

Girl Scouts Love Virginia State Parks

Self Guided Patch Program

Sept. 9-11, 2022



Present this booklet to park staff at the entrance or leave a copy on your dashboard for free parking.

The admission fee for Natural Bridge is not included but parking at the Children's Discovery Area and Track Trail on Golf Course Road is.

Know before you go!

When visiting the park, come prepared for the weather and for exploring by wearing appropriate clothes and shoes.

To be safe, and to complete the activities bring:

- water and snacks
- something to write with
- crayons or colored pencils
- a notebook or scrap paper
- sunscreen and bug repellant
- Visit virginiastateparks.gov to learn about your park before your visit. Discover the park's history, print a trail guide or access the map through the Avenza app, and review any important announcements.



Welcome, Girl Scouts and Scout Families to Virginia State Parks!

Art and nature go together like Girl Scouts and Virginia State Parks.
Let our nature be your inspiration as you explore and let it inspire you
to make the world a better place.



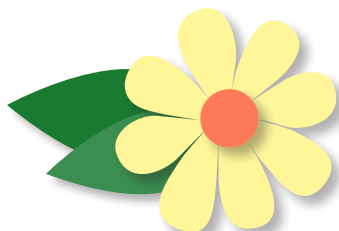
As part of this year's national Girl Scouts Love State Parks weekend, we invite you to use these activity pages to explore a park near you, find your nature connection, and earn a Girl Scouts Love Virginia State Parks patch** while also meeting the requirements to earn the Daisy Outdoor Art Maker, Brownie Outdoor Art Creator, or Junior Outdoor Art Explorer badge. (Please note—VSP will only provide the VSP specific patch, not the GS badges—you'll need to purchase badges from your council shop.)

How it works:

- Print or download this booklet.
- Show the cover page for free parking in any Virginia State Park from Friday, Sept. 9 through Sunday, Sept. 11, 2022. If no one is available to show, please put the cover page in your vehicle window. The free parking is for a Virginia State Park only.
- Complete all the activities in your age category, choose and complete a "Take Action" option, and discuss the Leave No Trace principles with your adult.
- In order to receive the VSP patch, you **MUST** complete the Google form located **HERE** by September 30, 2022. Trouble with the link? Send an email to this address: vspgirlscouts2022@gmail.com
- While you are at it, register for our Trail Quest program. For more information visit: <https://www.dcr.virginia.gov/state-parks/trail-quest>.
- Patches will be ordered and mailed after all entries are in.

** You can also earn a patch by participating in any ranger led or volunteer program or stewardship opportunity offered during the GS Love State Parks weekend. Just log your visit in the same way.

Daisy Outdoor Art Maker



Virginia State Parks are filled with amazing ways to connect you to your inner artist.

These activities will help you take time to see and hear nature in a whole new way, discover where you fit in, and share what you create.



Make a Park Color Collage

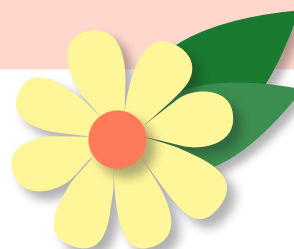
You will need some crayons or colored pencils. Find a comfortable space to sit, and fill in the squares with the colors you see around you.

Make a "Leave No Trace" Picture

Leave No Trace means that you are helping to protect nature. On the last page of this booklet are the LNT principles. Draw a picture of yourself helping the environment by doing one of these things. Share your picture with your family and tell them why you think it's important.

Search for Sounds in Nature

Sit quietly with your eyes closed and listen. How many different sounds do you hear? Which are from nature and which are from humans? Can you find a rhythm in the sounds?



Brownie Outdoor Art Creator



As an artist, you can walk through any Virginia State Park and discover colors, shapes, and ideas for things you want to create.

Find out how you can make your own art outdoors and have fun doing it!

Find Art Ideas Outdoors

Use your senses in nature. Find a place to sit and write down words or draw pictures of what you see, feel, hear and smell. Using five of your observations make a story, poem, or picture book.

Dance or Make Music Outdoors

Play a nature dance game. First, write names or draw pictures of animals or insects that have fun movements— like how a snake slithers, a deer leaps and a grasshopper hops. Then create a dance using the movements of the different animals. Can your friend or family guess what animal you are?

Make an Impression

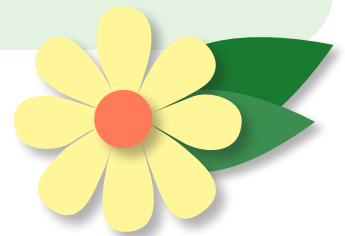
Let the textures of nature be your guide and create a leaf rubbing. Find a fallen leaf (don't pick any – the plants are using them!) and place it on a hard surface. Place your paper over the leaf, and lightly rub the flat edge of a crayon across the leaf. Try using different colors, or layering leaves to get even more texture.

Nature Photography

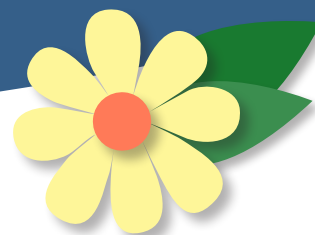
Macro means big and micro means small. Try taking macro and micro pictures of outdoor objects by zooming in and out with your camera. Take a series of photos where you get closer and closer in on an object until it's difficult to tell what it is. Share your photos with family or friends starting with the micro pictures and have them guess what's shown. No camera? No problem! Draw your nature finds instead!

Design a House for Birds, Bats or Owls

Form and function can come together to be something beautiful and useful, just like the buildings here at the park. The same can be applied to houses for flying friends. Design a bird, bat or owl house that will be a welcoming shelter and add to the beauty of nature. Will it stand out or blend in to the surroundings?



Junior Outdoor Art Explorer



Let the nature you find in Virginia State Parks
inspire you to explore, create, design and
make the world a better place.

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Create Art Inspired by Wildlife

Just like humans, wildlife comes in all shapes and sizes. From big animals like deer down to the tiniest insect, everything has a place and a reason to be here. You can't take any home with you, but you can capture them on paper by drawing one that you see.

Create "Nature's Symphony"

Make music with items you find in nature. You might click rocks together, wave swishy branches, drum with sticks on a log or blow grass whistles

Make an Impression

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Take Action

Now that you've explored the park through your creativity, what are you inspired to do? There are many wonderful ways that you can bring what you discovered out into the world:

At the Park

- Volunteer! There are a lot of ways to be a part of the park:
 - Create or clean up a flower bed.
 - Pick up trash.
 - Donate bird, bat or owl houses.
- Help talk to other visitors about how they can "Leave No Trace" when they visit.
- Choose a project for your Bronze, Silver or Gold Award.

At Home

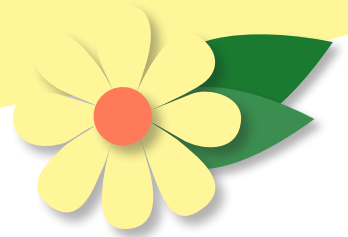
- Make an outdoor themed gift for a loved one who needs cheering up.
- Make and share a video about caring for nature.

In Your Community

- Create a collage of nature photos or your original artwork for your local library, school or senior center.
- Teach younger scouts what you learned.
- Work with your troop to create mini gardens using native plants.

Always Remember – Leave No Trace

Discuss with an adult why these are important.



Plan ahead and prepare

Travel and camp on durable surfaces

Dispose of waste properly

Leave what you find

Minimize campfire impacts

Respect wildlife

Be considerate of other visitors

For more information visit <https://lnt.org/>

