color changes in response to its environment and activities and can range from green to gray or brown. The upper surface of the body has a blotchy pattern that resembles lichen or tree bark. They hide in tree holes, under bark, in rotten logs, under leaves and under tree roots when sleeping during the day. At night, they search for insects in trees, where they can climb vertically or move horizontally with specially adapted toe pads. Tree frog have a distinctive song that they use to communicate at night.

Spring Peepers – according to National Geographic, Spring peepers are to the amphibian world what American robins are to the bird world. As their name implies, they begin emitting their familiar sleigh-bell-like chorus right around the

beginning of spring. Found in wooded areas and grassy lowlands near ponds and swamps, these tiny, well-camouflaged amphibians are rarely seen. But the mid-March crescendo of nighttime whistles from amorous males is for many a sign that winter is over. They are nocturnal creatures, hiding from their many predators during the day and emerging at night to feed on such delicacies as beetles, ants, flies, and spiders. I also heard that spring peepers can allow most of their body to freeze over winter and still survive hibernation to emerge in the spring. I think I'd sing loudly too if I finally felt happy and warm. How about you?



Luna Moth -Found only in North America, the luna moth starts out as a very hungry caterpillar. Newly hatched, this caterpillar constantly munches on the leaves of walnut, hickory, sweet gum, and paper birch trees. After about a month of filling up on these plants, the caterpillar builds a cocoon. The [insect](#) lives inside for about three weeks, then emerges as a moth.

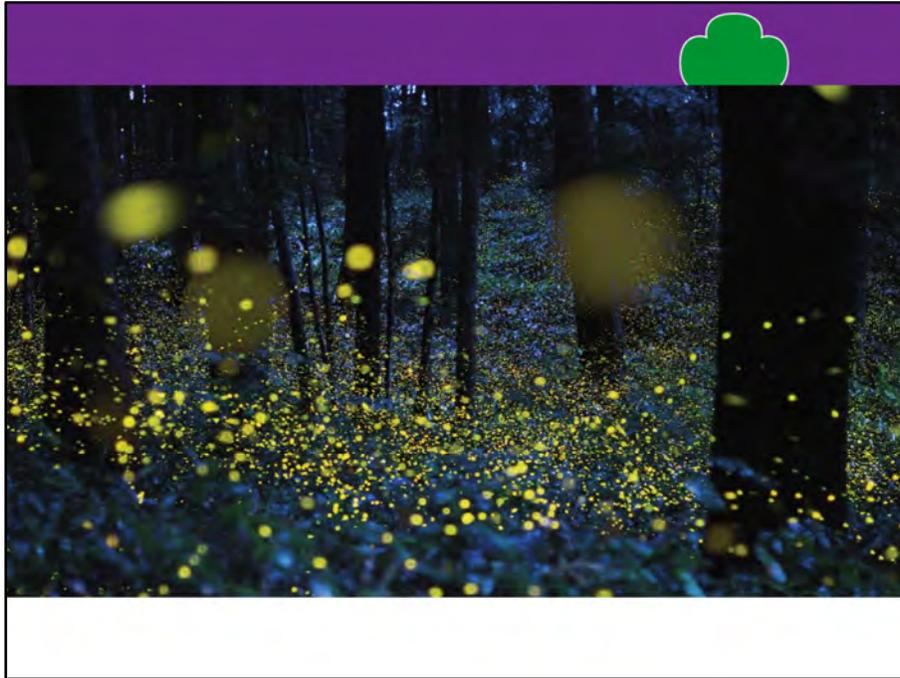
The eye-catching critter is easily recognizable because of its wings. But that's not the luna moth's only interesting feature. The insect doesn't have a mouth or a digestive system. That's because it only lives for about a week after leaving the cocoon, and it doesn't ever eat.

Although luna moths don't have an appetite, they're a favorite snack for [bats](#). To protect themselves from these predators, the moths spin the tails of their wingtips in circles. This disorients the bats so much that the moths are often able to make a getaway. Guess you could say they're winging it!

Lighting bugs - Running around the backyard on warm summer nights in an attempt to catch fireflies is a fun pastime. These insects, also known as lightning bugs, can light up the night with their magical glow. The name "firefly" is a little misleading. Fireflies are nocturnal members of a family of winged beetles. But "firebeetles" doesn't have the same ring to it. There are more than 2,000 species of fireflies. And only some of those species have the ability to light up.

The ones that do light up are pretty cool! The light that some fireflies produce is extremely efficient. In fact, it's the most efficient light in the world! It is generated from a chemical reaction inside their bodies, and nearly 100% of the chemical reaction's energy becomes light. Most people think fireflies only have yellow lights, but they can have green or orange lights too! Fireflies use their lights to attract fellow fireflies and to deter predators. The firefly blood contains a defensive, which makes them unappetizing to potential hunters. Once predators get a bite, they associate the unpleasant taste with firefly light and avoid attacking the lightning bugs in the future.

Okay, if you joined me yesterday for the BUGs session, you have already seen this next video. But, it's so pretty I love sharing it with you!



Occasionally, fireflies put their efficient light to good use in flashy displays. You can see this this phenomenon during the first few weeks of June in the Great Smokey Mountains in Tennessee or the mountains in Mexico. If you can't make it there in person, there are plenty of videos online.

The flying, twinkling lights of fireflies are a mystical summer attraction. While lightning bugs are common in nature, there's a few things you might not know about them. Here are some fun and interesting facts about nature's glowing wonder:

1. They are beetles

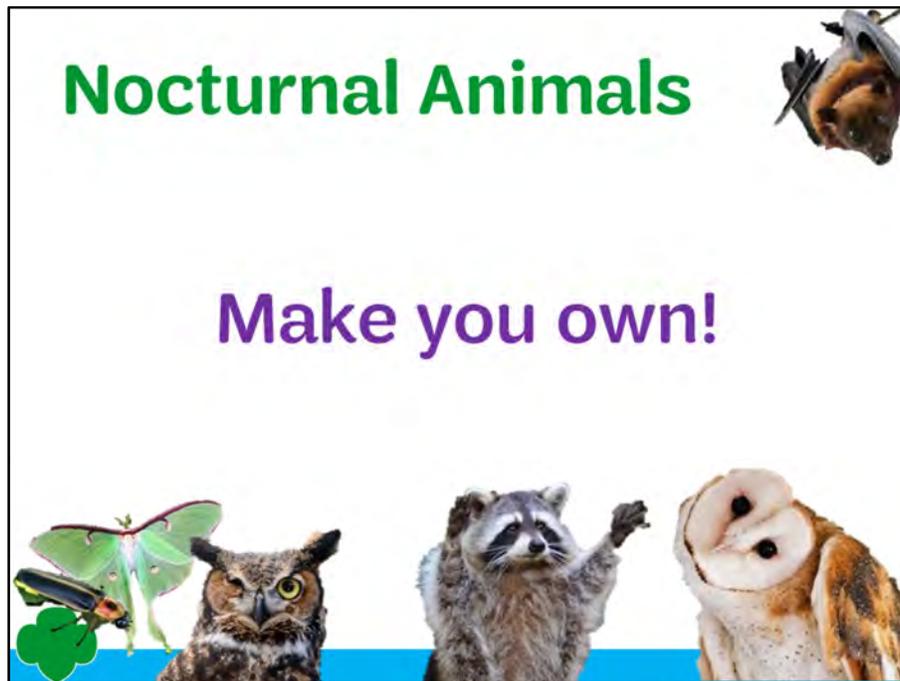
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2. Fireflies talk to each other with light.

Fireflies emit light mostly to attract mates, although they also communicate for other reasons as well, such as to defend territory and warn predators away. In some firefly species, only one sex lights up. In most, however, both sexes glow; often the male will fly, while females will wait in trees, shrubs and grasses to spot an attractive male. If she finds one, she'll signal it with a flash of her own.

3. Firefly lights are the most efficient lights in the world—100% of the energy is emitted as light. Compare that to an incandescent bulb, which emits 10% of its energy as light and the rest as heat, or a fluorescent bulb, which emits 90% of its energy as light. Because it produces no heat, scientists refer to firefly lights as “cold lights.”
4. IN late spring early summer, around the first weeks of June, you can see special fireflies put on a light show with their **Synchronous** lights. You can see this in special locations in both Mexico and Tennessee

I'll end today with a video of this amazong phenomenon. (**Play Video**)



A super fun way to explore more about nocturnal animals is to design your own animal! You can pick if it has eyes the size of grapefruits or uses echolocation to get around. How about it's colors? Does it have camp? Can it hid in the trees like a bard owl. Or is it brightly colors like a luna moth?

You get to choose! I hope you share your creature creation on the Facebook pages! I'd love to see all of your creativity!



Okay, we know the clouds are ruining our night hike fun for tonight, but let's take a minutes to learn what to look for when we do make it outside for our hike next week. To start, I want to share with you my FAVORITE constellations, the big and little bears!



You can see Ursa Major all year round in the Northern Hemisphere (where we are), but it does move around in the sky during each season, summer, fall, winter and spring. It's kind of rotates like a big wheel.

The best part about Ursa Major (the big dipper) is that no matter where it is in the sky, it always points to Polaris, the North star. **(Click for slide transition)** and Polaris is the end tip of the little dipper too!

Polaris currently sits just about on top of the north pole. This is really handy if you ever get lost, and you know you want to head north or south. You can find the big or little dipper, find Polaris and walk toward it to head north or away from it to head south! and marks the north in the sky.

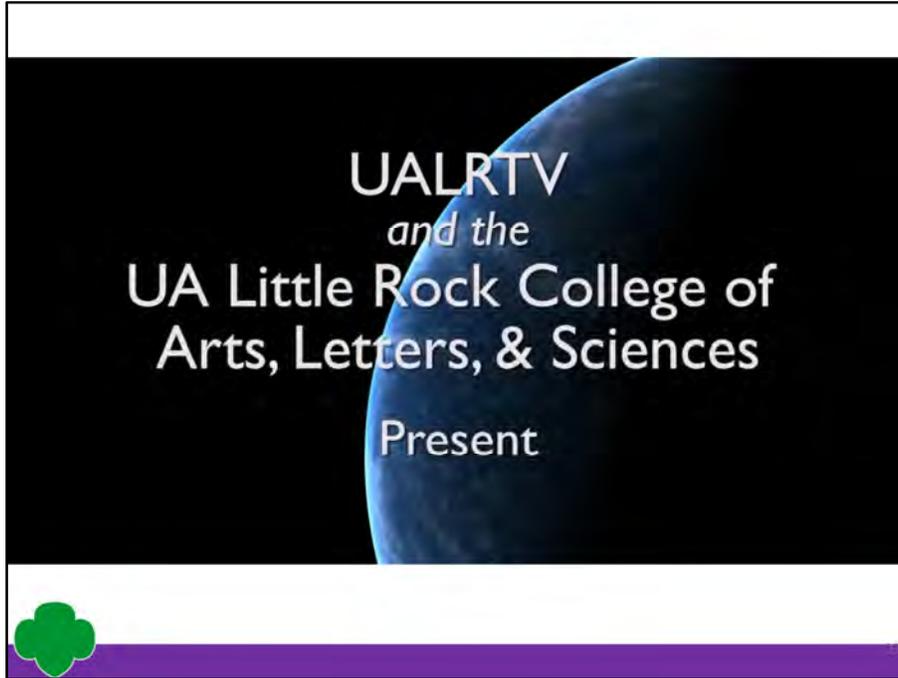
I am sure some of you have heard the song or read the book, "Follow the Drinking Gourd" in school. The Song and the constellation play a large role in American History and folklore. The *Drinking Gourd* song was supposedly used by an Underground Railroad operative to encode escape instructions and a map. These directions helped fleeing slaves to make their way north from southern plantations to the safety of the northern states. If you look closely at the big dipper it is easy to see how it resembles a "drinking gourd" (a hollowed-out gourd used to drink water).

Ursa Major – The Great Bear



It is not as easy to see or imagine the WHOLE Ursa Major constellation, known as the Great Bear. Even less people are familiar with the legend or story of how Ursa Major and Ursa Minor came to be.

Let's watch a video about how these great bears landed in the sky.



Darrell Heath from the US Little Orck College of Arts, letters and Science is going to take us for a deeper look into the Tales of the Dippers.

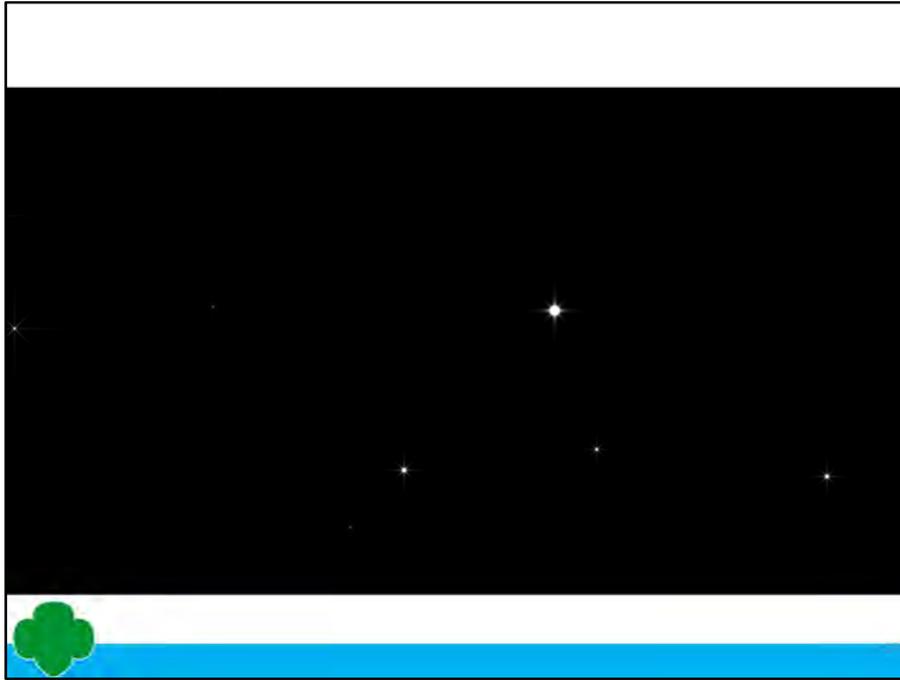


Wow. Ursa Major and Minor are pretty. Cool! I love that Mr. Heath explained what and asterium is too! We can easily see the asterium (small pstar pattern) of a lot of larger constellations, but it can sometime be hard for us to see the whole constellation. Like the Big Dipper inside the great bear.

I think sometimes maybe asteriums are cooler then the constellions. Its like a ptern inside a pattern!

Okay, so I have one more video for you tonight. If we were in person, I'd try to show you all these cool things in the sky, and maybe next week we will try to search the sky together. But for now I want you to have an idea of what to look for in you rbackyard sky for th emonth of June. You can use the Plasosphere and Star chart to help you. You can find those link on the regiration page for this week's programs.

Are you ready! Let's explore June's night sky!



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