

Explore Camp Patch Program

Camp Potomac
Woods 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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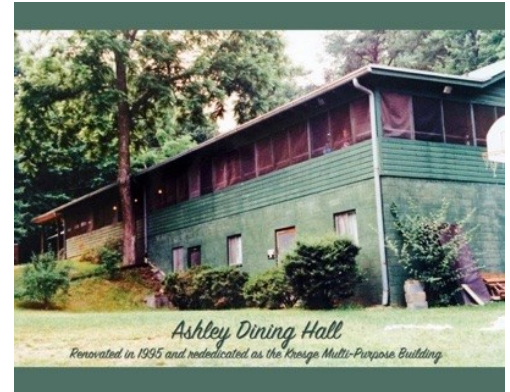
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Camp Potomac Woods

The 101 acres which would become Camp Potomac Woods was purchased on May 8, 1948 by the Arlington Girl Scout Council from Mary Lougheed. The Arlington council opened the camp for its first scouting season only a month later on June 19th with three tent units, a dining hall and an old farm house which served as the infirmary, trading post, admin building and everything else needed to run a Girl Scout Camp. In 1949, the camp was officially named Camp Potomac Woods and has been running ever since.

There were four original camp sites still found at Potomac Woods which have been there since the camp's beginning: Kresge

- **Kresge Dining Hall:** Originally known as Ashley Hall in honor of Mr. Evert "Jack" Ashley and Mrs. Ruth Ashley for their leadership in the development of Camp Potomac Woods, it is one of the original buildings first built in 1948. The original Ashley Dining Hall was a large, open-air, screened pavilion but was rebuilt and modernized in 1995 with a grant from the Kresge foundation.
- **Mountford and Mountford Lodge:** The location Mountford Lodge sits on was originally called Whippoorwill and was one of the three campsites at Potomac Woods when it opened in 1948. Mountford Lodge was built in 1949 and was named in honor of Lillian Mountford, a local leader and active volunteer. Mrs. Mountford dedicated 49 years of her life to Girl Scouts and held various executive positions with councils across the country.
- **Ridge:** One of the original units at the camp it is now a Glen Shelter unit and a lodge unit. During the summer Ridge Lodge acts as the arts and crafts center while the glen shelter unit houses campers and staff.
- **Knoll:** One of the original three camping units, Knoll was formally known as the Frontier unit. For a long time, Knoll was a platform tent unit but in recent years was converted to a lodge and glen shelter unit called: Knoll Lodge and Randal Woods Glens. One of the larger glen units at camp it is a great place for larger troops to camp and enjoy the woods.



Kresge Dining Hall prior to renovation.



Lillian Mountford at a 1956 cookie kickoff.



Knoll Platform Tents

Outdoor Cooking

Activity #1: What Shall We Eat at Camp?

Cooking while camping requires a decent amount of preparation. In addition to needing meals that meet your nutritional and energy needs, you also need to think about cooking materials and cost. Working together plan your camping trip menu so everyone can have good food in addition to a good time.

Supply List:

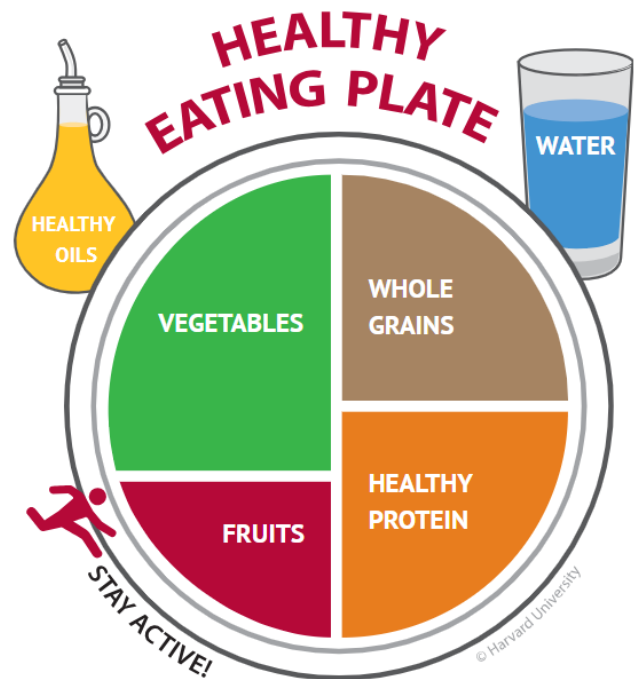
- Menu planning print outs
- Writing Utensils
- Healthy Eating Plate Guidelines
- Cooking Supplies (varies based on their menu)
- Calculator (optional)
- Internet access/Internet accessible device (optional)

Directions:

1. As a group, review the components of a healthy plate and brainstorm some foods that belong in each category.
2. Split the troop into 5 small groups. For a Friday to Sunday reservation there will be approximately 5 meals (2 breakfast, 1 lunch, 2 dinner).
3. Give each group one menu planning print out and assign them one meal to plan.
4. Have each group plan their meal to the best of their ability using the healthy eating plate as a guideline to make a complete meal.
5. Optional: Using an internet accessible device have each group look up the portion size of their meal/parts of their meal and determine the cost of their meal.
6. Afterwards, have everyone share their proposed meal to take on a future camping trip.

Discussion Questions:

- Why is it important to plan meals prior to going camping?
- How did it feel trying to plan a meal around the healthy eating plate? Was there anything you found challenging about it?



Outdoor Cooking

Activity #1: What Shall We Eat at Camp?

Building a Healthy Plate:

Putting together a meal plan can seem daunting but we can make it easier by instead aiming to build a healthy plate. The healthy eating plate is a guide to figure out what components should be found on a plate.

- **Make most of the meal vegetables and fruits —1/2 of the plate**

Aim for color and variety. Also remember that potatoes don't count as a veggies on a healthy plate.

- **Aim for Whole Grain —1/4 of the plate**

Whole grains have more fiber, vitamins, minerals and other nutrients compared to white or refined grains. A simple switch like whole grain pasta is a great way to add whole grains to your plate.

- **Power up with Protein —1/4 of the plate**

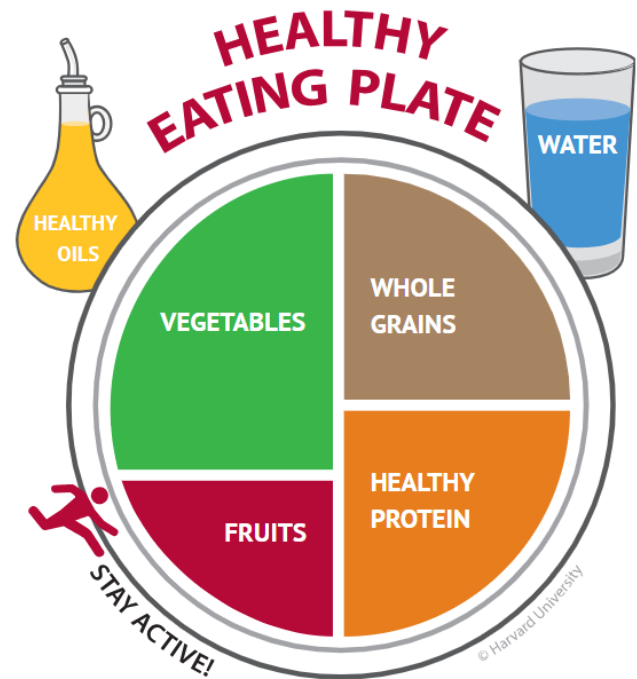
Protein is made up of amino acids which our body uses to power itself and build muscle. Protein helps our bodies both be strong and feel strong. Meat, beans and nuts are all great sources of protein to add to your plate.

- **Healthy Oils/Fats —in moderation**

Everyone needs healthy fats in order to survive! Adding healthy oils/fats into your diet help keep the body operating at full capacity. Foods high in healthy fats include vegetable oils (olive, canola, soy), nuts, seeds and fish.

- **Water is Wonderful —Whenever your thirsty!!**

Drinking water is an essential part of a healthy body. Water accounts for about 60% of an adult's body weight. The amount of water recommended per day varies but a good rule of thumb is to drink water whenever you are thirsty. Your body knows how much it needs.



Meal Menu Print Outs

What meal are you preparing? _____

What meal are you making? _____

	Ingredient	Portion Size	Item Cost
Whole Grain			
Fruit/Vegetable			
Protein			
Healthy Fat			
Drink			
Seasonings & Spices			
Cooking Equipment/ Utensils			
			Total Cost:

What meal are you preparing? _____

What meal are you making? _____

	Ingredient	Portion Size	Item Cost
Whole Grain			
Fruit/Vegetable			
Protein			
Healthy Fat			
Drink			
Seasonings & Spices			
Cooking Equipment/ Utensils			
			Total Cost:

Outdoor Cooking

Activity #2: One Pot Meal

Cooking often requires many dishes and while camping cleanup can be a challenge. One of the best ways to limit the number of dishes is to make a one pot meal. A one pot meal is when you put all the ingredients in a single cooking vessel to make a delicious meal. As a group work together to make a one pot meal! See below a list of recipes or come up with one of your own. Make sure to check out the best practices of one pot meals at the end of this section.

One-Pot Spaghetti:

Prep: 5 mins **Cook Time:** 30 mins

Servings: 4

Supply List:

- 13-inch cast iron skillet or 4-6 quart stainless steel pot
- Heat-safe cooking spoon or spatula
- 1/2 bag frozen veggie seasoning blend (onions, celery, peppers)
- 1 lbs. of ground meat (beef, turkey, Italian sausage, etc.)
- 24oz of tomato sauce
- 6 cups of water
- 1 lb. of dried thin spaghetti
- 1/2 cup of grated parmesan cheese
- Seasonings (salt, pepper, Italian seasoning, garlic powder)



Directions:

1. Heat the skillet or pot over medium-high heat either on a campfire or camp stove.
2. Add 2 tablespoons of olive oil to the pot and heat.
3. Add 1/2 bag of frozen veggie seasoning blend and stir until they are softened.
4. Add the ground beef to the pot, breaking it up and stirring until it is almost fully cooked.
5. Add the spaghetti sauce, water, seasonings to the pot and bring the mixture to a boil.
6. Break the pasta in half and stir it into the sauce.
7. Reduce the heat to a simmer and continue cooking until the spaghetti is cooked to the desired tenderness (approximately 10 minutes).
8. Serve and top with parmesan cheese.

Outdoor Cooking

Activity #2: One Pot Meal

Dutch Baby

Prep: 5 mins **Cook Time:** 20 mins

Servings: 4

Supply List:

- Mixing Bowl
- Cast-iron Dutch Oven
- Whisk or something to mix
- 3 large eggs (room temp)
- 1/2 cup all-purpose flour
- 1/2 cup whole milk (room temp)
- 1 tbsp sugar
- 1/4 tsp salt
- 1.4 tsp ground nutmeg (optional)
- 4 tbsp unsalted butter
- Syrup, fresh fruit, preserves, powdered sugar, cinnamon sugar (optional)



Directions:

1. Start the fire and get a decent coal bed going. This will take approximately 20 minutes for coals light.
2. In a mixing bowl, add eggs and beat vigorously until smooth. Add the milk, give it a quick stir to incorporate.
3. Add flour, sugar, salt and nutmeg (optional). Mix the batter until smooth.
4. Place the Dutch oven on the coals to begin preheating. Add the butter to the pan and swirl it around until it melts.
5. Once the butter has completely melted, pour the batter into the Dutch oven. Place the lid on the Dutch oven.
6. Cover the Dutch oven lid with a small bed of coals and allow to cook for 10 minutes.
7. After 10 minutes, carefully check the Dutch baby. It should be puffed up and golden brown in spots. Cook for a few more minutes if needed, remove from the heat when it's done.
8. Serve immediately with toppings of your choosing.

One Pot Meal Best Practices

1. Keep it Simple:

When camping it is best to keep meal prep simple and stress-free as possible, it is already challenging enough to cook while camping there is no need to make it even harder by making an elaborate recipe.

Try preparing as much as possible at home or use precooked/package foods.

2. Only Basic Tools:

Similarly to keeping the food simple, keep the materials needed to make the food simple. Make meals that don't require additional kitchen tools or equipment that wouldn't already be apart of your camping gear, like a blender.

Most recipes can be adapted to either one pot or made simpler with pre-made ingredients.

3. Meal on its Own:

The beauty of a one pot meal is that it is a meal. There shouldn't have to be a bunch of side dishes which also need to be cooked or prepared. However that doesn't mean adding sides. It is just recommended to keep sides simple such as bread or salad kits. These also decrease the amount of gear needed to be brought while camping.

4. Use Cast Iron (if available):

Cooking over an open fire can be challenging but using the right gear can make it easier. Unlike other types of cookware, cast iron takes longer to heat up but once it is hot it retains heat. This makes cast iron less likely to pesky temperature spikes which can burn the food.

5. Know the Cook Time of Ingredients:

Although recipes usually give you the order of ingredients, it always wise to know the ingredients and have a general idea of how long the ingredient takes to cook. If you dump everything in at once it might not work. Additionally foods should be similarly sized. The general rule of thumb is:

- Meat first
- Rice, pasta, root vegetables (carrots and onions) second
- Greens (spinach, kale) last
- Herbs and spices throughout and adjusted at the end

Outdoor Cooking

Challenge Mode: Buddy Burner & Vagabond Stove

A great way to make an individual meal is to use a buddy burner and vagabond stove. The benefit of this cooking method is it's self-contained and easy to carry with you making it an excellent option for primitive camping. Make a buddy burner and vagabond stove and cook a camping meal!

Buddy Burner Supplies:

- Empty and clean tuna/cat food can
- Plain, corrugated cardboard
- Candle wick or match with head cut off
- Paraffin wax (candles, old candles, Crayola crayons)
- Scissors
- Medium pot
- Stove/Campfire

Vagabond Stove Supplies:

- Empty, clean tin can (bigger around than buddy burner)
- Permanent marker
- Tin snips or other strong cutting tool
- Can opener with punch
- Work gloves
- Sandpaper
- Heat resistant gloves/oven mitts

The above supplies are per buddy burner and vagabond stove. Each participant or each group of participants will need the above supplies.

Buddy Burner and Vagabond Stove Safety Tips:

- Always use the buddy burner outside!
- Always place your buddy burner on a flat, heat-resistant surface like a brick/concrete before lighting it
- Be careful when touching the buddy burner and vagabond stove —both will be extremely hot.
- Never leave the buddy burner or vagabond stove unattended.
- Always have cooking equipment and utensils nearby.
- Never use water to put out your buddy burner—always cut off the oxygen supply to extinguish it.
- Have a steady supply of extra wax to add to the buddy burner while its lite to add to the burner as it the wax melts away.

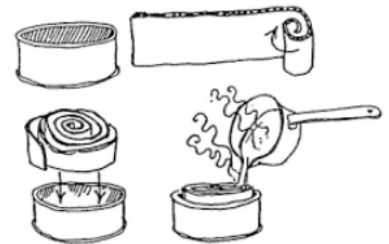


Outdoor Cooking

Challenge Mode: Buddy Burner & Vagabond Stove

Buddy Burner Directions:

1. Remove the outside label from the tuna/cat food can entirely.
2. Use the scissors to cut the cardboard into long thin strips approximately the same height as the can or slightly shorter. Use the tuna/cat food can to measure the height if needed.
3. Strip by strip, place the cardboard into the can in a spiral pattern, try to squeeze as much cardboard in as possible because it will lessen the amount of wax you'll need.
4. In the middle place the wick or cut match stick. This is what will be lit.
5. Fill a pot about half way with water and bring it to a soft boil.
6. In a heat safe container such as a glass bowl or a spare soup can (highly recommended) add approximately 3-4 oz of wax to the container. HINT: a handful is typically 1-2 oz.
7. Place the container into the water and allow the wax to melt completely.
8. Carefully pour the wax into the can until it completely covers the cardboard. Allow it a few hours to cool.



Vagabond Stove Directions:

1. Before starting, make sure the vagabond stove can fit over the buddy burner. If it doesn't fit you will need a larger can. If it fits, proceed.
2. Put on the heavy duty work gloves to prevent injury from sharp metal.
3. Flip the can upside down so the open side is facing the ground. Use the sharpie to draw a 3-inch wide and 2-inch high three sided on the side of the can at the bottom of the can.
4. Use the metal cutter to cut out the square. Use the sandpaper to smooth out any rough or sharp edges.
5. Take the can opener to punch air holes around both rims of the can approximately 1 inch apart. These air holes are essential to the function of the stove.



Outdoor Cooking

Challenge Mode: Buddy Burner & Vagabond Stove

Vagabond Stove Recipes

Vagabond Breakfast Sandwich:

Supplies:

- Bacon
- Egg
- Bread
- Butter
- Spatula
- Knife/Kitchen Scissors
- Seasonings (salt, pepper, etc.)

Directions:

1. Take a piece of bacon and cut it so it can fit on top of the stove.
2. Cook the bacon until desired doneness. Remove the bacon and place it on a plate.
3. Crack the egg onto the stove and allow it to cook in the bacon grease. Season the egg as desired.
4. Cook the egg to the desired doneness, flipping halfway through (optional)
5. Place the egg on the plate with the bacon.
6. Carefully discard the bacon grease.
7. Butter a piece of bread on one side and toast it on the stove.
8. Repeat the process for a second piece.
9. Once everything is cooked assemble your sandwich and put any final seasonings on.
10. ENJOY!

Vagabond Grilled Cheese:

Supplies:

- Bread
- Butter
- Cheese of choice
- Additional desired ingredients

Directions:

1. Butter one side of a piece of bread and put it butter side down on the vagabond stove.
2. Add 2 slices of cheese to the bread and any other grilled cheese additions desired.
3. Butter another piece of bread and place it butter side out on the sandwich.
4. Use the spatula to flip the sandwich over to toast the other side.



Nature/STEAM

A Pollinators Journey

A vital part of a healthy ecosystem is pollination. Pollination is a part of a plant's reproductive cycle. It is when pollen (tiny dust like particles) from one flower is dropped/rubbed onto a different flower. When pollinated/fertilized, this allows the flower to produce fruits and seeds which are the next generation of plant.

Plants have evolved various methods to pollinate, some rely on wind, water and some rely on special animals known as pollinators. A pollinator is an animal that carries pollen from plant to plant, helping them grow. There are many different types of pollinators in the world such as bees, butterflies, beetles, moths, hummingbirds and bats. Pollinators are so important that 1 out of every 3 bites of food exists because of the work of pollinators.

Since plants and their pollinators have evolved side by side for millions of years, natural selection has made it so pollinators and their flower naturally work together. Plants have developed many different ways to attract pollinators while pollinators have adapted special physical and behavioral traits which enhance their effectiveness. Below are some of the special adaptations of pollinators and the ways flowers attract them:

- **Bees:** the least picky of the pollinators, bees visit a large variety of flowers. Bees need the nectar, which is essentially sugar water, to provide energy for flying. They use the pollen to get essential nutrients which baby bees need in order to grow.
- **Beetles:** where bees are often purposeful in their pollination, beetles are the opposite, often accidentally pollinating while going about their lives. Beetles tend to pollinate flowers close to the ground which they walk over/through while searching for food and mates.
- **Butterflies:** compared to other pollinators, butterflies are actually not super effective. With their long legs which hold them above the flowers, it is harder for pollen to get stuck to the butterfly. Most butterflies spread pollen when it gets stuck to their proboscis (tongue). Butterflies also require special flowers to pollinate. They need flowers with flared petals so the butterfly can land on the flower in order to sip nectar.
- **Flies:** An often overlooked pollinator, flies tend to pollinate flowers which other pollinators are not interested in. Flies tend to be attracted to flowers with putrid odors, meat-like colors or fur-like textures which lure them in by pretending to be a dead animal or pile of dung.
- **Hummingbirds:** these special birds are highly adapted to be able to take advantage of nectar hidden within long-tubular flowers. They pollinate flowers when pollen gets stuck to their beaks and heads while eating. Flowers which attract hummingbirds tend to make a large amount of nectar but the nectar typically has low sugar content.

Nature/STEAM

A Pollinators Journey

- **Moths:** despite their drab coloring, moths are more common than butterflies. There are approximately 10 moths to every 1 butterfly in an environment. They are seen less because they are typically active at night. Moths are important pollinators for night-blooming flowers. These flowers typically have a sweet scent and lightly colored petals to make it easier for the moths to see and smell them.
- **Bats:** perhaps the most unusual of pollinators bats can also be pollinators. In the United States there are no species which specialize in pollinating but in other countries they serve an important purpose. Bats are typically attracted to large, lightly colored flowers which have a fruity smell.

Pollination is a year-round process. In order to reduce competition among pollinators different flowers have evolved different flowering times meaning that in a healthy ecosystem there is blooms available throughout the growing season.

- Spring: Early blooming plants provide for pollinators after hibernation and northern migrations.
- Summer: Most plants have either been in bloom already or are in bloom. During the summer pollinators typically reach their peak populations. The longer days during the summer also provide pollinators more time to forage for nectar.
- Fall: Late blooming plants provide pollinators the fuel they need to either hibernate through the winter or migrate south such as monarch butterflies and hummingbirds.
- Winter: Even when it seems that all the plants and pollinators are not active it actually is an important time for pollinators. Many insects hibernate in the dead and decaying litter left behind by plants.

Despite how important pollinators are they are all currently in trouble. Decades of stressors such as habitat loss, degradation, fragmentation, improper use of pesticides and herbicides, diseases, predation, parasites and invasive species have led to sharp declines in pollinator populations.

Nature/STEAM

Activity 1: Pollinator Mancala

Pollination is an essential part of the growth of plants. Without pollinators most flowers would not be able to create seeds thus preventing new flowers from growing.

Play pollination mancala to practice how pollination works and how pollinators help the spread of pollen from plant to plant.

Supplies:

- Flower picture print outs or flower drawings or paper plates
- 30 small items (beans, beads, etc.)

Setup:

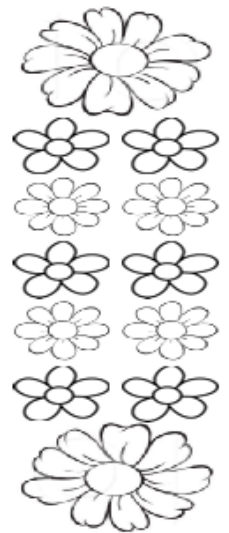
1. One full set of materials will be needed for each pair of participants.
2. In an open area, arrange the flowers into two columns with 5 flowers each. At the head of each column place another flower to represent “base”
3. One each flower, except the “base” flowers, place three of the small objects.

Directions:

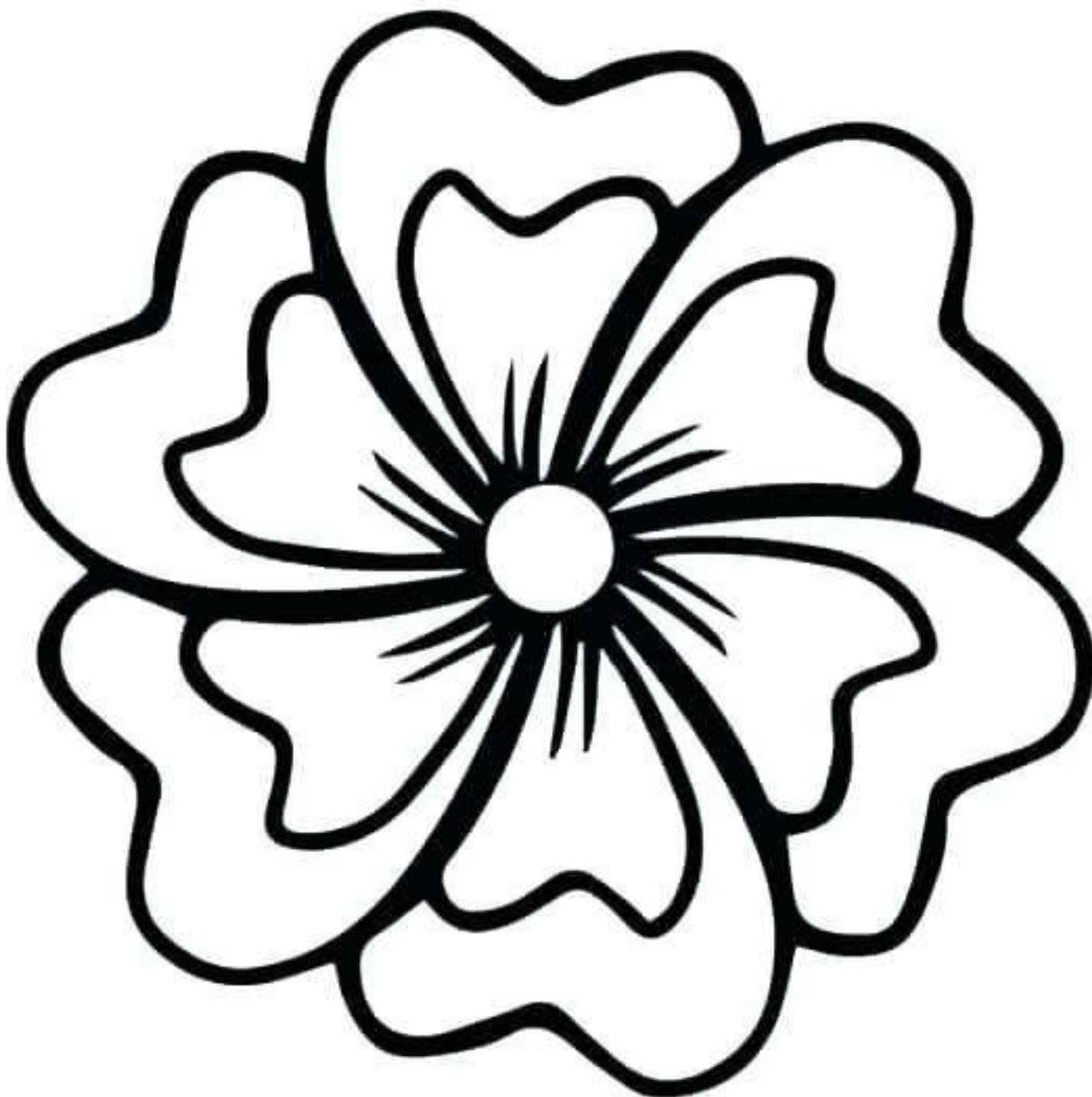
1. Break all participants into pairs, and assign each pair a mancala board.
2. Each player chooses one pollinator to play as (bee, butterfly, bird, bat, etc.) and choose one of the “base” flowers as their own.
3. The first to play chooses a flower and picks up all of the pollen on it. Moving clockwise, the player drops a single pollen into each flower, skipping their opponents “base”. They continue dropping pollen until they run out.
4. If their last piece of pollen is deposited into a flower with pollen already in it, the player may pick up this pollen and keep playing until their last pollen is place on an empty flower. Ending their turn.
5. Players take turns collecting and depositing pollen until all pollen has been deposited into the “base” flowers.
6. Participants add up how much pollen ended up in their “base” flower. Most pollen wins!

Discussion Questions:

1. How do you think this game is similar to how pollination works in nature? How is it different?
2. What are some ways we could make pollination easier for pollinators?



Nature/STEAM



Nature/STEAM

Activity 2: Flower Restaurant

Every plant requires pollination. For some plants, they spread their pollen through pollinators. Each flower has a specific pollinator it attempts to attract by changing this such as their color, nectar amount, shape of the bloom, and more.

Work as a group to determine which pollinators would be attracted to various types of flowers.

Supplies:

- Pollinator Profile Cards
- Flower Profile Cards
- Coloring Materials

Instructions:

1. Break participants in half and hand out the pollinator profile cards to one half and the flower profile cards to the other half.
2. Have participants color the cards they were handed. For the pollinators the color doesn't matter. For the flowers their colors must match the descriptions on the cards.
3. Once everyone has colored in their picture it is time to open the restaurant. In this activity, the flowers operate a restaurant called Blossoms, and the pollinators are their customers.
4. Encourage the participants to mingle and compare the clues on their cards to discover which flowers have the traits a specific pollinator likes. Based on the clues, have participants record the names of the pollinators or flowers they think make a good partners on the back of the cards.
5. When everyone is done have the group come back together and discuss the results of the activity.

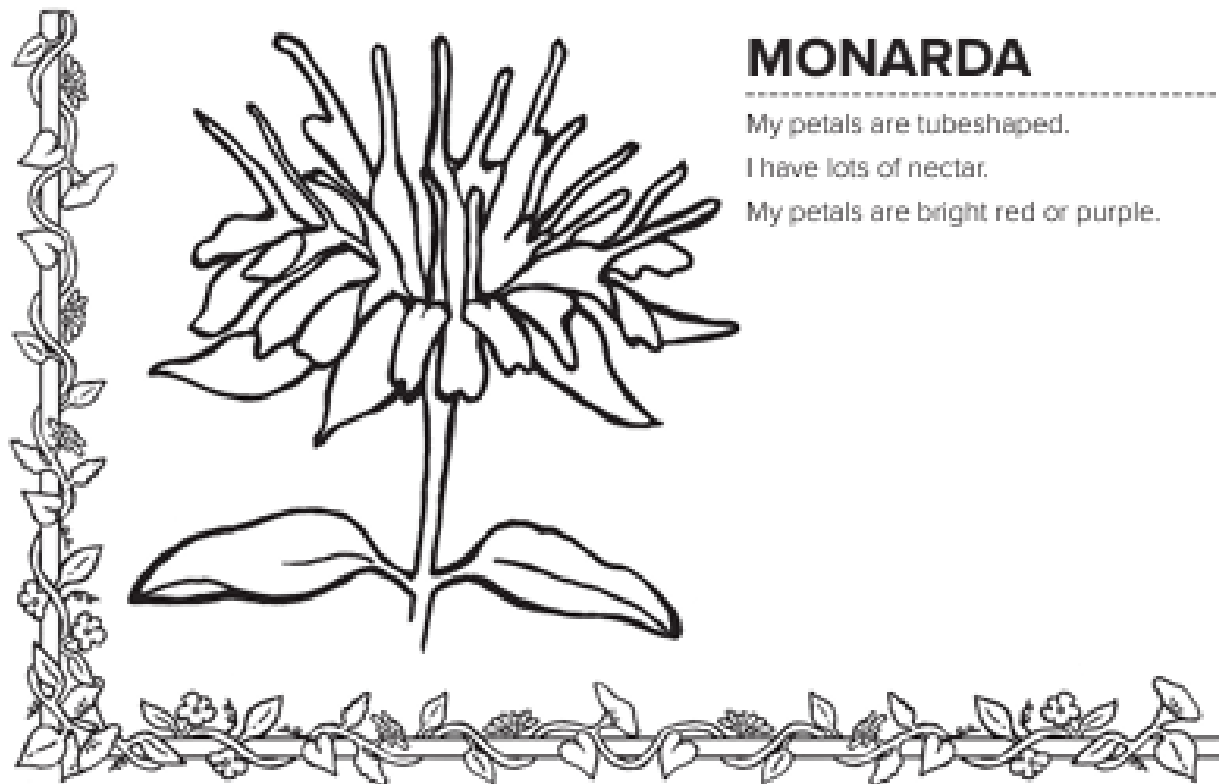
Flower-Pollinator Pairings:

Magnolia — beetle
Monarda — hummingbird
Moonflower — moth
Saguaro — bat
Snapdragon — bee
Trillium — fly
Zinnia — butterfly

Discussion Questions:

- What do you notice about the flowers preferred by different pollinators?
- What characteristics do they have that seem to “match” their animal partner?
- What do you think might happen if...
 - ⇒ ...bees and other insects couldn't detect color?
 - ⇒ ...motor oil was splashed on a flower's stigma (where the pollen is)?
 - ⇒ ...pesticides toxic to pollinators were sprayed on the plants?
- Do you think pollinators or plants benefit more during pollination?

Flower Restaurant

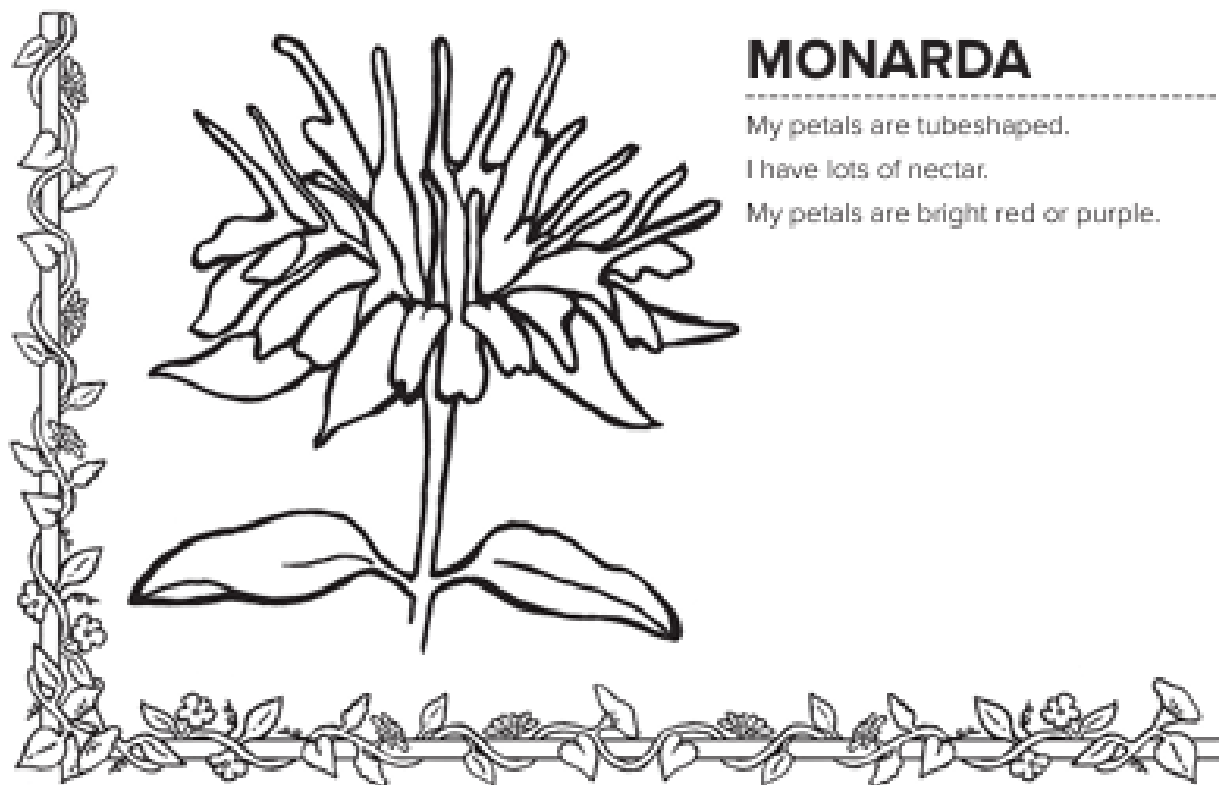


MONARDA

My petals are tubeshaped.

I have lots of nectar.

My petals are bright red or purple.



MONARDA

My petals are tubeshaped.

I have lots of nectar.

My petals are bright red or purple.

Flower Restaurant



MAGNOLIA

I'm bowl-shaped.

My petals are white.

I open during the day.

I have lots of pollen to offer.



MAGNOLIA

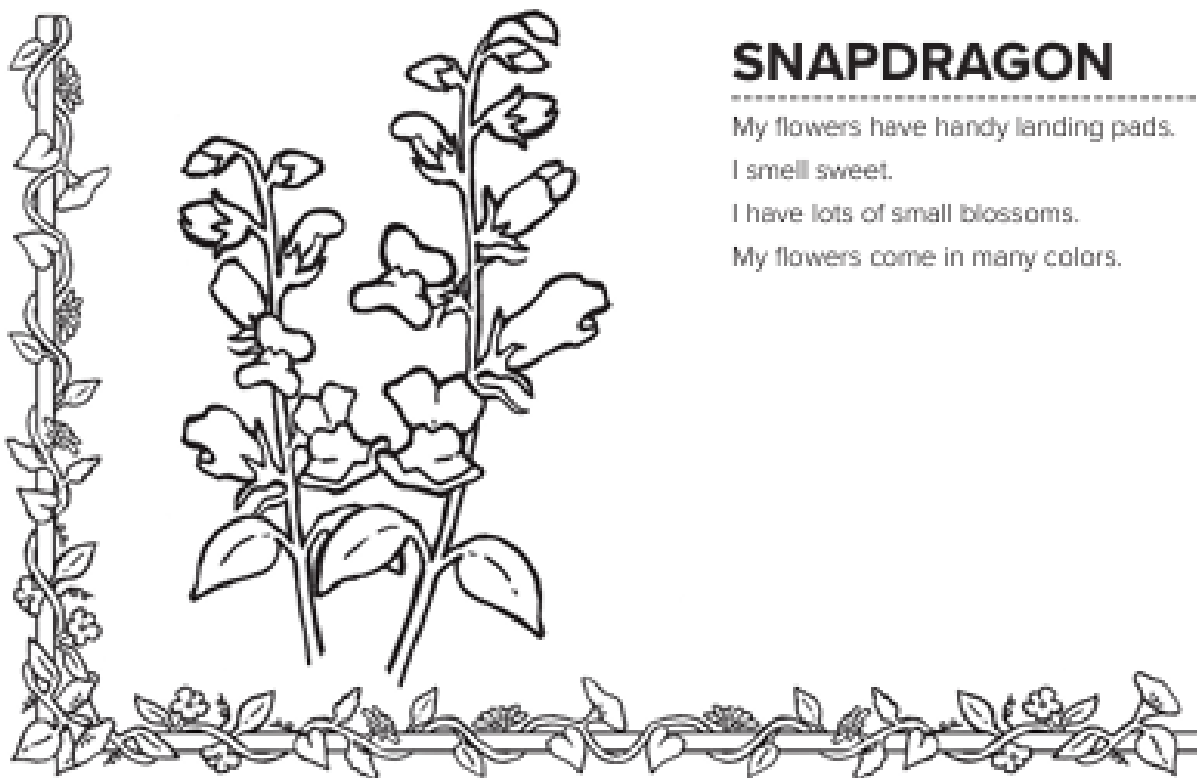
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Flower Restaurant



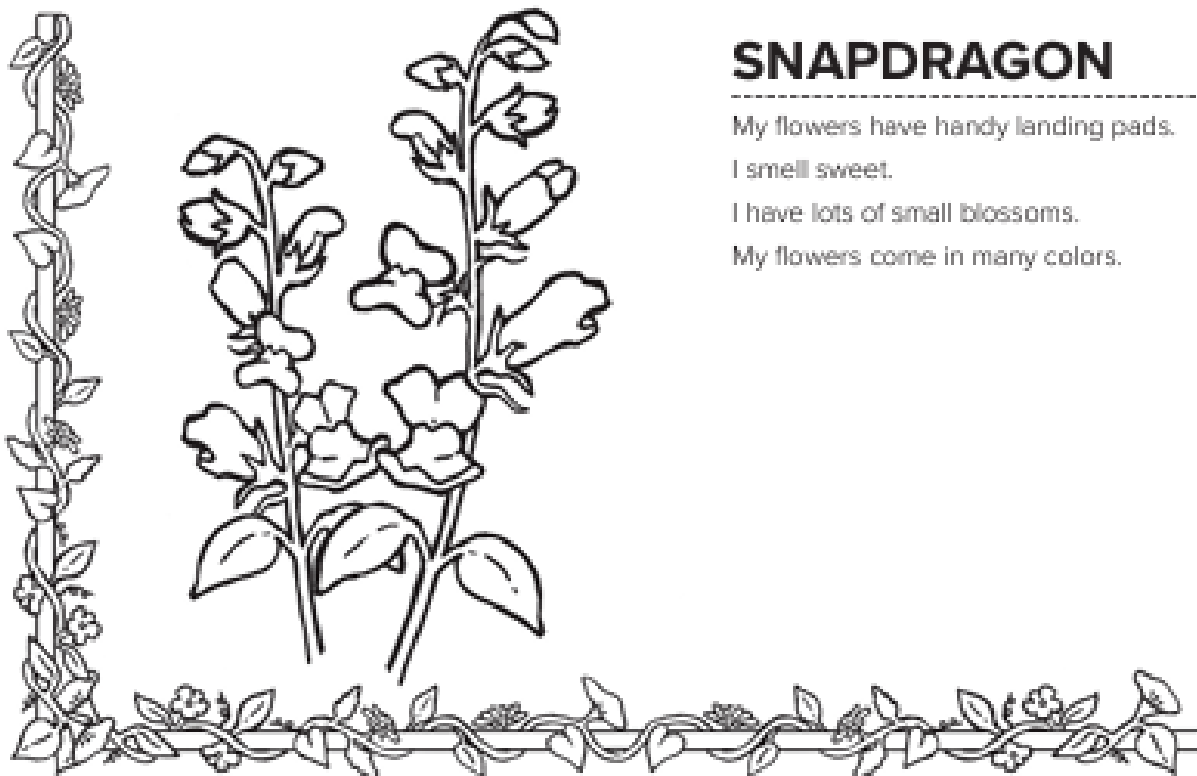
SNAPDRAGON

My flowers have handy landing pads.

I smell sweet.

I have lots of small blossoms.

My flowers come in many colors.



SNAPDRAGON

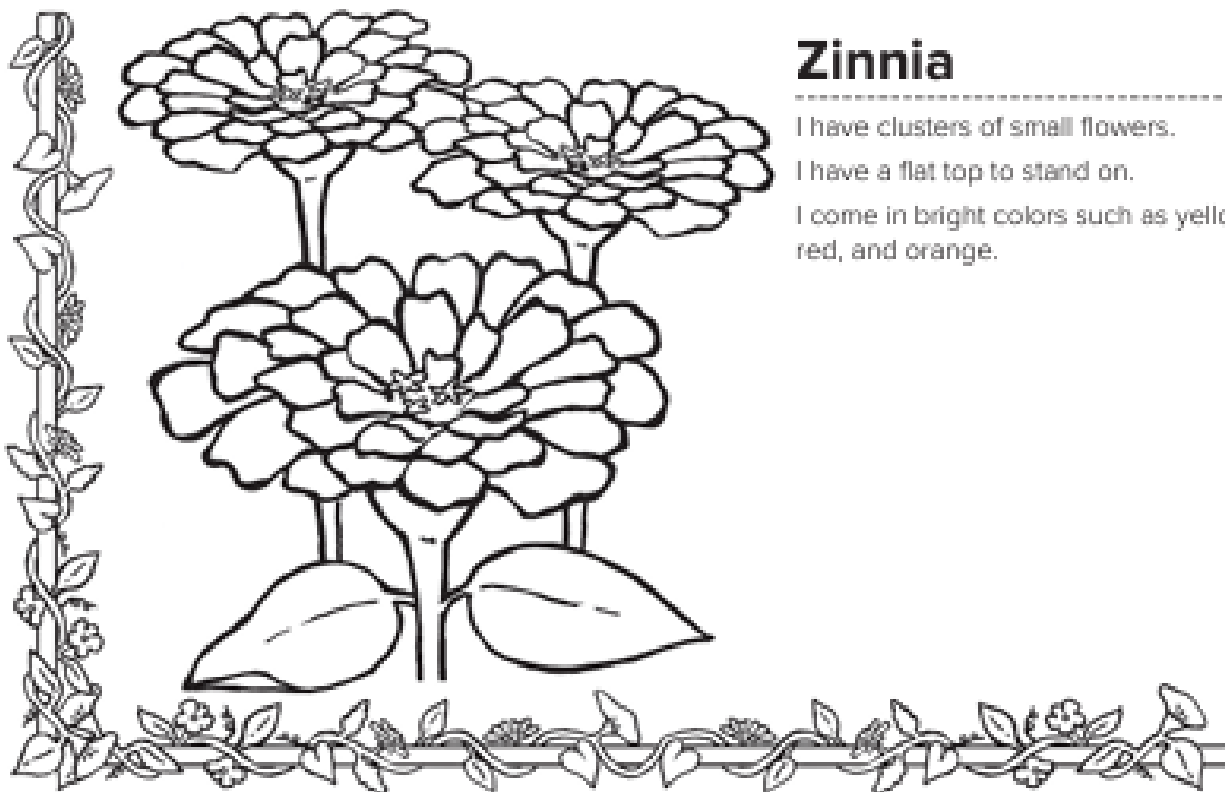
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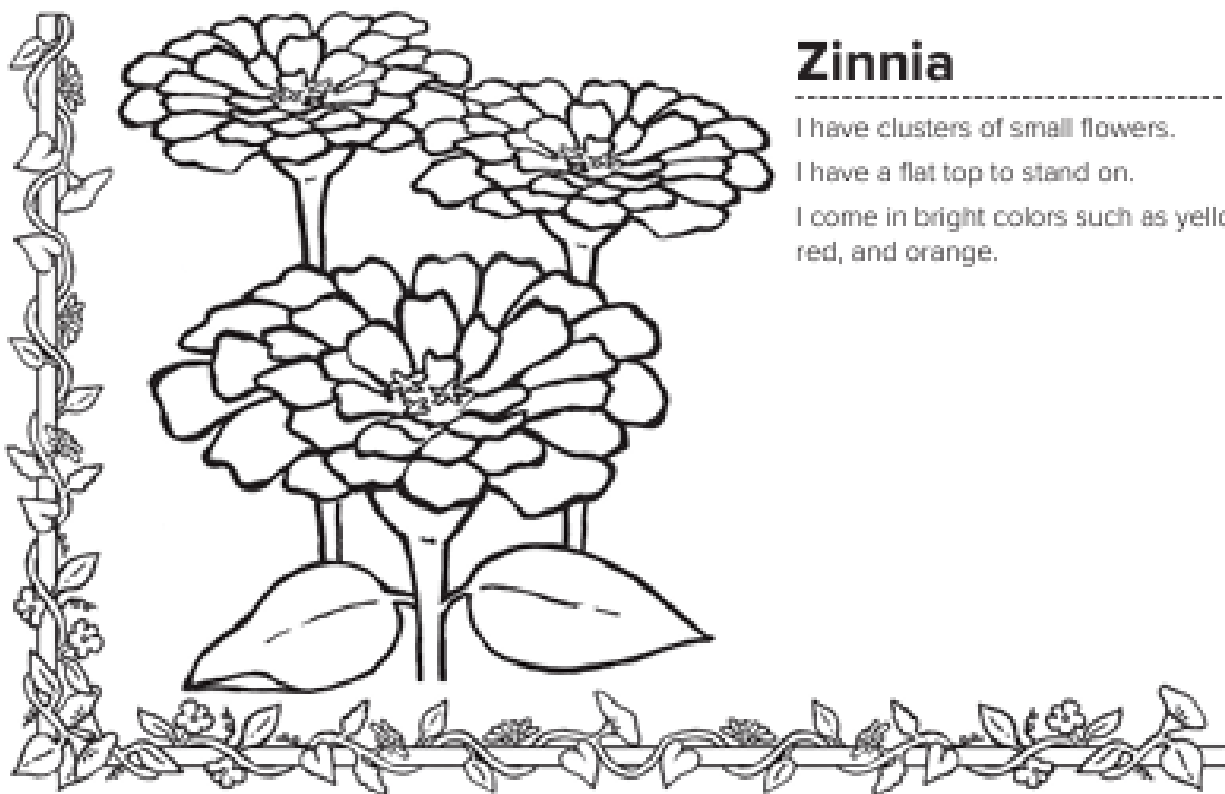


Zinnia

I have clusters of small flowers.

I have a flat top to stand on.

I come in bright colors such as yellow, red, and orange.



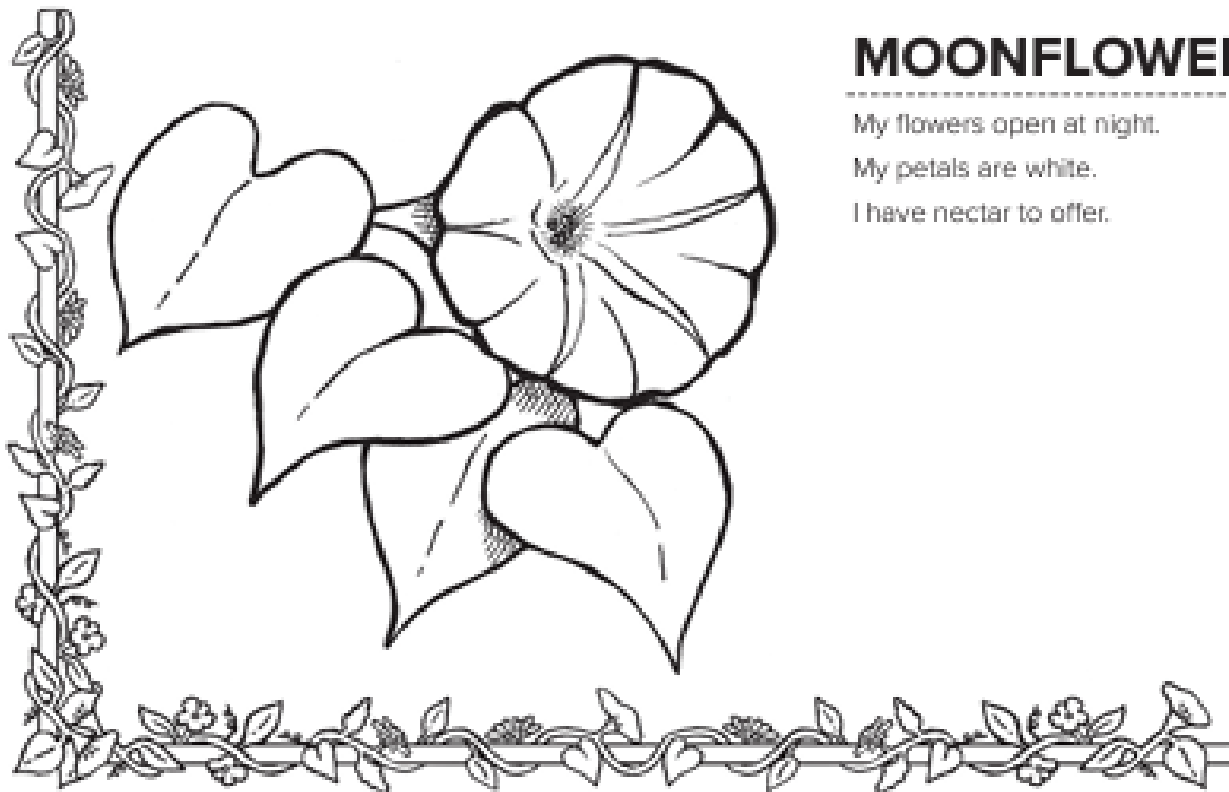
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Flower Restaurant

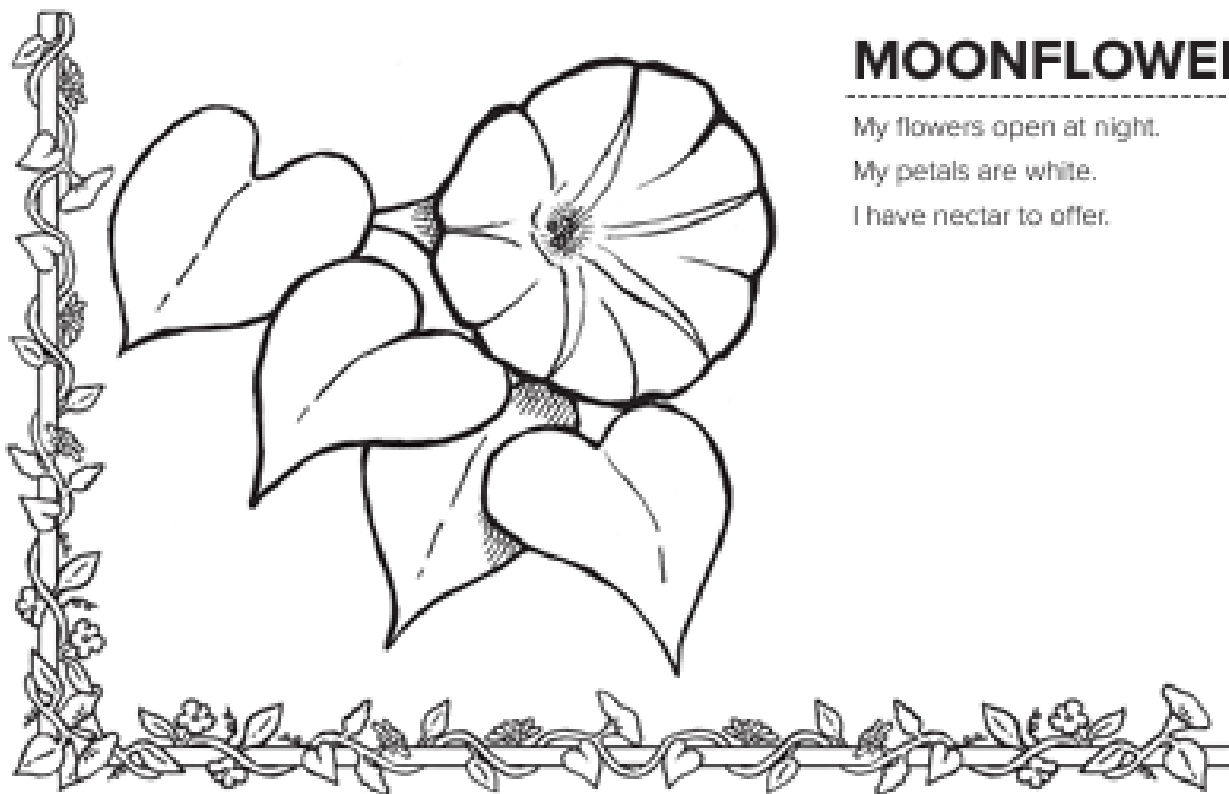


MOONFLOWER

My flowers open at night.

My petals are white.

I have nectar to offer.



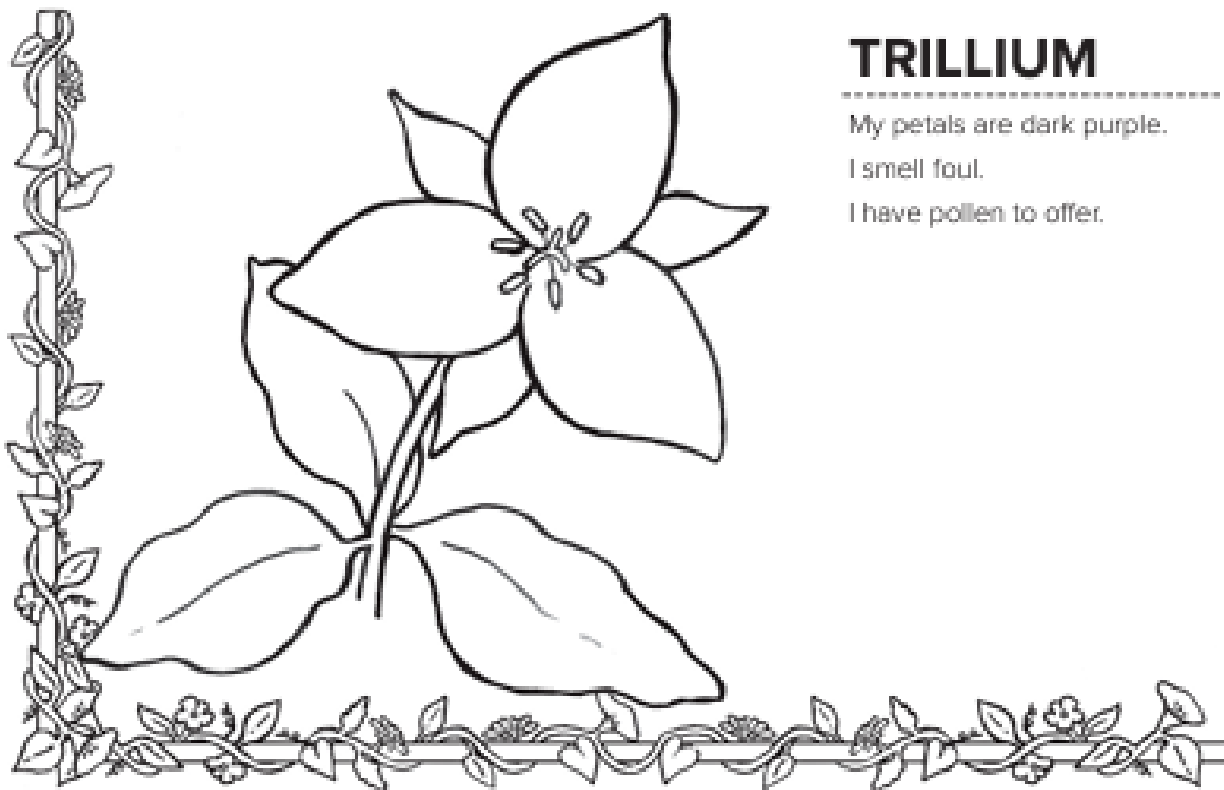
MOONFLOWER

My flowers open at night.

My petals are white.

I have nectar to offer.

Flower Restaurant

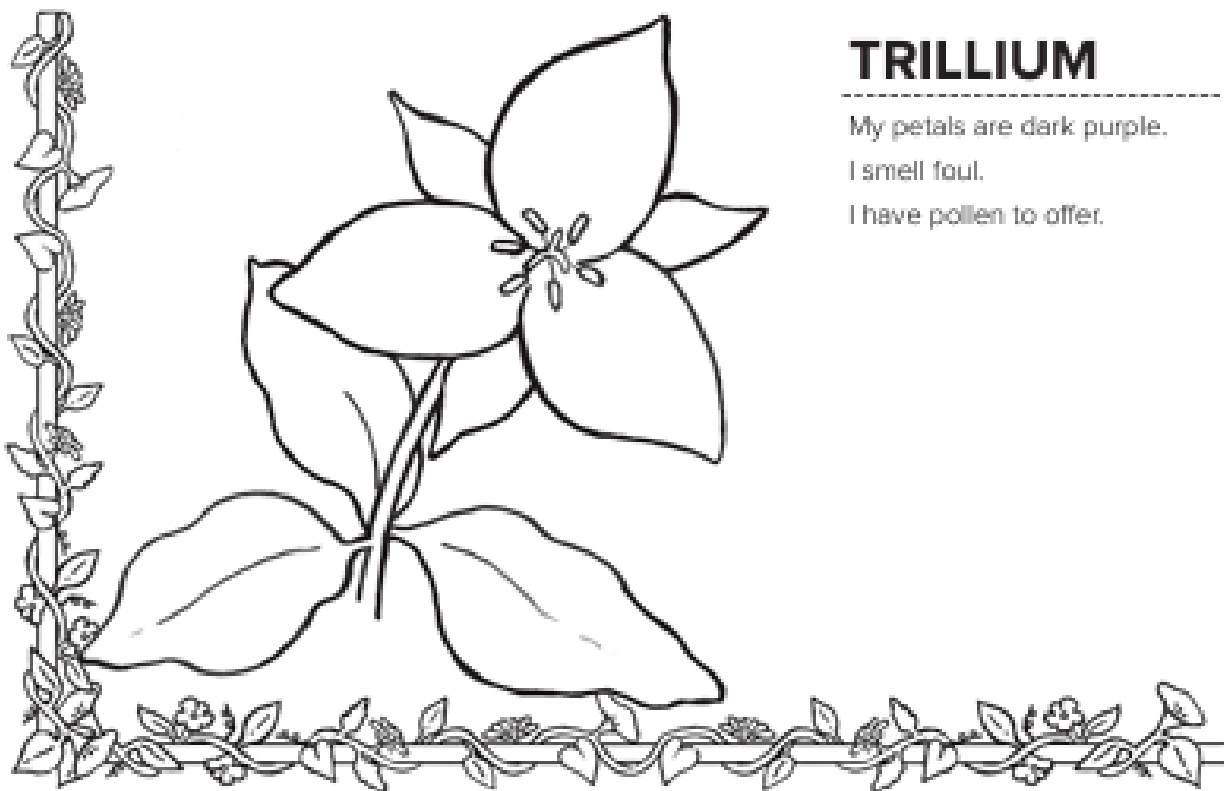


TRILLIUM

My petals are dark purple.

I smell foul.

I have pollen to offer.



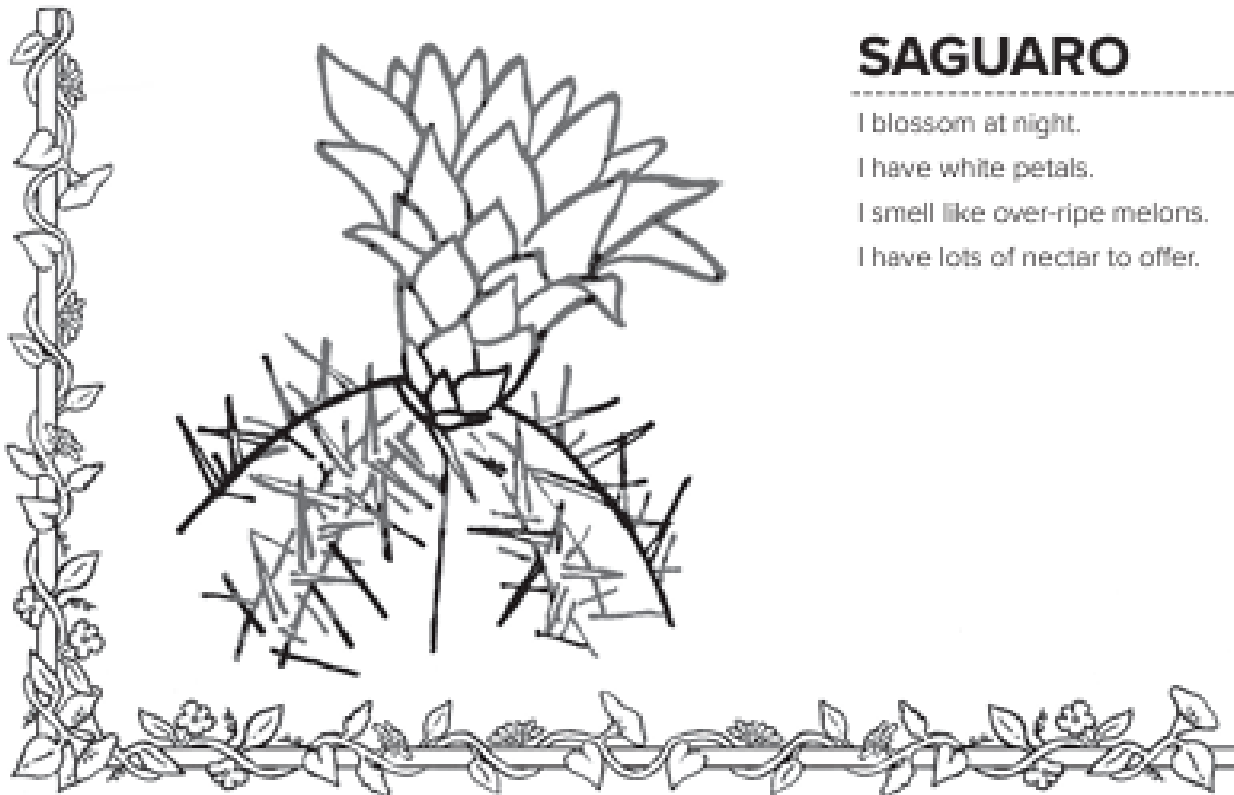
TRILLIUM

My petals are dark purple.

I smell foul.

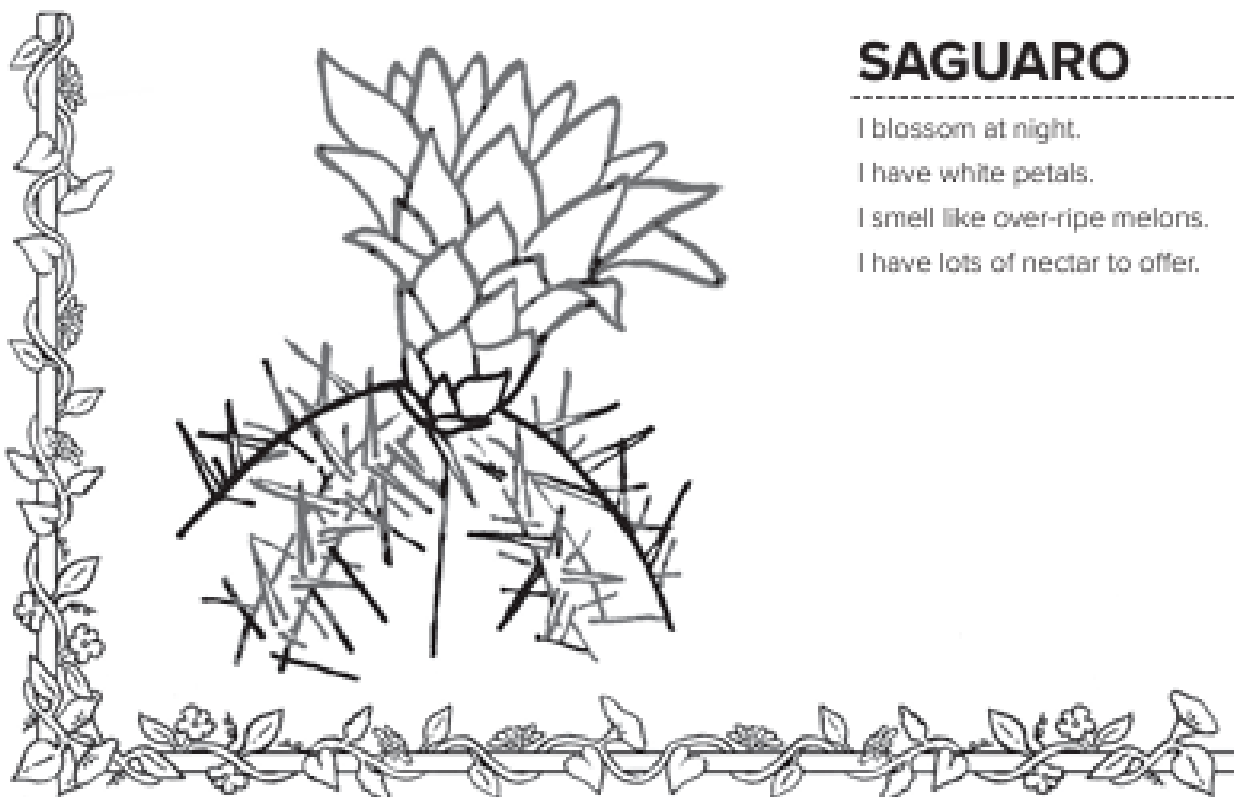
I have pollen to offer.

Flower Restaurant



SAGUARO

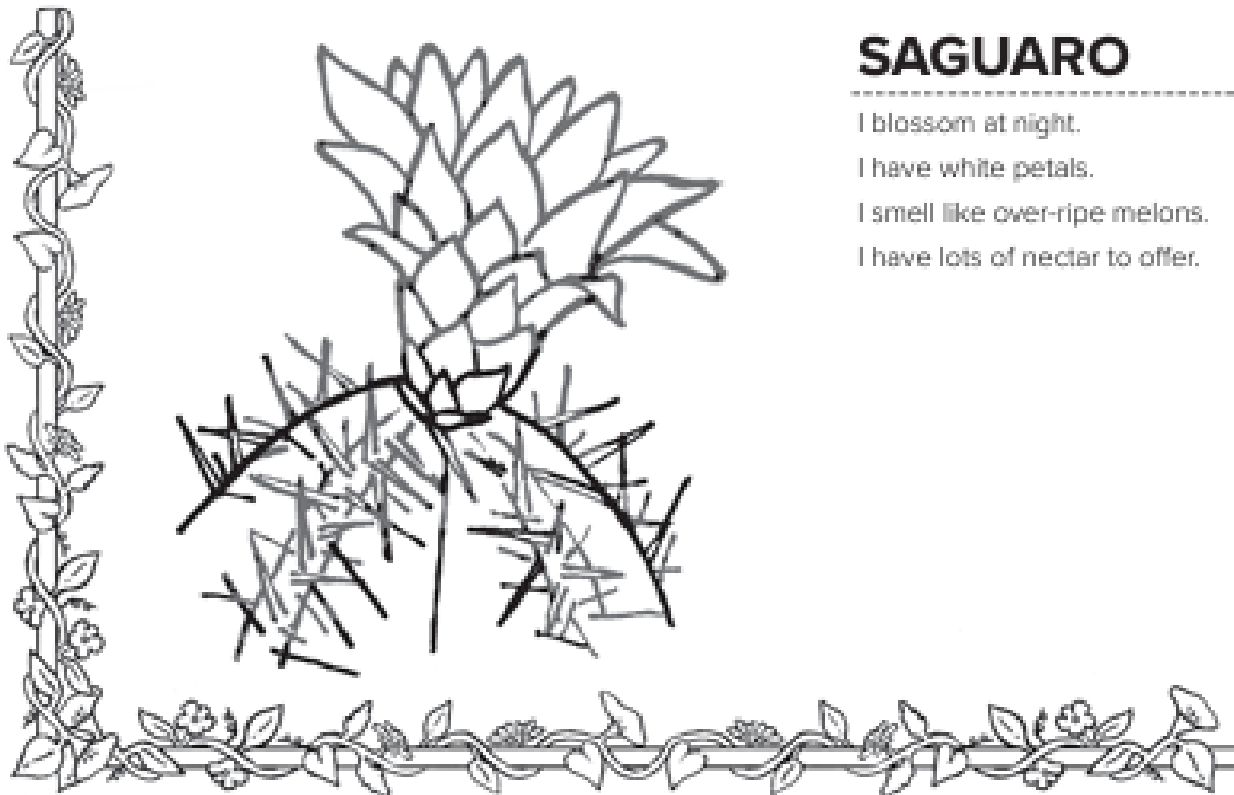
I blossom at night.
I have white petals.
I smell like over-ripe melons.
I have lots of nectar to offer.



SAGUARO

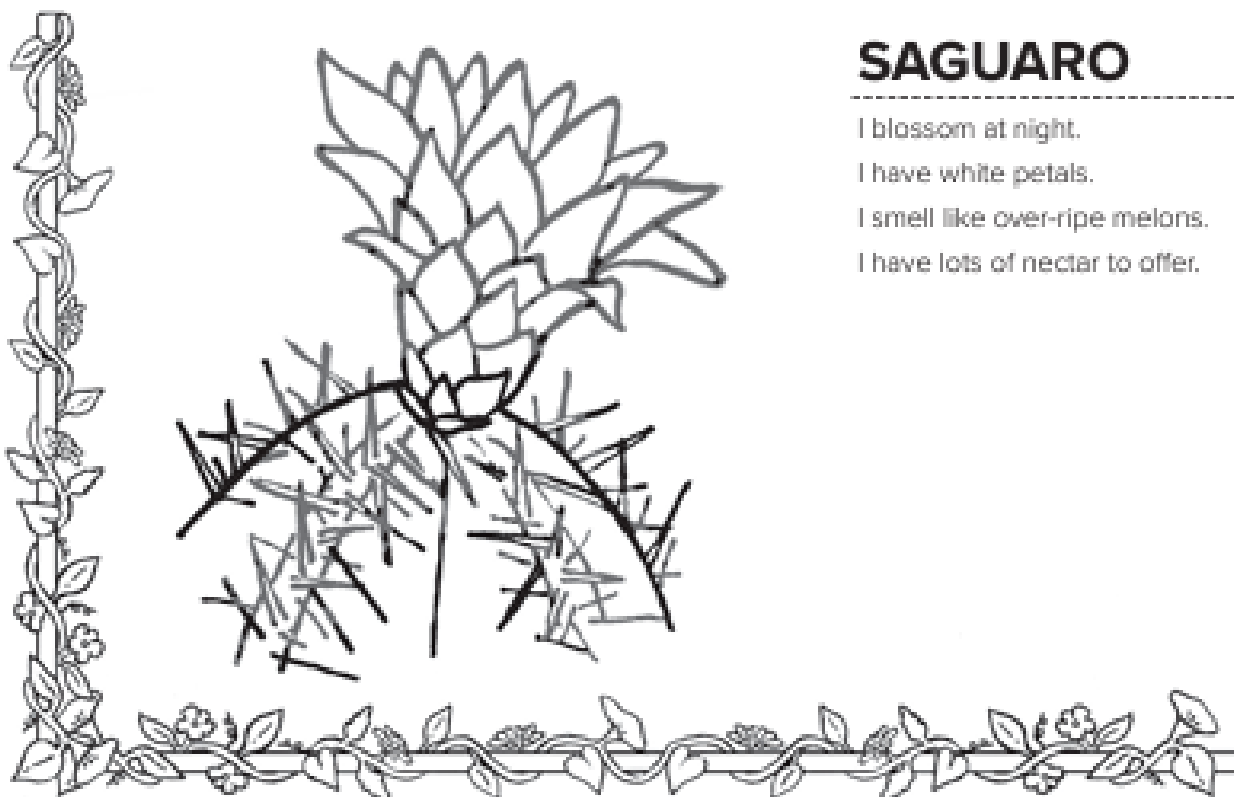
I blossom at night.
I have white petals.
I smell like over-ripe melons.
I have lots of nectar to offer.

Flower Restaurant



SAGUARO

I blossom at night.
I have white petals.
I smell like over-ripe melons.
I have lots of nectar to offer.



SAGUARO

I blossom at night.
I have white petals.
I smell like over-ripe melons.
I have lots of nectar to offer.

Flower Restaurant



BAT

I feed on nectar.

I like fruity fragrances.

I am active at night.



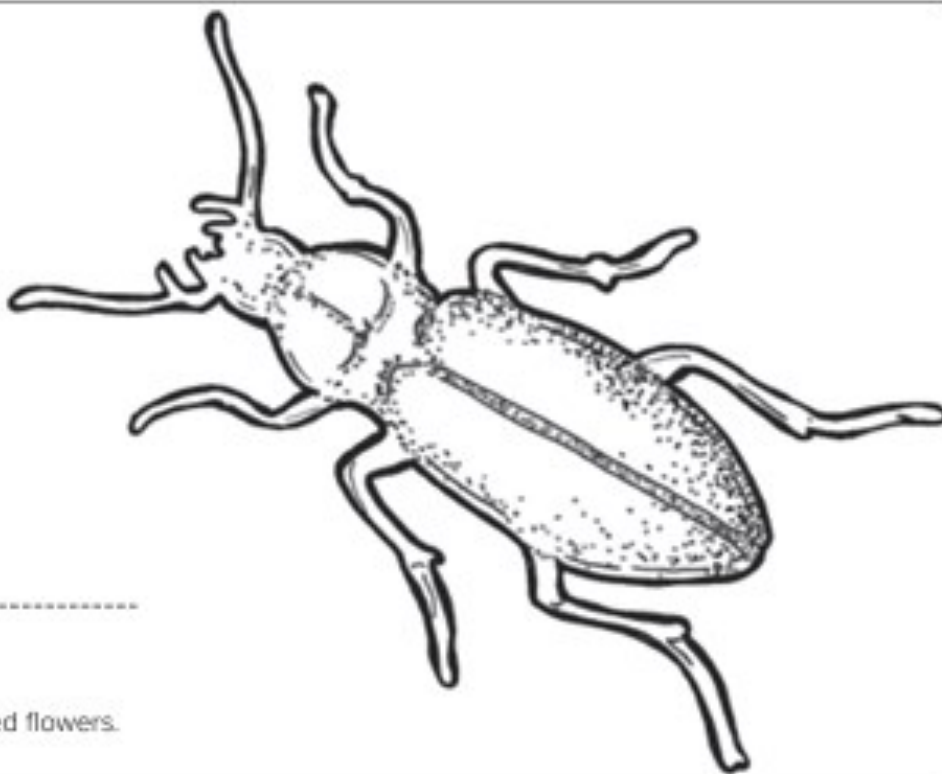
BAT

I feed on nectar.

I like fruity fragrances.

I am active at night.

Flower Restaurant

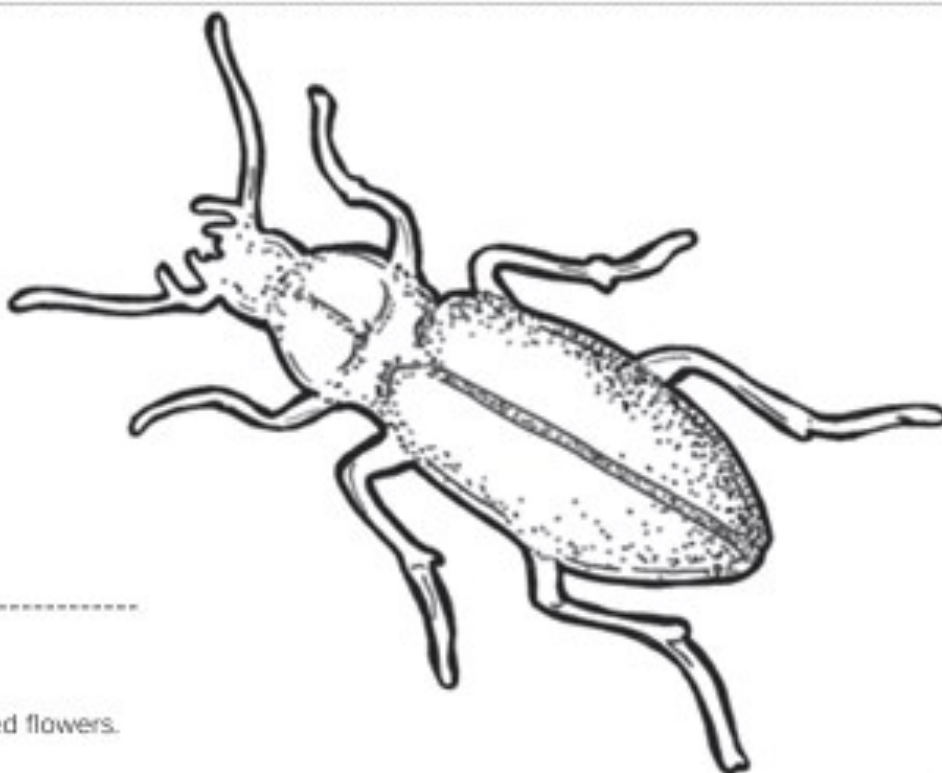


BEETLE

I eat lots of pollen.

I like white flowers.

I like, open, bowl-shaped flowers.



BEETLE

I eat lots of pollen.

I like white flowers.

I like, open, bowl-shaped flowers.

Flower Restaurant



BUTTERFLY

I'm attracted to bright flowers.

Nectar is my main food.

I need a place to stand while I eat.



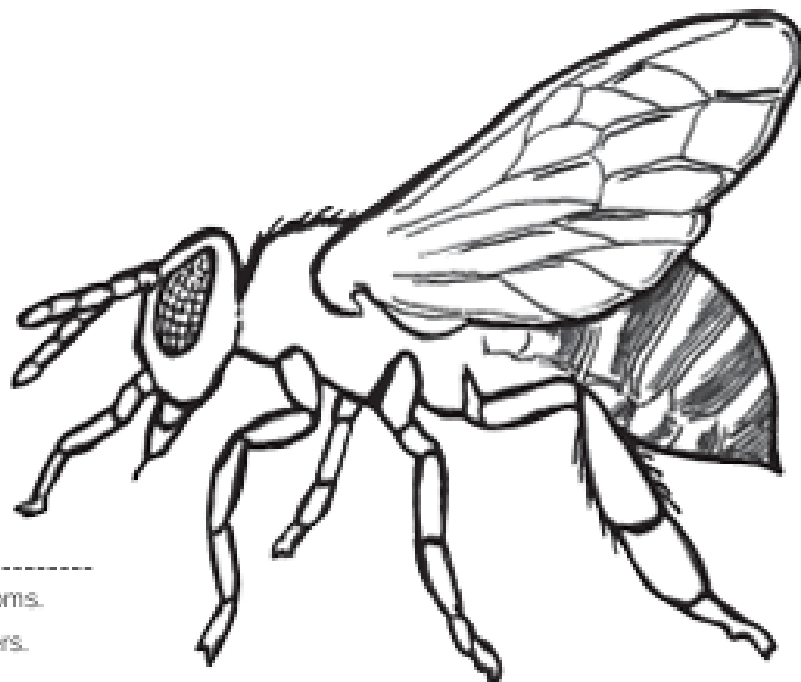
BUTTERFLY

I'm attracted to bright flowers.

Nectar is my main food.

I need a place to stand while I eat.

Flower Restaurant



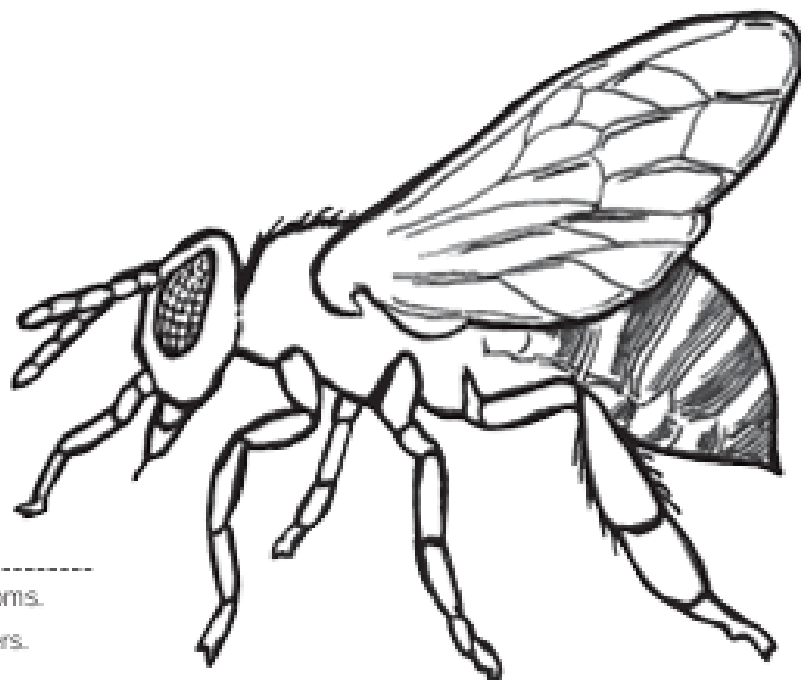
BEE

I like sweet-smelling blossoms.

I like clusters of small flowers.

I eat nectar and pollen.

I like having a place to land while I eat.



BEE

I like sweet-smelling blossoms.

I like clusters of small flowers.

I eat nectar and pollen.

I like having a place to land while I eat.

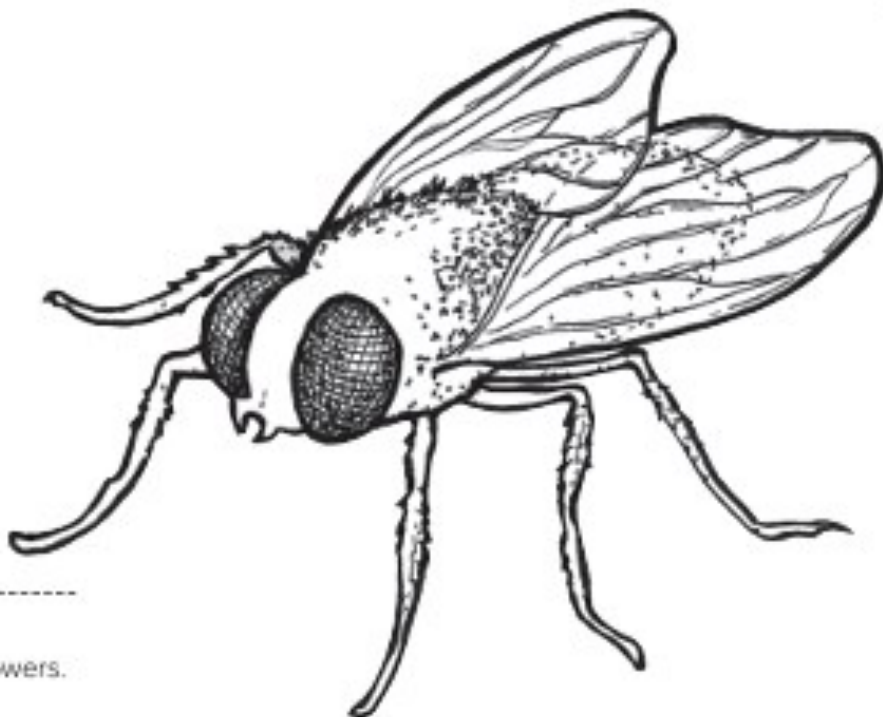
Flower Restaurant

FLY

I eat pollen.

I like dark or pale-colored flowers.

I'm attracted to foul odors.

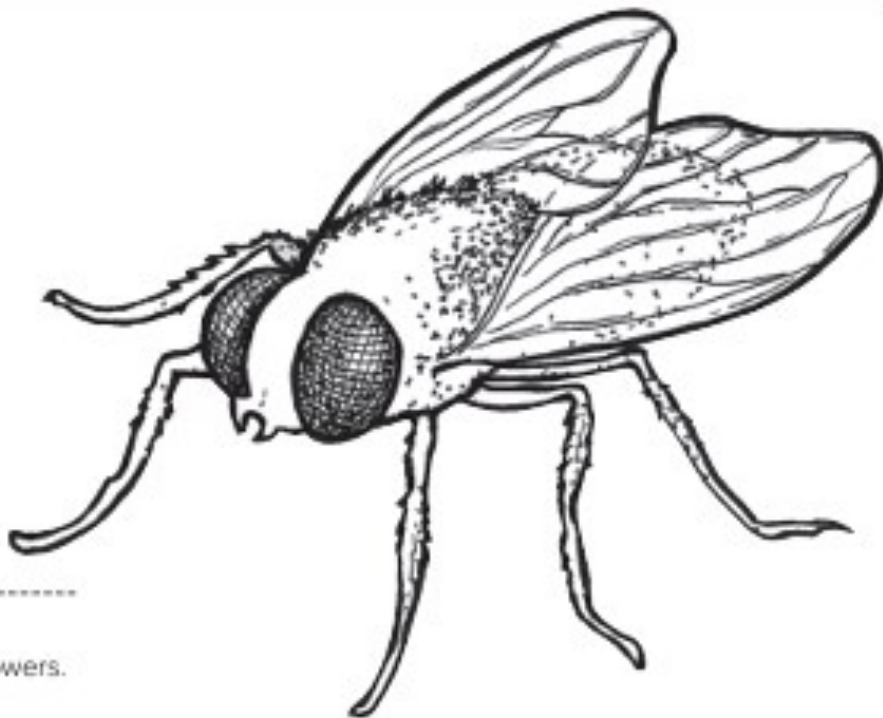


FLY

I eat pollen.

I like dark or pale-colored flowers.

I'm attracted to foul odors.



Flower Restaurant



HUMMINGBIRD

I hover to eat.

My main food is nectar.

I like red and purple flowers.

I'm attracted to tube-shaped flowers.



HUMMINGBIRD

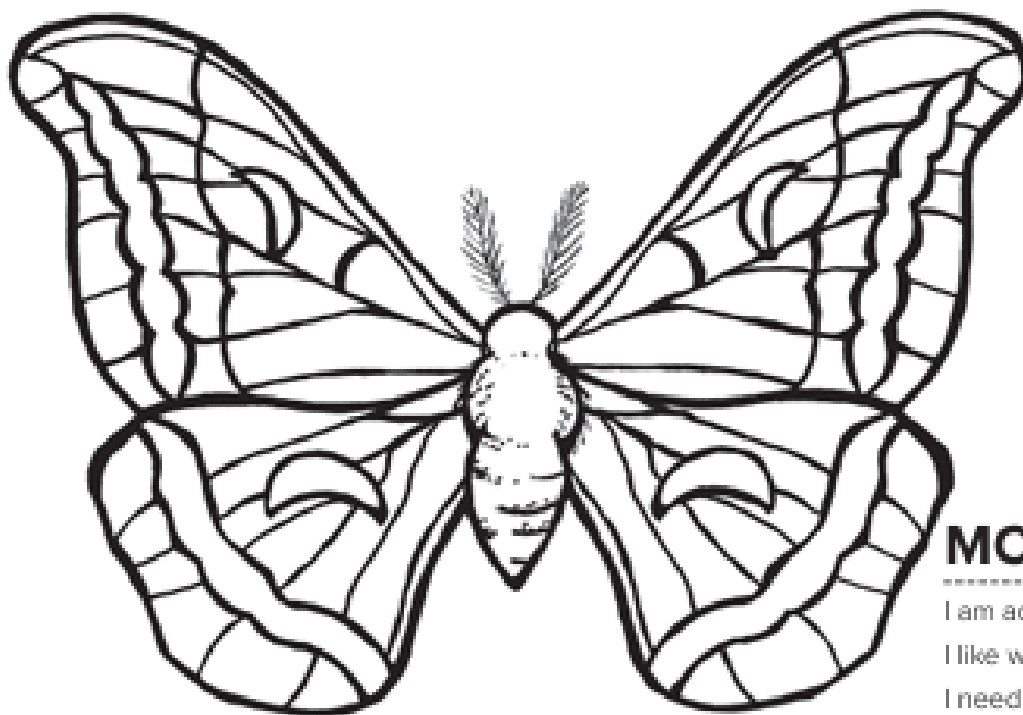
I hover to eat.

My main food is nectar.

I like red and purple flowers.

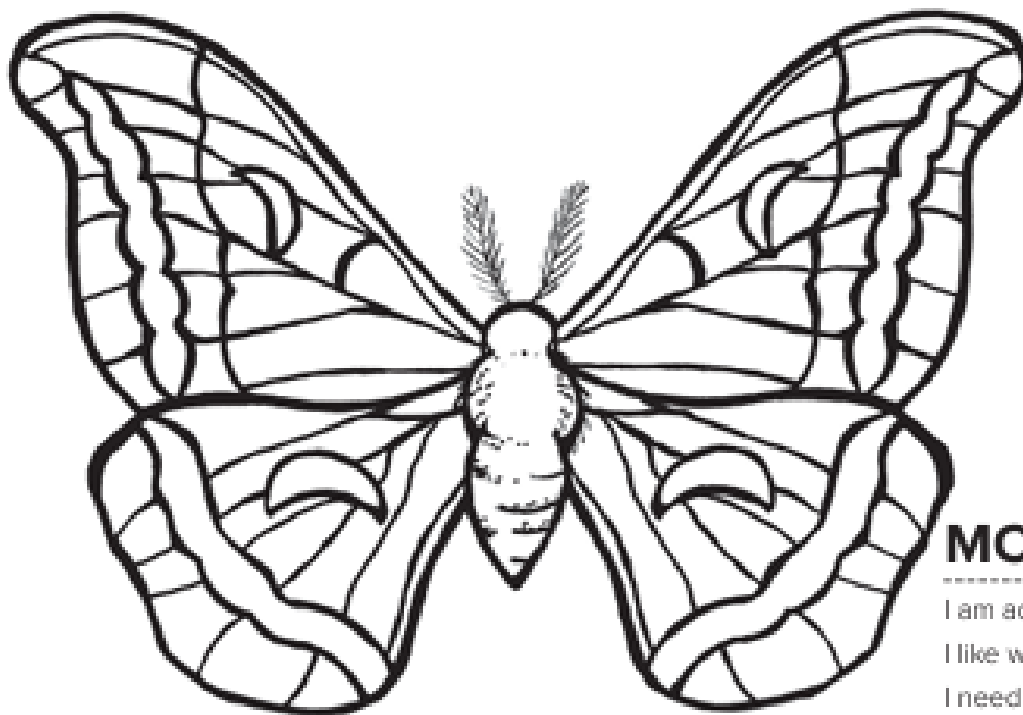
I'm attracted to tube-shaped flowers.

Flower Restaurant



MOTH

.....
I am active at night.
I like white flowers.
I need lots of nectar.



MOTH

.....
I am active at night.
I like white flowers.
I need lots of nectar.

Nature/STEAM

Activity #3: It's all about the Hosts!

Host plants are species of plants which require an insect needs in order to complete at least one part of their life cycle. For many pollinators these special plants are needed for the animal to complete their larval stage.

Have each participant select an insect pollinator and create a thaumatrope showing the relationship between host plant and insect.

Supplies:

- Paper plates
- Coloring materials
- Scissors
- Tape
- Bamboo Skewers
- Host plant sheet
- Additional pictures (optional)

Instructions:

1. Give each participant two paper plates and a pair of scissors.
2. Cut the paper plate so the ruffled edges are removed leaving participants with two flat white disks.
3. On one plate draw and color your pollinator on one side. On the other plate draw and color the host plant.
4. Tape your pollinator and host plant back to back with the bamboo skewer in between. The finished thaumatrope should look like a giant lollipop.

How to use the Thaumatrope:

- Hold the skewer between your palms with your hands flat. It will almost look like your praying.
- Rub your hands back and forth quickly, causing the skewer to spin.
- As you spin it faster, the images should appear as if they are combining: the pollinator and the host.



Insect Pollinators & their Host Plant

Host Plant:



Common Milkweed



Allegheny Chinquapin

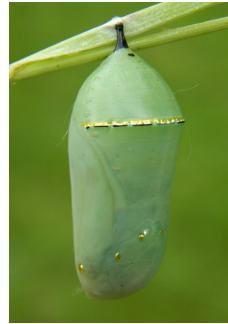


Small Beardtongue



Purple Coneflower

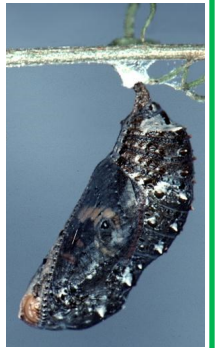
Pollinator:



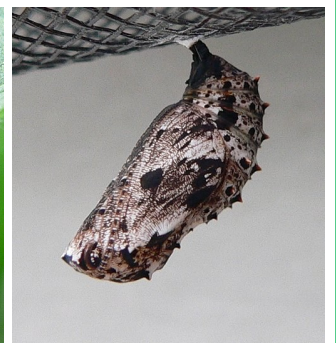
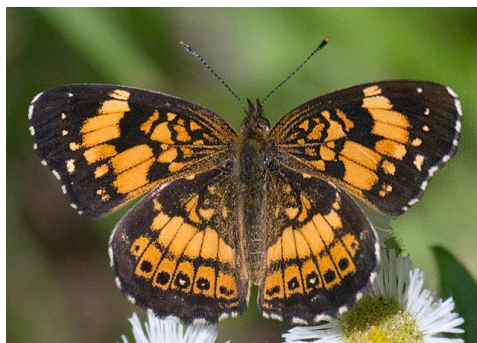
Monarch Butterfly



Orange-tipped Oakworm Moth



Common Buckeye



Silvery Checkerspot

Insect Pollinators & their Host Plant

Host Plant:

Pollinator:



Canadian Service Berry



Red-spotted Purple



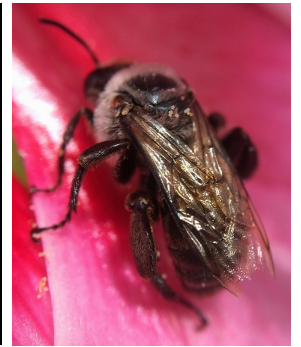
Pinxterblooms



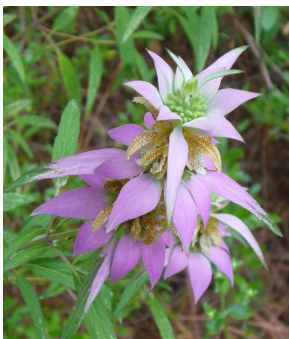
Brown Elfins



Common Rose Mallow



Rose-mallow Bee



Bee Balm



Mining Bee

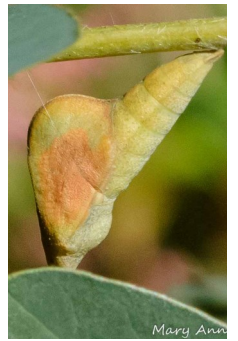
Insect Pollinators & their Host Plant

Host Plant:

Pollinator:



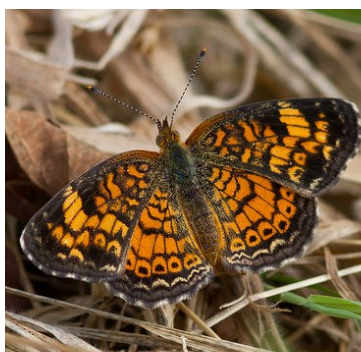
Partridge Pea



Sleepy Orange



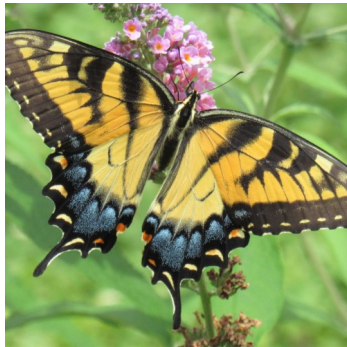
Yellow Wild Indigo



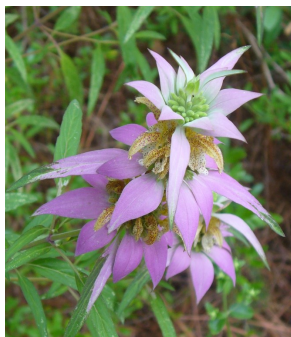
Pearl Crescent



Tulip Poplar



Eastern Tiger Swallowtail



Bee Balm



Snout Moth

Nature/STEAM

Challenge Mode: Bee Hotels

While many people think of honey bees when it comes to pollinators, the vast majority of pollination is done by solitary bees. As their name implies, these bees live alone often creating their nests in either burrows in the dirt, hollow stems or in beetle holes. Bee hotels are a great way to encourage solitary bees to nest in your yard.

Work as a group to make bee hotels to take home with you to encourage solitary bees to come to your homes.

Supplies:

- One 1/2x6 wooden board (at least 27 inches long)
- One 1/2 x 8 wooden board (at least 20 inches long)
- Saw
- Drill with variable drill bits (5/64—7/16)
- Sandpaper
- 2x4s or similarly sized scrap wood
- Wood glue
- Spray paint (optional) —> blue, yellow, white
- Bamboo tubes or cardboard tubes (with one blocked end)
- Tape measurer
- Writing Utensil

Instructions for the Bee Hotel:

1. Use the saw to cut the 5 boards needed to construct the outside of the bee hotel. As you cut label which board is which with a pencil or pen.
 - Cut the bottom board (6 x 8in)
 - Cut the roof board (6 x 9in)
 - Cut the back board (6 x 10in)
 - Cut 2 side boards (8 x 10in)
2. Lay one of the side boards on the table. Apply wood glue to the edge of the bottom board and place it on the side board at the “bottom”. The edges of the bottom board should match the edges of the side board.
3. Hold it in place for a few minutes so they bond together.
4. Apply glue to the edge of the roof board and place it on the “top” of the side board. Line up one corner of the roof to the side edge so they match. The other edge should hang over the side by 1-inch. This is the covering to keep the contents of the bee hotel dry in case of weather.
5. Hold the roof in place for a few minutes so the glue can set.
6. Apply wood glue to the exposed edge of the roof and bottom board and apply the other side board.

Nature/STEAM

Challenge Mode: Bee Hotels

Instructions the Bee Hotel (continued):

7. Hold the side board on the glue for a few minutes to let the glue set.
8. Rotate the box until it is face down (1-inch overhang facing the work bench). Apply wood glue to the exposed edges of the box and affix the back onto the box.
9. Hold the back board for a few minutes until the glue is starting to set. You should be left with a box which has one open side.

Bee Hotel Interior:

1. Determine which items you plan to add to your bee hotel. It is recommended to have a variety of sizes and types of materials in the bee hotel to increase the different species who can use the hotel.
2. Wooden Blocks:
 - Cut small logs and/or recycled blocks of wood into 6-8 inch long pieces.
 - Take the drill and drill holes into the long side of the wood. Holes should be variable depths from 3-8 inches deep.
 - Periodically switch drill bits to make holes of various sizes to attract different bee species.
 - Use the sandpaper to smooth the top of the drilled holes so they can't injure any bees who are trying to climb in and out.
 - If desired, paint the front of the wooden blocks different colors to make it easier for bees to find their chosen nest.
 - Place the wooden blocks into the bee hotel. Try to vary the pieces so they don't make a smooth surface, it also helps the bees find their chosen nest.
3. Bamboo Tubes
 - Use the saw to cut the bamboo tubes into 6-8 inch long pieces.
 - Make sure to cut the tubes on a node so there is an end to the tube.
 - Lay them inside the bee house horizontally tight enough they can't move around.
 - Vary the tube lengths so it is easier for bees to find their selected nest.



Hike

Activity: Phenophases Hike

Phenology is the study of changes in the living things throughout the year. Trees are a great place to start observing seasonal changes. Every year trees follow a similar cycle and by tracking how early or how late each event occurs, you can discover the ways the climate effects them.

Supply List:

- Clipboards
- Phenology Hike Guide
- Writing/Coloring Utensils
- Camp Map

Pre Hike Activity:

1. Gather the group into a circle. Ask the following questions:
 - Who has ever had a birthday? (have them raise their hands)
 - What is the first birthday that you remember? How did you celebrate it?
 - Do you celebrate your birthday the same way as you always did? If it changed how so?
2. After having this brief discussion, explain the changes in how everyone celebrated their birthday is an example of phenology. Scientists don't track birthdays but they do track changes in the environment over time. This is one of the ways that scientists keep track of global climate change.



Directions:

1. Split everyone into small groups of 2-3 participants. Give each group a clipboard, writing utensil as well as the Phenology Hike Guide page. Explain today they are going to go on phenology hike and make observations about the environment around the camp.
2. This hike is meant to take place on Priscilla's Trail. For oldest groups, start near the dining hall. For younger groups start near Never Never Land.
3. Take a hike down Priscilla's trail towards the Pooh tree. While on the hike, have groups make observations about the various plant and animals they notice on the hike.
4. Once the group reaches the Pooh Tree, have everyone share what they observed on the hike.
5. As a group, discuss what are some changes that you might expect to see as the seasons change.

Discussion Questions:

- Why do you think scientists are worried about phenology? What are ways that you could be involved in citizen science more often?

Phenophases Scavenger Hikes

Take a hike and observe the plants to determine their phenophase. For three plants (one from each category) and circle what phenophase the plant is in.

Help us keep track of the phenology of our camps and upload your results here: (ADD LINK)









Date: _____

Time: ____:____AM/PM

Location: _____ Weather: _____










Broad Leaf Evergreen:

Trees/shrubs with leaves that do not fall off in winter. The leaves typically have a waxy appearance. Common species are holly, southern magnolia and mountain laurel.

Flowers?		Fruit/Berries?	
	Leaves, no flowers		Leaves, no fruit
	Flower Buds		Unripe Fruit
	Flowers bloomed		Fruit Ripe
	Flowers dying		Fruit Rotting

Conifer Trees:

These are trees with needles which do not fall in the winter. Common species are spruce, pine and cedar trees.



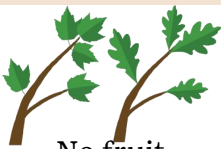





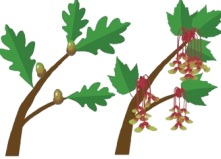



New Needles?		Pollen Cones?		Seed Cones?	
NONE	 Stem Growth	NONE	 Cones growing	NONE	 Green & Growing
 Needles emerging	 New Needles bushy	 Cones open and releasing pollen	 Cones wilted/dry	 Brown & Closed	 Brown & Open









Phenophases Scavenger Hikes

Take a hike and observe the plants to determine their phenophase. For three plants (one from each category) circle what phenophase the plant is in. Help us keep track of the phenology of our camps and upload your results here: (ADD LINK)

Deciduous Trees:

Trees which drop their leaves in the autumn and grow new leaves in the spring. They are some of the most common tree species we see. Common species include maples, oaks, pawpaws.

New Leaves?		Fruit?		Flowers?	
 Buds closed	 Buds "breaking" green visible	 No fruit	 Unripe fruit	 New flower buds	 Flowers growing, closed
 Leaves small, growing	 Full Leaf Canopy	 Lots of fruit, don't drop when touched	 Fruits ripe, drop with gentle touch	 Flowers bloomed/ opened	 Pollen drops when gently shaken

Leaf Color?		Leaf Fall?	
 100% green	 25% fall colors	 No leaves fallen	 Some leaves fallen
 75% fall colors	 100% fall colors, leaves falling	 Most leaves fallen	 All leaves fallen

What season is it? _____

What changes might you expect the trees to go through in the next season (Example: Summer → Fall, Winter → Spring)? _____

Where is somewhere you could watch the phenology changes in your life? _____

Special Activity: Mindfulness in Nature

Activity #1: Peaceful Pooh Tree

One of Camp Potomac Woods' most iconic landmarks is the Pooh Tree. Getting its name from the classic character who lived in a tree, the Pooh Tree sits along the bank of the Potomac River. This picturesque location is one of the most peaceful places at Camp Potomac Woods. **Take a break at the Pooh Tree and find a place to take in the peace of the area by doing a sit spot.**

Supply List:

- Journals (optional)
- Writing Materials (optional)
- Coloring Materials (optional)

What is a sit spot?

A sit spot is a place where a person can make themselves comfortable by either sitting, standing, lying down somewhere in nature and taking some time for themselves.

While in this location, the person focuses on opening themselves up to the environment around them, one sense at a time. Such as feeling the air on the skin, listening to the birds, smelling the dirt/grass. The idea is to let the mind drift along with the senses and to be fully and completely in the moment.



Directions:

1. Gather the group in a circle and explain what a sit spot is. If journals and writing materials are being used pass them out to the group at this time.
2. Let the group spread out and select their sit spot. Everyone's sit spot should be far enough away from one another that they won't touch even when lying down.
3. Set a timer for 15 minutes (if using a phone, put it on vibrate so the sound doesn't disturb). For the next 15 minutes, let everyone sit in their sit spot and just be. If using journals this is a time they can write, draw or do whatever they want in their journal.
4. At the end of the 15 minutes, quietly call everyone back to the circle. This is a great time to reflect together.

Discussion Questions:

- How did you feel during this activity? How did it feel to just sit and not really do anything?
- Did you notice anything? If so what did you notice?

Special Activity: Mindfulness in Nature

Activity #2: Mind, Play, Walk

Mindfulness is a skill, something that can be both learned and perfected with practice. While mindfulness is often a skill practiced by oneself, it can also be something that can be practiced as a group. Work together to practice a few of these simple group mindfulness activities.

Supply List:

- None!

One Thing:

This activity is about identifying one thing in nature that brings you calm/peace.

1. Everyone in the group stand in a circle.
2. Starting with the leader, share 1 thing in or about nature that brings them calm.
3. Silently, all the participants should try and sense/connect with that 1 thing for 15-30 seconds.
4. Repeat this process for each participant until everyone has shared.

Who Am I?

This activity is a great way to help participants see themselves reflected in nature. Additionally it helps the group get to know one another better and what values each person has.

1. Take a brief 5-10 minute walk in nature. While walking each person should find something which represents them.
2. Have each person collect the thing that represents them. If the thing they feel connected to is a tree, have them take something like a leaf to show to the group.
3. After the walk, regroup. Have everyone share their object and why they chose it.

Imagination Game:

1. Place all the objects collected during the last activity and place them in the center of the circle.
2. Pick one item out of the pile and hold it up, showing it to the rest of the group.
3. Have each participant act out what they are pretending the object to be without naming it (ex. A long stick is a broom stick or a microphone stand). Have everyone else try to guess what the object has turned into.



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

Council Contact:

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

Camp May Flather Patch Program Activity Guide

Outdoor Skill Activity: Complete both.

**Activity #1: What Shall We
Eat at Camp**

- ☐ Use the Healthy Eating Plate to plan meals for a 2-day, 2-night camping trip.

Activity #2: One Pot Meal

- ☐ Cook and eat a one pot meal.

**Challenge Mode: Buddy
Burner & Vagabond Stove**

- ☐ Create a buddy burner and vagabond stove.
- ☐ Cook something on the vagabond stove.

Nature/STEAM Activity: Complete 2.

**Activity #1: Pollinator
Mandala**

- ☐ Learn about how pollinators move pollen from flower to flower

**Activity #2: Flower
Restaurant**

- ☐ Discover the adaptations flowers use to attract their pollinators

**Activity #3: It's about the
Host!**

- ☐ Explore how some animals depend on certain plants in order to survive.

Challenge Mode: Bee Hotel

- ☐ Construct a bee hotel to take home to provide housing for solitary bees.

Hike: Complete one.

**Activity #1: Phenophases
Hike**

- ☐ Take a hike and observe the trees to determine which phenophase they are in.

Mindfulness In Nature: Complete two.

**Activity #1: Peaceful Pooh
Tree**

- ☐ Take 15 minutes to practice sit-spots outside in nature.

Activity #2: Mind, Play, Walk

- ☐ Practice mindfulness as a group by completing the group activities.

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.