

# Explore Camp Patch Program

Camp Coles Trip  
Patch Activities



## About the Explore Camp Patch Program

The Nation's Capital "Explore Camp" Patch Program encourages Girl Scouts to get outdoors and take part in Girl Scout traditions while discovering the unique features of each of the eight camp properties. Girl Scouts who complete this patch program will hone their eight basic outdoor skills which helps improve their nature connectedness, outdoor literacy and support positive and environmentally conscientious experiences. The eight outdoor skills that each Girl Scout will learn are as follows:

1. **Outdoor Manners**
2. **Be Prepared**
3. **Know Your Knots**
4. **Outdoor Tools**
5. **Fire Building**
6. **Outdoor Cooking**
7. **Stay Safe**
8. **Find Your Way**



A ninth skill, Girl Scouts Traditions, accompanies the eight basic skills so youth can also experience the outdoor and camping traditions in Girl Scouting.

This program is appropriate for Girl Scouts of all levels. Girl Scout Cadettes, Seniors, and Ambassadors with more camping experience are encouraged to not only complete the activities but also test their skills by completing the "Challenge Mode" variations available with the activities.

Youth members will complete all eighteen activities listed in the program to earn the Explore Camp Main Patch. The activities can be completed in any order but we recommend completing the first activity in "Know Your Knots" to help track your progress. After earning the main patch, Girl Scouts may earn the other eight patches in the program which focuses on one of the eight Nation's capital camp properties.

## Table of Contents

About Camp Crowell.....	4
<b>Outdoor Skill Activities: Outdoor Manners</b>	
• Activity #1: What Motivates You.....	5
• Activity #2: Camp Oh-No!.....	6
• Challenge Mode: Leave no Trace Board Game.....	8
<b>Nature/Stem Activity: Water Quality and Watersheds</b>	
• Background Information.....	12
• Activity #1: What is a Watershed.....	14
• Activity #2: Buffer Zones.....	15
<b>Hike: Slow Changes to the Earth's Surface .....</b>	<b>16</b>
<b>Special Activity: Wander the Wetland</b>	
• Activity #1: Storybook Walk.....	18
• Activity #2: Silent Sit .....	18
• Activity #3: Wetland Explorer.....	18
<b>Commemorate and Reflect.....</b>	<b>19</b>
<b>Outdoor Badges by Girl Scout Level.....</b>	<b>21</b>
<b>Resources for Girl Scout Volunteers.....</b>	<b>22</b>
<b>Crowell Patch Activity Checklist.....</b>	<b>23</b>

## About Camp Coles Trip

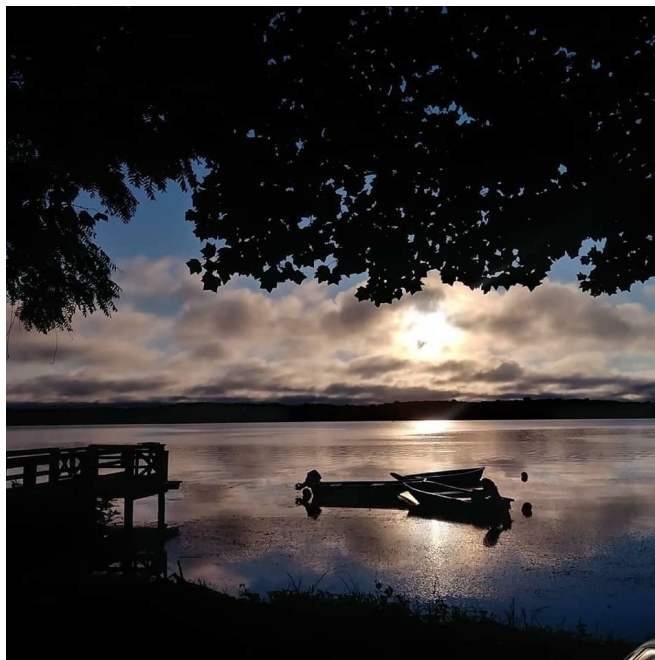
Camp Coles Trip opened as a resident camp for the Northern Virginia Girl Scout Council in 1956. It is one of two Girl Scouts Nation's Capital camps that is actually located outside of the Girl Scouts Nation's Capital Council's borders.



Camp Coles Trip has two separate sides: Arrowhead and Aquia. The Arrowhead side of camp hosts a covered wagon unit, seven glen shelter units, a lodge, and a primitive camping site. You can also find a slingshot range and tomahawk range newly installed in 2018 or hike on one of the three trails – Chameleon's Loop, Spring Beauty Trail, or Eagle View Trail. The Aquia side of camp hosts three glen shelter units, a platform tent unit, and three lodges. On the Aquia side, you can find a target sports/game field with an archery range, tomahawk range, and slingshot range. If you take the

Riverlook Trail down to Shark Tooth Beach, you'll find the waterfront and the tidal marsh with a boardwalk.

Fun fact: the stone used for the Capitol Building's old pillars (now at the National Arboretum) was taken from the area where Camp Coles Trip is located.





## Outdoor Manners

### Activity #1: What Motivates You?

This activity helps participants compare what motivates them to participate in their favorite outdoor activity and find similarities in other recreational activities that they might not agree with or participate in themselves.

#### Supplies:

- Post-it notes
- Writing/Coloring Materials

#### Directions:

1. Give each participant three sticky notes and writing/coloring materials.
2. On each of the three sticky notes on the side with the sticky part, have the participants write or draw their favorite thing to do outside on the sticky note. Tell the children that they should not share what their favorite thing is. It should be the same thing on all three sticky notes.
3. Once everyone has finished putting writing down their favorite activity have them flip over their sticky notes and write three different reasons why they like to do their activity.
4. After everyone has finished writing their reason hang up all the post-it notes so that everyone can see them.
5. Once all the post-it notes are up, without talking, have the group organize/sort the common values. For example, all the post-it notes with the word fun written on it get put in the same pile.
6. Go pile by pile and flip the post-it notes over and see which activities are within each group and see what activities are in each value group.

#### Discussion Questions:

- Are there any common values among the different types of activities?
- Was anyone surprised about a type of activity that fell within a value group?
- What can we do with these common values to address conflict between people using outdoor spaces?

## Outdoor Manners

### Activity #2: Camp Oh-No!

This activity will teach participants Leave No Trace principles by showing them a first-hand example of a high-impact campsite that doesn't follow the LNT principles. Participants should be able to identify at least 4 of the 7 principles and one way to follow each of them.

#### Supply List:

- Tent
- Litter
- Fake fire
- Fake flowers
- Fake animal
- Small bin with lid
- Food scraps
- Speaker or noise maker
- Campsite Tickets (optional)
- Writing Utensils (optional)
- Clipboards

#### Directions:

Have Camp Oh-no set up prior to participants using it. It can be set up the evening before or while the group is engaged in another activity.



1. Prepare Camp Oh-No, on the following page is a list of how to use the recommended supplies as well as how to set them up, their LNT principle, the problem, as well as a possible solution.
2. For the loud music, turn that off or down as the group approaches and you introduce them to the activity.
3. Either by themselves or in small groups, have them explore around Camp Oh-no and try to identify as many LNT violations as they can. If using the campsite tickets, have them write on the ticket the ways that Camp Oh-no violates the LNT principles.
4. Once everyone has had a chance to look over Camp Oh-no and figure out what the violations are, gather the group and discuss what they found. Ask them to identify the problem as well as the LNT principle that was violated.
5. After everyone has had a chance to share, follow up with asking them how they could fix these violations. Have a brief discussion again about fixing these violations.
6. Optional: Once everyone has had a chance to share their ideas on how to fix the problems, have them work together to make a plan to fix it and then have them fix Camp Oh-no and make it camp Oh-yeah!

# Outdoor Manners

## Activity #1: Camp Oh-No!

Item	Set Up	LNT Principle	Problem	Solution
Tent	Put the tent up but do not put on the rain cover	Be Prepared	It could rain and you will get wet.	Make sure to bring the rain cover and put it on even if you don't think it's going to rain.
Fake Flowers	Set them up so the tent is crushing them	Choose the Right path	The tent was set up in an inappropriate area and is damaging nature.	Make sure to camp at established sites on hard ground.
Litter	Throw it on the ground	Trash your trash	Trash should be thrown away in the appropriate receptacle and never on the ground	Pick up litter when you see it and throw it away appropriately.
Random Rocks	Pile them up on the ground in the tent	Take only pictures, leave only footprints	Natural things should be left where they are found and not taken.	Return the rocks to where they came from and don't take any in
Fake Fire	Place the fake fire somewhere outside a fire circle.	Be Careful with Fire.	Fire is not in a fire circle and no fire bucket around	Only build fires in an established fire circle and follow fire safety rules.
Fake animal in bin	Place the fake animal in a plastic bin with the lid on and place it near the	Respect Wildlife	The animal was not only approached but also captured.	Only observe wildlife at a distance and do not follow or approach
Speaker with music	As the group is approaching play loud music	Be Kind to Others	The music is loud and is disturbing other visitors	Either keep the volume low, put headphones in or leave the music at

## Outdoor Manners

### Challenge Mode: Leave No Trace Board Game

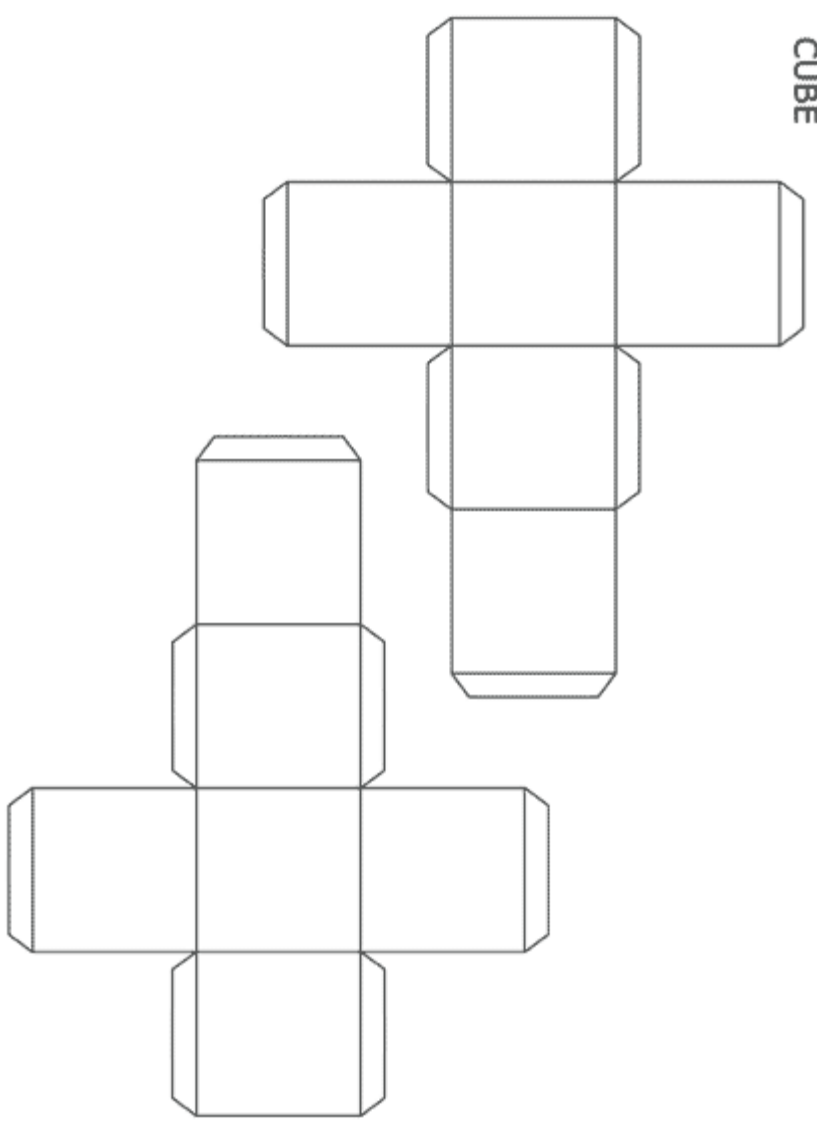
As a Girl Scout, it is your duty to practice and teach about Leave No Trace. Test your Leave No Trace knowledge as you race towards the finish line. Follow the instruction on the card and move forward or back that many spaces.





<p>What should you do prior to going on any trip?</p> <p><b>Answer:</b> Plan and Prepare</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Be Prepared"?</p> <p><b>Answer:</b> Write on one hand with your finger.</p> <p><b>Move forward 2 space.</b></p>	<p>What should you do before you start packing?</p> <p><b>Answer:</b> Check the weather</p> <p><b>Move forward 3 space.</b></p>
<p>Your hiking. Should you walk in the woods or on the path?</p> <p><b>Answer:</b> On the path</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Stay on the path"?</p> <p><b>Answer:</b> Use two fingers to walk down the arm.</p> <p><b>Move forward 2 space.</b></p>	<p>What is an example of a hard surface for camping?</p> <p><b>Answer:</b> an established camping site</p> <p><b>Move forward 3 space.</b></p>
<p>You find trash at your camp. What do you do?</p> <p><b>Answer:</b> Pick it up and throw it away</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Trash you trash"?</p> <p><b>Answer:</b> Three fingers like a broom or grabber</p> <p><b>Move forward 2 space.</b></p>	<p>You finish your banana on your hike and there is no trash can, what do you do?</p> <p><b>Answer:</b> Take it with you.</p> <p><b>Move forward 3 space.</b></p>
<p>You find a leaf on the ground that you really like. Do you take it?</p> <p><b>Answer:</b> No</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Take only pictures, leave only footprints?"</p> <p><b>Answer:</b> Four fingers make a camera.</p> <p><b>Move forward 2 space.</b></p>	<p>A friend is trying to take home rocks from camp. What do you do?</p> <p><b>Answer:</b> Stop them and teach them about LNT</p> <p><b>Move forward 3 space.</b></p>
<p>Can you build a fire in a fire ring?</p> <p><b>Answer:</b> Yes</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Be Careful with fire"?</p> <p><b>Answer:</b> Use five fingers to make a flame on other arm.</p> <p><b>Move forward 2 space.</b></p>	<p>Before starting a fire what must you have near the fire circle?</p> <p><b>Answer:</b> A bucket of water</p> <p><b>Move forward 3 space.</b></p>
<p>You spot a deer eating in the woods. What should you do?</p> <p><b>Answer:</b> Remain quiet &amp; leave it alone</p> <p><b>Move forward 1 space.</b></p>	<p>What is the hand motion for "Respect Wildlife"?</p> <p><b>Answer:</b> Place three fingers from each hand on your head like antlers.</p> <p><b>Move forward 2 space.</b></p>	<p>A friend has picked up an ant and is holding it. What should you do?</p> <p><b>Answer:</b> Ask them to put it down.</p> <p><b>Move forward 1 space.</b></p>

<p>What should you do when you pass another hiker on the trail?</p> <p><b>Answer:</b> Wave and say hi</p> <p><b>Move forward 1 space.</b></p>	<p>On your hike, you saw a bug you weren't familiar with. You watched it walk across the path and left it alone.</p> <p><b>Move forward 1 space.</b></p>	<p>What is one thing you like to do outside? How can you do this activity while following Leave No Trace principles.</p> <p><b>Move forward 2 space.</b></p>
<p>You planned ahead and prepared for your trip by studying the map and rules.</p> <p><b>Move forward 1 space.</b></p>	<p>Your troop is playing loud music while at camp. You ask your leader to turn it down and they do.</p> <p><b>Move forward 1 space.</b></p>	<p>What is one thing that you learned about Leave No Trace?</p> <p><b>Move forward 2 space.</b></p>
<p>You hiked on the path and camped on a hard surface to prevent damage to the environment.</p> <p><b>Move forward 1 space.</b></p>	<p>What Leave No Trace principle is your favorite? Why do you like it?</p> <p><b>Move forward 2 space.</b></p>	<p>What are some ways that you have made fire while camping? Did you think that it was always safe?</p> <p><b>Move forward 2 space.</b></p>
<p>You picked up trash that you found on the trail and threw it away in a trash can.</p> <p><b>Move forward 1 space.</b></p>	<p>Why is Leave No Trace important? What are some ways that you learned about it?</p> <p><b>Move forward 2 space.</b></p>	<p>Do a Leave No Trace cheer. Make it exciting and energetic. Did the group like it? If so...</p> <p><b>Move forward 2 space.</b></p>
<p>While hiking you and your friends took a lot of pictures of your adventures.</p> <p><b>Move forward 1 space.</b></p>	<p>How would you teach another person about Leave No Trace?</p> <p><b>Move forward 2 space.</b></p>	<p>Show off your best dance moves and do a Leave No Trace dance. When done...</p> <p><b>Move forward 2 space.</b></p>
<p>You and your troop reviewed the fire safety rules and were careful with fire.</p> <p><b>Move forward 1 space.</b></p>	<p>Have you ever not followed the Leave No Trace principles? How would you do things differently this time?</p> <p><b>Move forward 2 space.</b></p>	<p>In a funny accent say, "I LOVE LEAVE NO TRACE" and...</p> <p><b>Move forward 1 space.</b></p>

<p>Oh No! You didn't bring your poncho and its raining on your hike! Head back early.</p> <p><b>Move back 2 spaces.</b></p>	<p>You decide to go off trail and accidentally step on a rare plant. Go back to the path.</p> <p><b>Move back 3 spaces.</b></p>	<p>After eating a snack you leave the wrapper on the ground and walk away. Walk back and pick it up.</p> <p><b>Move back 2 spaces.</b></p>
<p>While walking the beach you take a shell which an animal could live in. Return the shell to the beach.</p> <p><b>Move back 3 spaces.</b></p>	<p>You build a campfire outside of a fire ring. A caretaker tells you to move your fire.</p> <p><b>Move back 2 spaces.</b></p>	<p>There is a turtle on you hike. You pick it up and bring it back to camp. Your leader makes you return the turtle to where you found it.</p> <p><b>Move back 3 spaces.</b></p>
<p>Your running on the trail and knock down another hiker. Help them up and get back to camp.</p> <p><b>Move back 2 spaces.</b></p>		

## What's a Watershed?

A watershed is an area of land that channels the water such as rainfall, snow, and runoff all collect into one location. Watersheds come in many different sizes. A watershed can be as small as a backyard that drains into a small creek or as big as multiple countries draining into an ocean. Regardless of where you are, everyone is sitting in multiple watersheds at all times.

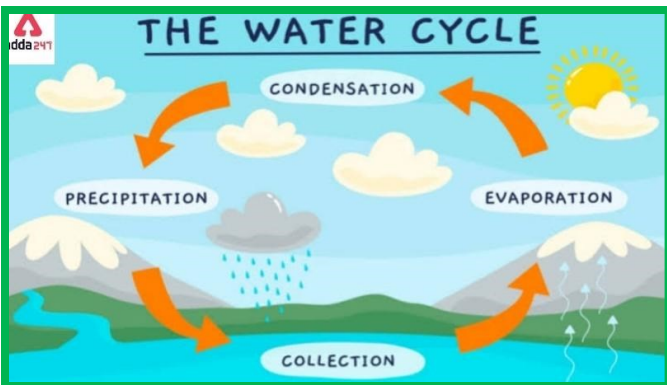
### What powers a watershed?

A watershed is powered by the water cycle. The water cycle is the path that water follows as it moves around the Earth in its various forms. The sun causes liquid water to evaporate (turn to vapor) which forms back into a liquid in the atmosphere as clouds. The water then returns to the ground as precipitation (rain or snow). When it hits the ground, the water is officially apart of the watershed again.



### Why are watersheds important?

While it may seem like there is an endless supply of water on Earth, it is actually a limited resource.



Over 97% of the water on earth is saltwater and the vast majority of the fresh water is inaccessible. That means of all the water on Earth only 0.5% is available to use at any time.

The health of the watershed directly affects not only the quality of the water but also has an impact on the people and wildlife that live in the watershed. A healthy watershed provides things such as clean drinking water, food, and outdoor recreation.

### What affects the health of a watershed?

Pollution is the major contributing factor that affects the health of watershed. Pollution is anything that enters the environment that shouldn't be there and causes a negative impact. There are two types of pollution that scientist talk about: point source and nonpoint source pollution. Point source pollution is a pollution source that can be identified directly like a factory dumping industrial waster into a river. Nonpoint source pollution are sources of pollution that come from many sources and can not be linked to one specific person or entity as the source like motor oil leaked on a parking lot, plastic grocery bags, fertilizers.



## What is a Wetland?

One of the coolest parts of the Camp Coles Trip is the tidal wetland that runs along the edge of the camp. It is part of the approximately 1,337 acres of tidal wetlands that are located in Stafford County. This tidal wetland just **like** all other wetlands play an incredibly important part in the health of our environment. While once thought of as useless, scientist now know that wetlands are some of the most productive, diverse and important ecosystems in a watershed. A wetland can provide 5 major benefits to protect a wetland:

**1. Water Quality:** Wetlands are nature's filters. Much like a Britta water filter removes impurities from tap water, wetlands remove pollutants such as dirt and fertilizer from the water that is coming off the land. When water enters a wetland the water undergoes a complex physical, chemical and biological process that cleanses the water before it enters Aquia Creek and eventually Chesapeake Bay.

**2. Reduces Flooding:** Wetlands are very good at absorbing water. When it storms there is often a large increase in the amount of water that has to go somewhere. Wetlands are uniquely capable of absorbing that water and storing it within the system, releasing it slowly over time. This prevents the land behind the wetland from flooding, erosion and general storm surge damage.

**3. Erosion Control:** Erosion is the process where soil and dirt is lost or washed away. This happens typically when the soil is left exposed with no plants or trees. The wide variety of plants that can be found in wetland such as grasses, bushes and trees hold the soil together with their roots like a net, preventing it from washing away. The grasses of a wetland are especially helpful in slowing down water which helps stop dirt and makes it settle.

**4. Wildlife Habitat:** Wetlands are incredible habitat for a variety of animals. The variety of vegetation provides both food and shelter for many different animals especially fish, shellfish, waterfowl, as well as some species of amphibian, reptile and mammal. It is estimated that 90% of the fish and shellfish we eat spend some part of their life in the wetland. In Stafford, VA where Camp Coles Trip is 30% of rare and endangered species spend some part of their life in the wetland.

**5. Climate Change:** When people talk about climate change they often use the words "carbon dioxide". Carbon dioxide is a green house gas that gets trapped in the atmosphere and can lead to climate change. Plants however are unique in that they "breathe" carbon dioxide the same way that people breathe oxygen. When a plant breathes in carbon dioxide, they store the carbon rather than releasing it back into the air. The wide variety of plants in wetlands help store large amounts of carbon below the water, preventing it from escaping into the atmosphere. Wetlands can actually store 50% more carbon than rainforest.

# Nature/STEAM Activity

## Activity: What's a Watershed

Camp Coles Trip is located on Aquia Creek in Stafford, VA. Aquia Creek is a 26-mile tributary that is part of the Lower Aquia Creek watershed. The larger watersheds that Coles Trip is apart of is the Potomac River Watershed and even bigger than that is the Chesapeake Bay watershed.

### Supplies:

- 2-3 Pieces of Paper
- Washable markers
- Spray bottle or eye dropper
- Waterproof tray (optional)



### Directions:

1. Loosely crumple a sheet of paper. You do not want the paper wadded tightly together.
2. Uncrumple the paper slightly so that when it is placed on the table it appears there are hills and valleys, just like the land at Camp Coles Trip!
3. Imagine the paper is a landscape with hills, mountains, valleys and plains. Taking the washable marker, color the tops of the mountains and hills. This represents where rain would hit the ground first as it was falling from the sky.
4. Once all the mountains and hills have been colored, it is time to make a prediction. How many watersheds do you think there are in your landscape? Remember, anywhere water runs off a landscape and pools in one place is a watershed.
5. Once the prediction is made, take the spray bottle and spray the top of the paper. Watch where the water runs and collects. Count the number of places that the water collects.

### Discussion Questions:

- How did your prediction compare to the actual number of watersheds? Were there more or less?
- Why do you think that scientist study watersheds? What about watersheds seems important to you?

## Nature/STEAM Activity

### Activity: Buffer Zones?

Wetlands represent a valuable resource to prevent flooding, reduce pollution, and slow erosion. This simple science experiment will allow the group to see how a wetland acts as a buffer zone.

#### Supplies: per group

- Foil pan (13x9)
- Play dough or clay
- Sponges (multiple)
- Spray bottle
- Dirt
- Decorating Sugar (optional)



#### Directions:

1. In the bottom of the pan, line 1/3 of the bottom of the pan with the playdough. Pressing it firmly to the side so water won't get behind it. Feel free to use the playdough to simulate a landscape with hills and ditches.
2. Place the sponges in front of the playdough to represent a marsh acting as a buffer zone.
3. Sprinkle on the playdough some dirt and decorating sugar (optional). The dirt represents exposed soil prone to erosion and the decorating sugar represents pollution such as fertilizer.
4. Gently raise the side of the pan with the playdough about an inch. Spray the top of the playdough with water representing a rain storm.
5. Observe what occurs to the dirt and pollutants as the rain occurs. What happens to the water, the dirt, the pollutants?
6. After making your observations, empty the water out of the pan and remove the sponges. Repeat the experiment without the sponges.

#### Discussion Questions:

- What happened to the water, dirt and pollution when the sponges were there? Did you notice anything different when the sponges were taken away?
- How is the marsh at Coles Trip similar to the sponges? What purpose does it serve in the camp's ecosystem?
- What do you think would happen to the ecosystem at Coles Trip if the marsh wasn't there?

# Hiking

## Activity: Habitat Assessment Hike

The Girl Scout Nation's Capital is located in a wonderfully unique location in that most of the council falls within the Chesapeake Bay watershed. The Chesapeake watershed is one of the largest watershed on the east coast and serves more than 18 million people. Camp Coles Trip is located on Aquia Creek which is a large tributary that flows into the Potomac River. The health of Camp Coles Trip is influenced by the health of its watershed. Take a walk around camp and check on the health of the habitats around Camp Coles Trip.

### Supplies:

- Habitat Assessment Sheet
- Writing Utensil
- Clipboards



### Directions:

1. Give each participant a habitat assessment sheet, writing utensil and clipboard. Explain that today they are going to be checking out the habitat of Coles Trip to see if it is helping protect the Aquia Creek Watershed.
2. Take a hike through Coles Trip, we recommend taking the Riverview Trail and continuing on towards Sharks Tooth Beach.
3. While hiking have the children mark off the things that they see while they walk that are on the habitat assessment sheet.
4. After completing the walk gather the group together and have them share their habitat assessment results. As a group have a discussion about how the group thinks the health of the Coles Trip habitat is.























### Discussion Questions:

- What are some good things that you noticed about the habitat at Camp Coles Trip? What were some things that were not as good?
- How do you think that these things are affecting the health of both the Camp Coles Trip and the Aquia Creek watershed?
- Was there anything that you saw on your hike that you thought invoked a feeling in you? Was that feeling good, bad or something else?
- In what ways could the Girl Scouts improve Camp Coles Trip to improve the health of the Aquia watershed.



## Camp Coles Trip Habitat Assessment Hike

Make a tally mark when you find these things on your hike

<p><b><u>Food:</u></b></p> <p>To have many different types of animals there needs to be many different food options.</p>	<p>Plant beds or flowers </p> <p>Tall grass, wild flowers </p> <p>Trees taller than a person </p> <p>Trees shorter than a person </p> <p>Nuts or seeds on the ground </p> <p>Bushes and shrubs </p>
<p><b><u>Shelter:</u></b></p> <p>All wildlife needs shelter to protect themselves from the elements and to raise their young. Look for a variety of shelter types that might be home to different animals.</p>	<p>Bird Boxes </p> <p>Bee Hives </p> <p>Piles of dry leaves and sticks </p> <p>Logs on the ground </p> <p>Holes in the ground </p> <p>Holes in trees </p> <p>Visible nests </p>
<p><b><u>Water:</u></b></p> <p>Every living thing on earth needs water to survive. A clean water source is essential.</p>	<p>A permanent water source </p> <p>A man-made water source </p> <p>Water source appears clean and free from debris</p> <p>No foamy bubbles or oily sheen in the water</p>
<p><b><u>Other:</u></b></p> <p>There are many other things that can be found in the environment, some good and some bad.</p>	<p>Storm drains or rain gutters </p> <p>Short grass/mowed </p> <p>Bare walls and fences </p> <p>Concrete or gravel roads </p> <p>Bare ground/dirt </p> <p>Trash/Litter on the ground </p> <p>Loud noises or vehicles </p>

## Special Activity

### Activity: Wander the Wetland

The wetland at Coles Trip while small, represents a valuable habitat. Take a walk on the wetland pier and discover complete two of the activities to learn more about the wetland.

#### Storybook Walk:

Follow the marsh boardwalk and read the story to learn about the ecology of a marsh and wetlands like it. After reading the story, take a chance to look around the marsh as a group. What can you find?

#### Silent Sit:

Marshes are busy places full of life. Often times however it is hidden from view and hard to see if you aren't looking closely enough. As a group take a few minutes and sit quietly to find the life in the marsh.

#### Instructions:

1. Explain to the group they are going to be taking a chance to discover some of the hidden life which calls the marsh home.
2. Spread everyone out along the marsh boardwalk far enough apart they cannot touch one another.
3. In a quiet voice, tell everyone its time to be silent and observe the marsh. Set a timer for 5-10 minutes depending on the group.
4. At the end of the timer, have everyone gather back together and share what observations were made.

#### Wetland Explorer:

Wetlands are full of many different type of life. In small groups or individually see who can find as many different plants and animals as possible.

#### Materials:

- Paper/nature journal (optional)
- Writing utensil (optional)

#### Instructions:

1. Tell everyone they will be counting the number of different living things they can find in the marsh.
2. Give everyone 5-10 minutes to explore the marsh and count. Remind them to look up close and far away.
3. After have everyone share the number of different things they found. Have a brief discussion about what they found.

## Commemorate and Reflect

One of the most important things to do at the end of any badge, journey, or project is to reflect on what occurred during that activity and remember some of the things that you did. **Take a chance and complete two reflection activities.** Ideas can be found here or come up with your own.

### Activity #1: More of, Less of

This activity is a great way to review with your group what are some things that they like and some things that they didn't like during their camping trip.

**Supply List:** None

**Directions:**

1. This activity can either be done in small groups or as a large group.
2. Ask the participants to take a few minutes to brainstorm about something they would like to do more of the next time they go camping and what is something they would like to do less of.
3. One at a time, have the students share their more of, less of with the group.
4. As a group, discuss some of the ways that you can incorporate people's more of, less of ideas.

### Activity #2: Jolly Rancher Reflections

This activity uses candy as a way to guide youth discussion about their time camping. Switch to alternative candy if dietary restrictions don't allow the use of jolly ranchers.

**Supply List:** Jolly ranchers

**Directions:**

1. Give each camper two jolly ranchers. The colors don't matter.
2. Let the camper choose one jolly rancher to eat right away (It's candy we don't want to make them wait!)
3. Then one at a time, have the campers choose answer a reflection question depending on the color of the jolly rancher that they have left.

**Red:** A moment they learned

**Pink:** A happy moment

**Green:** An angry or scary time

**Blue:** Favorite memory

4. Once they have shared their moment that correlates with their left over candy they can eat the remaining jolly rancher.

## Commemorate and Reflect

### Activity #3: Write a Letter to Yourself

This activity is a great way to create a record of the youth's thoughts and feelings they had during their camping trip. Letter can be written for each camp and reviewed at the end of the year.

#### Supply List:

- Writing/Drawing Materials
- Paper

#### Directions:

1. Give each participant a piece of paper and something to write/draw with.
2. Have them either write a letter or draw a picture to their future self about their time at camp.
3. Once they are done, have them fold the letter and put it somewhere safe. Take out and look at the letters/drawings at a later date as a troop to remember your time at camp!

### Activity #4: Camping Picture Book

Let your groups inner artist and author come out as they work together to create a brief picture book inspired from their camping trip. Once done take a chance to share them with each other.

#### Supply List:

- Paper (printer) or [print outs](#)
- Coloring Materials
- Stapler or ribbon (for binding)
- Writing Materials
- Other craft supplies as wanted



#### Directions:

1. This activity can either be done individually or as a group. Give the participants a few sheets of paper and coloring and writing materials.
2. Before the kids start, give them a piece of paper and have them come up with a story first. Even if its just a rough idea this will help them figure out what their story is.
3. Once they have come up with their idea, give them the paper they will use to make their book. If using the printouts, give them the printouts.
4. Let them make their book. This is their book! Let them go wild and have some fun. For youth who cannot write, an adult can write for them while the child dictates the story.



## Outdoor Badges by Girl Scout Level

Outdoor Badge Theme	Daisy	Brownie	Junior
Art in the Outdoors	Outdoor Art Maker	Outdoor Art Creator	Outdoor Art Explorer
Outdoor Explorer		Outdoor Adventurer	Horseback Riding
Adventure		Letterboxer	Geocacher
Outdoors		Hiker	Camper
Naturalist		Bugs	Flowers
Troop Camping	Buddy Camper	Cabin Camper	Eco Camper
Environmental Stewardship	Eco Learner	Eco Friend	
Snow or Climbing Adventure	Snow Play or Bouldering	Cross-Country Skiing or Rock Climbing	Slope Sliding or Recreational Tree Climbing
Trail Adventure	Jogging or Outdoor Hiking Games	Trail Running Basics or Roamer	Trail Running or Day Hiking
Outdoor Badge Theme	Cadette	Senior	Ambassador
Art in the Outdoors	Outdoor Art Apprentice	Outdoor Art Expert	Outdoor Art Master
Outdoor Explorer	Archery	Paddling	Ultimate Outdoor Recreation Challenge
Adventure	Night Owl	Traveler	
Outdoors	Trailblazing	Adventurer	
Naturalist	Trees	Sky	Water
Troop Camping	Primitive Camper	Adventure Camper	Survival Camper
Environmental Stewardship	Eco Trekker	Eco Explorer	Eco Advocate
Snow or Climbing Adventure	Slope Sliding II or Outdoor Climbing I	Snow Camping or Outdoor Climbing II	Snow Trekking or Climbing Adventure
Trail Adventure	Long Distance Trail Running or Trail Hiking Challenge	Competitive Trail Running or Backpacking	Trail Running Coach or Trekking

## Resources for Girl Scout Volunteers

### **Information:**

- [Girl Scouts Nation's Capital Website](#)
- [Camping Resources](#)
- [Camping & Outdoor Readiness Guide](#)
- [About our Camps \(Maryland\)](#)
- [About our Camps \(West Virginia\)](#)
- [About our Camps \(Virginia\)](#)
- [High Adventure](#)
- [Upcoming Trainings](#)
- [Volunteer Toolkit](#)

### **Rentals and Reservations:**

- [Camping Equipment Rentals](#)
- [Camping Reservations](#)

### **Online Store:**

- [Girl Scouts Online Store](#)
- Explore Camp Patches: To order a patch, call 202-274-3312 or email [gsshop@gscnc.org](mailto:gsshop@gscnc.org)

### **Council Contact:**

- Girl Scouts Nation's Capital: [customercare@gscnc.org](mailto:customercare@gscnc.org)  
202-237-1670
- Camping Services Department: [camp@gscnc.org](mailto:camp@gscnc.org)

## Camp Coles Trip Patch Program Activity Guide

**Outdoor Skill Activity:** Complete both.

- Activity #1: What Motivates You** ☐ Learn what are the common motivations people have for getting outside.
- Activity #2: Camp Oh-No!** ☐ Explore a campsite to learn about the 7 leave no trace activities.
- Challenge Mode: Leave No Trace Board Game** ☐ Participants will test their leave no trace knowledge by competing to get to the end of the game.

**Nature/STEM Activity:** Complete both.

- Activity #1: What's a Watershed?** ☐ Use a piece of paper to learn about how watersheds work
- Activity #2: Buffer Zones?** ☐ Learn about the function a buffer zone serves in an environment and how the marsh at Coles Trip serves that function.

**Hike:** Complete one.

- Activity #1: Habitat Assessment Hike** ☐ Identify the key elements of a habitat at camp and areas it can be improved.

**Wander a Wetland:** Complete two.

- Activity #1: Wetland Story Walk** ☐ Follow the wetland boardwalk and read the story to learn more about wetlands.
- Activity #2: Silent Sit** ☐ Participants will use observation to discover the various living things which can be found in a marsh.
- Activity #3: Wetland Explorer** ☐ Participants will count as many different living things they can observe in the marsh and share it with the group.

**Commemorate and Reflect:** Complete two.

- Activity #1: More of, Less of** ☐ Each participant will share one More of, Less of with the group.
- Activity #2: Jolly Rancher Reflections** ☐ All youth will share one memory related to the color of their jolly rancher.
- Activity #3: Letter to Future Self** ☐ Participants will write/draw a letter to their future self to be read at a different time.
- Activity #4: Camping Picture Book** ☐ Youth will make a picture book related to their camping experience and share it with the group.