

# Explore Camp Patch Program

Camp Crowell 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.

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## About Camp Crowell

Originally acquired by the Fairfax County Girl Scout Council in 1948, Camp Crowell is located in Oakton, Virginia. The land for camp was originally donated by Mr. and Mrs. Thomas J. Crowell, hence the camp's name Camp Crowell. Mr. Crowell gifted the land to Girl Scouts in honor of his parents, Frank and Ellen Crowell who were the first owners of the property. The original Camp Crowell was 38 acres however since the 1960s the camp has almost doubled in size.

Camp Crowell is available throughout the year for troops to reserve and enjoy the space. During the summer the camp becomes home to three of the Council's day and evening camps: Ashgrove Adventure Day Camp, Camp Crossroads, and Camp Firefly. In 2018, a Rosie the Riveter memorial rose garden was established at Camp Crowell by a Gold Award Girl Scout.

# Fire Building

## Activity #1: Strike a Match

After completing the main camp patch program participants will have learned about fire safety, made an edible fire and prepared a fire starter. Now it is time to learn how to actually start a fire by learning how to use matches.

### **Supply List:**

- Boxes of matches
- One bucket of water per group of participants
- Fire safe area (ideally concrete or bare dirt)

### **Directions:**

1. Start by gathering the children in a large circle around a bucket of water. Demonstrate how to safely light a match. Describe them each step you take when lighting a match:
  - We are first going to pull a match out of the box and close the box.
  - Hold the match in your dominant hand/writing hand and the box in your other hand. The strike strip should be facing outwards.
  - Hold the end of the match stick firmly between your thumb and pointer finger with the match head near the strike strip.
  - Run the head of the match firmly along the strip. DO NOT throw the match!
  - When the match lights, you'll notice it flares first. Hold on to the match for three seconds, counting out loud. 1...2...3.
  - Drop the match into the water bucket.
2. Break the group into smaller groups of 3-4 youth. Give each group one a box of matches and a bucket of water.
3. Have one person from each group, follow the match lighting procedure that you provided above. If there are additional adults around this is a great time to ask them to help the other groups.
4. Let each youth practice lighting matches a few times until the majority of them have a general hand of it.

### **Discussion Questions:**

- When is it appropriate to use matches? What are some situations where you should not use matches?

# Fire Building

## Activity #2: Start a Fire

Now that the youth have practiced all the steps of a fire such as learning to build a fire structure, making a fire starter, and practicing with matches it is time to put it all together and build a fire!

### Supply List:

- Box of matches
- Water Bucket
- Rake and/or shovel
- Fire Starter (optional)
- Wood (all sizes)

### Preparing for a Camp Fire:

Prior to starting the fire everyone should work together to get the fire circle ready and gather wood to maintain the fire. Below are the recommended steps to prepare for to have the fire:

- Remove all sticks, leaves and debris from the fire ring and fire circle.
- If there are a lot of ashes/charcoal in your fire ring, use the shovel to clear out the fire ring.
- Fill up your water bucket with water and set it near the fire ring.
- Split the children up into three wood collecting groups. Remind them to follow the 3 "D" rule when selecting their wood (dead, dry and dinky):
  - ⇒ **Tinder Group:** should find tiny twigs no wider than their pinky finger, and put them in one pile
  - ⇒ **Kindling Group:** should find sticks the size of their pinky up to their forearm.
  - ⇒ **Fuel Group:** should gather some logs from the woodpile located at the site. Never bring outside wood to camp as it can spread invasive species.
- Once the groups have successfully collected the firewood, have the group decide on a fire building structure (log cabin, tee pee, a-frame). Select some participants to help build the fire structure and add in the appropriate fire starter, tinder and kindling.
- Discuss fire safety rules:
  - ⇒ Long hair tied back
  - ⇒ No running in the fire circle/playing near the fire
  - ⇒ Always ask to enter the fire circle
  - ⇒ Have a fire bucket ready

# Fire Building

## Activity #2: Start a Fire

### Directions:

1. After deciding which fire structure your group wants to use place your fire starter at the base and build up around it a small amount of kindle and tinder before arranging the fuel. Make sure to leave yourself some room to be able to get the match close to your fire starter.
2. Light the match and get the flame as close to the fire starter as possible.
3. Once the fire starter has caught and has spread to the tinder, keep feeding small amounts of tinder and kindling into the fire until the fuel catches. This may take some time and occasionally your fire will go out. If that happens just restart.
4. Once the fuel has begun to burn down, add additional fuel one log at a time to maintain the flame.

### Discussion Questions:

- What was the hardest part of starting a fire?
- Which fire structure did you pick and why?
- Why is it important to be careful with fire and to prepare your fire site ahead of time?





# Fire Building

## Challenge Mode: One Match Fire Challenge

The mark of a true fire building master is the ability to start a fire with one match! In small groups, take turns building mini fires to see if you are capable of building a one match fire.

### Supply List:

- Aluminum pie or cake pans
- Matches
- Tinder & Kindling
- Fire Starter
- Bucket of water

### Directions:

1. Break the participants into groups of 3-4 and give each group an aluminum pan, matches, and a fire starter.
2. Have each group work together to gather a small pile of tinder and kindling that they will use to start their fire.
3. Once everyone has their materials, tell them that they are going to be participating in the one match fire challenge.
4. As a group let them arrange their fire in their aluminum pan. It is advisable to let them do this with minimal adult input, only supervision.
5. Once they are happy with their fire structure, have one participant take a match and try to start the fire.
6. If it doesn't work, have them carefully rearrange their fire structure and have the next participant try lighting the fire with one match.
7. Have them continue this procedure until they successfully manage to light their one match fire.



### Discussion Questions:

- Was starting a fire with one match easy or difficult? Why?
- What fire structure finally worked at getting your fire started with one match?
- Why do you think that it is important for you to be able to start a fire quickly and with few materials?

# Weathering, Erosion and Acid Rain

Over time the surface of our planet has looked very different. What start out as tiny changes, can lead to major changes if given enough time. **Weathering** is when the earth's surface moves or breaks down into smaller pieces.

Weathering can be caused by different things:

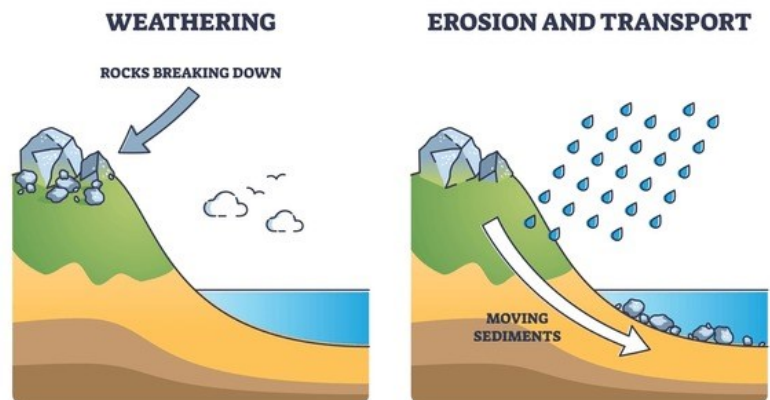
- **Physical causes:** Water, pressure, or wind
- **Chemical causes:** Changes in rock composition
- **Biological causes:** Plants and animals, such as the roots of a tree or a fox digging a tunnel



When the particles created by weathering start to move that process is known as **erosion**. Erosion occurs after weathering and depending on the forces can either be a process that takes thousands of years or occur rather quickly. Erosion can shape mountains, valleys, coastlines and canyons.

There are many different ways that nature can cause erosion:

- **Water:** this is the main cause of erosion on Earth. Water is one of the most powerful forces on the planet and it causes erosion in a number of ways such as rain, rivers, waves and floods.
- **Wind:** another major erosion force, it typically affects dryer areas more. Wind erodes by picking up and carrying loose particles away. It can also cause erosion by flying particles striking other surfaces and breaking off even more particles.
- **Ice:** glaciers are giant rivers of ice that move slowly across the landscape. As glaciers grow and shrink they scrape the ground and move earth particles around causing erosion.
- **Living Things:** small animals, insects, and worms all cause erosion by breaking up the soil and either moving it themselves or making it easier for other forces to move it themselves. Humans are a living thing that has a major impact on erosion.



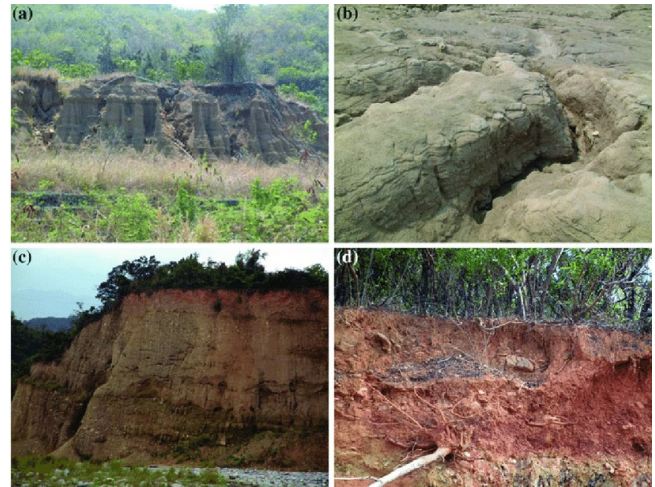


# Weathering, Erosion and Acid Rain

## Human Causes of Erosion:

Humans and our activities can increase the amount of erosion that occurs in the environment. There are generally five major human contributions to erosion:

1. Farming
2. Deforestation
3. Construction/Building
4. Ranching
5. Acid Rain



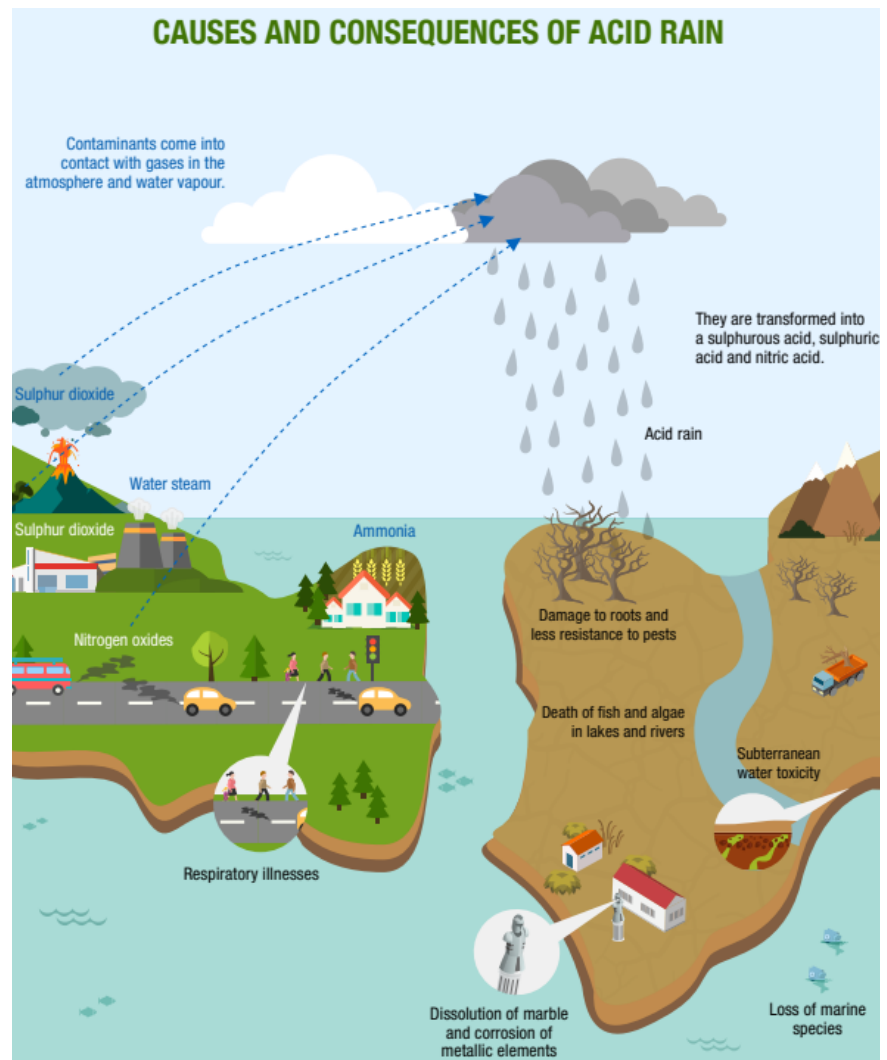
## What is Acid Rain?:

Acid rain happens when polluting chemicals mix with rainwater in the air, and fall back down to earth.

Acid rain is caused by human activity. Things such as burning gas and coal, exhaust from vehicles, vapor from factories, and gases produced by livestock all add to the acidic deposits in the air.

It's not immediately dangerous—it won't hurt your skin, but it can have long-term effects on the planet.

Acid rain can harm plants, animals, and humans, and increase erosion. Look at the picture on this page to see more harmful effects.



# Nature/STEAM Activity

## Activity: Acidic or Not?

This activity is a cheap and easy way for kids to learn about the difference between an acid or base.

### Supply List:

- Red cabbage
- Blender
- Water
- Strainer
- White Paper
- Vinegar
- Lemon Juice
- Laundry detergent
- Clear soda
- Baking Soda
- 3 plastic cups per group



### Preparing for the Activity:

- Peel off three or four of the big cabbage leaves and place them in the blender. Fill the blender to about half full and blend the mixture until you have a bright purple juice.
- Strain the liquid to remove the big chunks and save the liquid.
- Prepare ideally more solution than you think you will need. It can be stored in the refrigerator for a few days prior to the activity.
- Be careful, the cabbage juice will stain!

### Directions:

1. Break the troop into smaller groups of three and give them three cups filled about half way with cabbage juice.
2. Allow each group to select three substances they want to test the pH of, such as vinegar, baking soda and lemon juice.
3. Have the group take turns for this next part: add a few drops of one of the liquids into one of the cups of cabbage juice. If the cabbage juice turns green, the liquid was basic. If it turns pink, the liquid was acidic.
4. Have them repeat step 3 for the remaining two cups.

### Discussion Questions:

- What happened when you added your chosen liquids to the cups?
- What do you think would happen if you combined liquids from the acid and base cup together? Try it! What happened?

## Nature/STEAM Activity

### Activity: Acid Rain Effects

This activity is a great way to show participants how acid rain actually works since it is generally a slow process. This activity is great to start on a camp trip and finish at a meeting afterwards.

#### Supply List:

- Egg shells
- 2 paper clips
- 2 green leaves
- Sharpie & Tape
- Two lidded containers
- Vinegar
- Distilled water
- Observation sheet



#### Preparing for the Activity:

- It is recommended to do this activity following them learning about acid and bases.

#### Directions:

1. Break the youth into small groups of approximately 3-4 kids. Give each group the supplies above so they all have their own set for the experiment.
2. Have the groups make a prediction of what they think will happen to each of the items if they were placed in water or an acid. Discuss the fact that vinegar is acidic.
3. Have students mark the containers: one with the word “water” and one with the word “vinegar”
4. Pour vinegar into the container labeled vinegar. Pour water into the container labeled water.
5. Inside of each jar place an egg shell, paper clip, and a green leaf.
6. Seal the jars and place them in a safe area. After 24hrs, have the kids open the containers and observe the items inside each jar. Repeat it again after one week.

#### Discussion Questions:

- What changes, if any, did you notice in the jars after 24hrs? What changes did you notice after a week?
- What happened to the living items (leaf and egg shell) when placed in the vinegar?
- How do you think acid rain would effect all living things?
- What happened to the non-living item (paper clip) in the vinegar?
- How do you think acid rain effects non-living things?

# Acid Rain Effects Observation Sheet

	Distilled Water			Vinegar		
	Predictions	Observations		Predictions	Observations	
		After 24 hr.	After 1 Week		After 24 hr.	After 1 Week
Eggshells						
Green Leaf						
Paper Clip						

# Hike

## Activity: Slow Changes to the Earth's Surface

This activity is a great way to take to camp and identify changes that are happening to the camp. Many of these changes have been happening for many years and have been moving so slowly you might have never noticed them.

### Supply List:

- Scavenger Hunt Page
- Clipboard
- Writing Utensil

### Directions:

1. Break the group down into pairs and give them each a scavenger hunt page, a clipboard and writing utensil.
2. Before heading out review weathering, erosion, and acid rain.
3. Take a hike around camp. Help the children find and mark down examples of slow changes that have been happening to the Earth's surface at camp.
4. If you have access to a camera, take a photo of the changes that the groups find.
5. Once the hike is finished have everyone share a few of the changes that they have noticed during their hike.



### Discussion Questions:

- What are some of the changes that you observed on your hike? How do you think these areas might change further as more time passes?
- What are some examples of human made erosion and weathering located around camp? What things could possibly be changed to slow these causes?



## Slow Changes to Earth's Surface

### Scavenger Hunt

Work with your team to find as many examples of the Earth's change as you can on your hike. Mark them down on your list!

☐ Deposit of dirt (sediment) in a new place.

☐ Cracked rock →



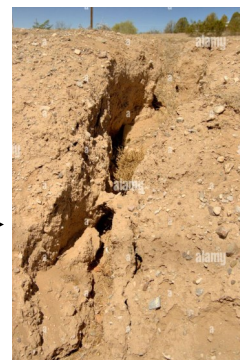
☐ A pile of dirt (sediment)

☐ A rock that you can easily break pieces off of

☐ Evidence of weathering

☐ Exposed tree roots above the ground

☐ A crack in the sidewalk →



☐ A channel caused from runoff

☐ Mud

☐ A drainage pipe →



☐ A sloped hill

☐ Evidence of where water runs when it rains.

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

## Special Activity

### Activity: “No Ropes” Team Building

One Camp Crowell's biggest attractions is it's challenge course. However you don't need a challenge course to work on teambuilding skills. There are plenty of “no rope” team building activities you can try with only a few materials. **Try at least two team building exercise. They do not have to be the ones found in this guide.**

#### Background Information:

Teambuilding activities have a purpose. In addition to having fun, the group should be developing skills such as communication, problem solving, perseverance and of course team work. When doing teambuilding completing the challenge is not the objective but what can be taken away from the activity. This means to successfully run a team building activity you need to follow the steps of running a teambuilding activity:

- 1. Know Your Goals:** Before leading team building you need to determine what it is you want your group to get out of it, what is the goal. Do you want the group to get to know one another better, build trust, solve a problem, etc. Different activities have different outcomes so not all activities will align with your goals.
- 2. Choose the Right Activity:** Once you know your goals, predetermine which activities you plan on running. This allows you to know what materials you will need as well as if there are any special things you will need to find.
- 3. Prepare in advance:** To ensure a smooth and enjoyable team building experience, you need to prepare everything before hand. Gather all you materials and make sure you understand the rules and instructions of all the activities you intend to run.
- 4. Facilitate with Enthusiasm:** As the leader it is your job during team building to create a positive and supportive atmosphere. You need to show enthusiasm as well as confidence and competence. Stay engaged in the activity and monitor the progress and performance of participants so you can intervene when necessary.
- 5. Debrief and Follow Up:** At the end of each activity it is essential to debrief with the team and follow up. This is when you review what happened, what was learned, and how it can be applied to real life situations. There are a lot of different ways to lead a debrief such as asking open-ended questions, sharing observations and giving/receiving feedback. You can also ask the group to rate the activity and share their ideas for improvements.

## Special Activity

### Activity: “No Ropes” Team Building

#### How to Lead a Debriefing:

Debriefing in teambuilding helps a group reflect on what they learned during the activity.

You can use the following techniques to help you guide your group to think deeper about the activities they completed, the idea is to ask them to reflect, interpret and think about the future:

1. **What?** (Questions about the activity and how it went) What challenges did you face? What did the team do that was successful? What helped you or stopped you from achieving the outcome? How important was planning? Did everyone have a role during the challenge?
2. **So What?** (Interpret the lessons of the activity) So what would you do differently if you did this activity again? So what changes to your communication would make What is good leadership? What is a goal? Why does this activity matter?
3. **Now What?** (Come up with ways to utilize the lessons in the future) What did you learn about problem solving during this activity? How can we use that in the future? How does this activity relate to other times in your life? What are the key qualities does a leader need? What is the purpose of a leader? What makes a good leader?

#### How to Work through a Challenge:

Not every group knows how to work well together, for some groups team building will be a challenging experience which if not handled properly can cause a lot of stress and anxiety. It is important to remember that completing the activity is never the benchmark of success during team building. To help a group work through a challenging situation do the following:

- ☐ **Ask Questions**— Ask the group questions to help them slow down and think about the challenge. What has been working, what hasn't worked? Have you tried every idea the group has come up with? If the group is really struggling, try to think of questions that provide them with hints but try not to give away the answer.
- ☐ **Start Small**— It's is always recommended to start the group off with a simpler challenge and move onto more difficult ones after they have had success. Starting out too difficult can lead to frustration, arguments and generally low moral in the group. If an activity is too easy, consider adding challenges such as time limits, have someone get bit by the “mute” bug, blindfold certain group members, etc.
- ☐ **Give them time to plan**— Try to always give the youth time to come up with a plan before starting the activity or encourage them to take time to plan between tries. Some groups need help with understanding how to plan.

## Special Activity

### Activity: “No Ropes” Team Building

#### Resolving Conflict During Teambuilding:

Sometimes things don't go to plan when leading a team building activity and there can be conflict. If the group is starting to experience troubles try some of the following:

- Stop the group and have everyone take a moment to calm down. Sometimes it is nice to lead them through a short breathing exercise to help settle.
- Implement a rule where only one person can talk. Sometimes this can be done by giving them an item and making it so only the person with the item can speak.
- Ask people questions to help them understand the what is happening with their group during the activity: What has been working? Where are they struggling? How do they think that they can solve this problem?
- DO NOT allow anyone to speak negatively of another person or blame them. Negativity only leads to more negativity and will make completing the challenge even more difficult. If your group is having trouble not playing the blame game, you might want to show them how to do “I” statements.
- Ask each person to describe how they are feeling about the activity. Often times, when things are going wrong one or more people feel excluded, not heard or offended. Letting others hear how each person feels lets them recognize their actions and their effect on others.
- Give them time to make a new plan. As the facilitator stay engaged during this time. Make sure that everyone is listening to one another and that conversations are productive and positive. If the group continues to struggle with the activity sometimes it is best to stop the activity all together and try something else.

## **“No Ropes” Team Building Activity List**

### **Hula Hoop Lower**

#### **Supply List:**

- Unweighted hula hoop (no water or sand inside)

#### **Direction:**

1. Have the group stand close together in a circle and stick their index finger with their palm facing the ground at about eye level.
2. Place the hula hoop on the tips of their fingers. Tell them their goal as a group is to lower the hula hoop to the ground without a single person removing their finger from the hula hoop. *If you have their hand palm up, remind them not to wrap their finger around the hula hoop or it won't work.*
3. The group will most likely notice that immediately that the hula hoop tends to levitate. Follow the facilitator instructions if you need assistance .



#### **Discussion Questions:**

- What was the most important thing you did as a group that helped you complete this challenge?
- Why do you think no one was allowed to take their fingers off the hula hoop? Can you relate this to a situation you might see in your every day life?

### **Under Leg Pass Race**

#### **Supply List:**

- Small object to pass
- Timer

#### **Direction:**

1. Hand the small object to the group and tell them their objective is to get the object through everyone's legs and back to the facilitator as fast as possible.
2. After the first time, challenge the group to come up with a new plan. Repeat the activity to see if the group can complete it faster.

#### **Discussion Questions:**

- Were you able to complete the challenge faster the second time as compare to the first?
- Did you use the same method to complete the challenge each time, or did you change it? How can you relate this to a situation in the real world?



## **"No Ropes" Team Building Activity List**

### **One Fish, Two Fish**

#### **Supply List:**

- Ball or medium size object

#### **Direction:**

1. Have the group stand shoulder to shoulder in a straight line in a large open space.
2. Show the group the ball or chosen object and explain to them their objective. They need to get the ball from the facilitator and back across the line without getting caught.
3. The facilitator closes their eyes and says loudly, "One fish, two fish, red fish, blue fish."
4. When the leader finishes, "blue fish" they open their eyes and all the players must freeze. If a player gets caught moving after "blue fish" they must go back to the starting line.
5. If no one gets caught moving, the facilitator closes their eyes and repeats steps 3-4.
6. Once players get close enough to grab the object, the players take the object and hide it so the leader cannot see which player has the object.
7. Players still move during the phrase, but once the object is taken, the facilitator gets to guess who has the object.
8. If the leader guesses correctly, the object is returned and the players start again. After incorrect guesses, the facilitator repeats the phrase and the players keep moving.
9. The players win if they can get the object back over the starting line without the facilitator guessing who has it.

#### **Adaptations:**

- Everyone must touch the item before it goes over the line.
- The item cannot move unless it is thrown.
- If one person gets caught moving after "blue fish" the entire group must restart.

#### **Discussion Questions:**

- How did you come up with your idea or solution to the problem?
- Did your team have different ideas? If so, did you ever change your approach? What did you learn from this?
- Did your team fail? Is failure a bad thing? Why do you think that?

## **“No Ropes” Team Building Activity List**

### **Human Knot**

**Supply List:** None

**Direction:**

1. Have the group stand shoulder to shoulder in a circle facing each other.
2. Have everyone reach one hand into the circle and grab someone else's hand with their own. Remind them to not grab the hands of anyone standing directly next to them or it can ruin the game.
3. Have everyone take their second hand and reach into the circle and grab someone else's hand. Doing one hand at a time helps the knot be harder and keeps people from grabbing the same person's hand twice.
4. Tell the group their objective is to untie their human knot without ever letting go of each other's hand. They are successful when they are standing in a circle unknotted.



**Discussion Questions:**

- Do you feel your team communicated well? Did you listen to others in the team? Did everyone have some input?
- What changes would you make to how you communicated?
- What did your team have to do or believe to be successful?

### **Soup, Salad or Sandwich?**

**Supply List:** None

**Direction:**

1. Have everyone find a partner and get into a circle standing by their partner.
2. Give the group a food item such as brownies. Let the pairs discuss whether they think that food item is closer to being a soup, salad or sandwich.
3. Ask a few groups to share their thoughts. Have everyone find new partners and repeat with a new food item.

**Discussion Questions:**

- What did you notice about the way your team thinks during this activity?
- How do you think different ways of thinking can impact how your group works together?

## 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 Crowell Patch Program Activity Guide

**Outdoor Skill Activity:** Complete both.

- Activity #1: Match Safety** ☐ Learn how to safely strike a match
- Activity #2: Group Campfire** ☐ The group will work together to create and maintain a campfire.
- Challenge Mode: One Match Campfire** ☐ Youth will practice starting a fire with one match.

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

- Activity #1: Acidic or Not?** ☐ Discover the difference between acidic and basic liquids using an indicator.
- Activity #2: Acid Rain Effects** ☐ Use an experiment to demonstrate the effects acid rain has on organic and non-organic materials.

**Hike:** Complete one.

- Activity #1: Changes over Time** ☐ Participants will identify changes in the landscape that have occurred over time.

**“No Ropes” Teambuilding:** Complete two.

- Activity #1: Hula Hoop Lower** ☐ Group will work together to lower the hula hoop to the ground without removing their fingers at any time.
- Activity #2: Under Leg Pass** ☐ Participants will come up with two ways to pass the object under their leg as fast as they can.
- Activity #3: One Fish, Two Fish** ☐ Youth will work together to retrieve the ball from the facilitator and get it back over the starting line.
- Activity #4: Human Knot** ☐ Group will communicate and work together to untangle themselves from the knot.
- Activity #5: Soup, Salad, Sandwich** ☐ Participants will get a chance to learn about how each other think by deciding what category items should fall into.

**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.