The legend of the Yeti (also sometimes referred to as the Abominable Snowman) dates back thousands of years and originates from the Himalayan region/wintry mountains of Nepal. The name Yeti comes from a Tibetan word that roughly translates to "bear of rocky place". And though one has never officially been spotted, legend says Yetis are guardians of the mountains, meant to keep curious mortals from climbing all the way to the top.

While we can't guarantee you'll find a true Yeti, the following Yeti-inspired activities are a great way to teach girls about winter skills and activities. To earn the fun patch, girls must complete one or more activities from each of the three categories (Getting Crafty, Staying Safe, Let's be Adventurous), or create your own activities that align with the spirit of the wintry outdoors! Custom patches are available in the GSGI Council Shops or our online shop.

To earn the the Yeti Search and Rescue fun patch you must complete at least one activity from the three sections of this packet:

- **Getting Crafty**
- **Staying Safe**
- **Let's be Adventurous**

And/or create and complete your own activities that align with the spirit of the patch—outdoor and winter survival skills.
Activity 1: Paper plate fuzzy Yeti

This paper plate creation is simple and fun! Girls can get as creative as they’d like when creating their Yeti.

SUPPLIES NEEDED

- A paper plate for each girl
- Glue, scissors, and scotch tape
- Cotton balls (approximately 50 per girl)
- Construction paper in red, blue, white, and black (or substitute black marker). (Optional: If you prefer to use large “googly eyes” you can purchase those instead of the blue paper.)
- For added fun, bring a variety of other colors of paper to add mittens and boots to your creatures, or perhaps even a Girl Scout sash!

DIRECTIONS

Steps 1 - 3 can be completed ahead of time for younger girls or for a quicker project.

1. Using white paper, cut out arms and legs for each Yeti. They can be long and gangly or short and stout, that's part of the fun! You can help younger girls by pre-tracing them for them if you wish.

2. Using red paper, cut out a small nose and mouth. They can vary in shape—noses can resemble upside down hearts or triangles, mouths can be any variety of round or smile shaped.

3. Using blue paper, cut out circles for eyes. Cut smaller circles out of black paper, or use a black marker to color in black pupils.

4. Glue cotton balls onto the paper plate. Tape or glue the arms and legs onto the back of the plate. **Pro-tip:** taping the arms & legs allows all gluing to be done on just the front side of the Yeti, which makes for a cleaner, quicker project!

5. Once all cotton balls are glued on, glue on the paper facial features.

6. For even more fun: Girls can name their Yeti and write their own Legend of the Yeti.
Activity 2: Find the Yeti Snow Globe

In this activity, girls will create a snow globe and hide a Yeti somewhere inside. See if other girls can find your Yeti!

SUPPLIES NEEDED

- Construction paper (we recommend light colored paper so girls can easily draw their wintry scene)
- 7-inch clear plastic plates
- Glue stick or white glue
- Miniature Styrofoam balls, pom poms, or white rice (snow)
- Crayons, colored pencils or markers
- Hot glue gun
- Template on following page (optional)

DIRECTIONS

1. Start with your construction paper. Trace the template on the following page onto a sheet of construction paper and cut out. Note: this template is sized for a 7-inch plate. If using a different size, place the clear plastic plate on top of the paper and trace, adding the base if desired.

2. Using crayons, markers, or colored pencils, decorate the background with a wintry scene and be sure to hide a Yeti somewhere in the picture! Talk to the girls about what they might need to stay warm outdoors and discuss what they would do if they came across a Yeti in the woods! Note: if using the base have girls write what they would do if they met a Yeti in the woods or their best winter tips.

3. Now for the magic! Put a small pile of foam “snow” in the center of the Yeti artwork (an adult may need to help with this part!). Next, using the hot glue gun, put a thin line of glue around the entire lip of the clear plastic plate. Gently place it straight down on the artwork background.

4. Let the glue dry for a few minutes then have girls shake their new snow globes. For added fun, swap with a buddy and see if you can find each other’s hidden Yeti.

Pro-tip: The miniature styrofoam balls like to escape! We recommend spreading a tablecloth on the floor to catch the runaway “flakes”.
STAYING SAFE

Activity 1: Dress for winter

Winter weather safety means dressing in layers. This fast-paced relay is a fun way for girls to practice adding and shedding layers, which is important for outdoor activities in the winter! Take time to talk to the girls about the threat of different outdoor elements like snow and wind, and what precautions they can take to stay safe in winter weather.

SUPPLIES
For this activity, girls will be divided into teams. You will need enough of the following items for EACH TEAM to have their own pile of winter clothes. Feel free to substitute different items, but make sure each team has similar items. For example, one team shouldn't have a coat + sweater + overalls if another team only has snow pants + mittens.

- Snow pants or overalls
- Gloves or mittens
- Boots (the larger the better, adult sizes are fine and make the relay funny!)
- Scarf
- Light jacket
- Heavy winter coat

DIRECTIONS

Divide girls into teams of 4-8 people. Split each team, with half of the girls standing on one side of the room and half directly across from them 30-40 feet away (approximately).

Place a pile of winter clothes in front of the first racer on each team. When you say start, one girl from each team will get dressed as quickly as possible in all of the winter gear. Once all of the gear is on, the girl runs across the room to meet the rest of her team. She removes all of the layers and the first person in that line quickly puts them on and runs back across the room. This continues relay style until everyone has run once. The final runner must fully remove the winter clothes before they're are considered done. Note: If you have an uneven number of girls, some teams may have to send a girl through the relay twice. Have the girls decide on this before the race and make sure there is another runner between her turns so she still has to fully dress before running again.

The team with the fastest time wins. Pro-tip: to make it extra challenging, insist that all shoes and coats are tied and fastened!
Activity 2: Build a Shelter

This activity can be done inside or out, simply adjust the materials to work best for your group. Talk to the girls about different types of shelters, like igloos, lean-tos, and teepees. They should review their materials to make a shelter with items from the yard or house.

SUPPLIES

- Open space—you’ll need enough room to construct your shelters
- Various household materials. The sky’s the limit here—this could include sticks, duct tape, bed sheets, brooms, tablecloths, safety pins, even snow if you’re playing outdoors!

DIRECTIONS

Have the girls work in teams or alone to build a shelter. Set parameters like they must fit inside or it must be watertight—whatever you want to do based on the materials you have!

To make it more challenging, consider giving the girls very limited materials to start (maybe string and a bed sheet) to see how they do. As they work for awhile, add in supplies like duct tape, rope, or a large piece of plastic. Talk to the girls about the challenges they faced and how the extra supplies helped.
Activity 1: Take a walk in snowshoes

Snowshoes are footwear designed to help you walk in the snow. They work by distributing your weight over a larger area so that you don't sink into the snow. They are available in many shapes and sizes, ranging from rectangular to circular, some made of wood, others made of aluminum. Snowshoes are vital for people whose livelihood depend on moving about in deep and frequent snowfall like forest rangers (all the better for Yeti rescues!) and many people go snowshoeing for fun to get outdoors in the winter.

If you have access to real snowshoes, great! Plan a short hike on a snowy day to practice with the snowshoes! If you do not have snowshoes, no problem! In this activity we'll show you how to make homemade snowshoe “simulators” and teach girls a little bit about outdoor hiking in the winter.

SUPPLIES

- Several large pieces of firm cardboard, roughly 30” x 10”
- A roll of twine or string
- Scissors
- Roll of duct tape (optional)

DIRECTIONS

1. Choose your snow shoe shape and draw it onto the cardboard. The most common snow shoe shape today is a rounded rectangle, roughly 30 inches long by 10 inches wide.

2. Trace the foot of one of your Girl Scouts in the center of the snow shoe. Using that as a guide, carefully use the scissors to puncture 4 holes on the perimeter of the foot shape, two toward the front, two toward the back.

3. String the twine through the holes and tie the snow shoes to the feet of the participant. Pro-tip: As girls get excited about trying out their snowshoes, you may find that the twine isn't strong enough. The duct tape is a great backup for twine laces that aren't holding very well!

4. Set up space indoors and have the girls practice walking in the shoes. You can create extra challenges by putting small obstacles in the way or racing once the girls have mastered walking!

OUTDOOR HIKING TIPS

**Wear layers** You may start out very chilly but as you get moving, you’ll warm up. Be prepared with lots lighter layers that can be easily removed.

**Cover your skin** Don’t forget to protect your hands, face, and ears from freezing temperatures with gloves, a hat, and a scarf.

**Bring a flashlight** Daylight hours are much shorter in the winter and you don’t want to be stuck in the dark. Be sure to bring a flashlight and keep it close to your body so the batteries don’t get too cold. Cold weather can kill a battery very quickly!

**Don’t forget sunscreen** Yes—even in the winter we need sun protection! If you’re hiking in the snow, it’s extra important as the sun’s rays can be reflected by the snow.

**Bring snacks** It’s important to bring snacks and hydration along on any outdoor adventure. You might want to keep your snacks in a pocket close to your body if it’s freezing outside. Nobody wants to chomp on a frozen granola bar!

**Keep an eye on your friends** You should always have a buddy or two while hiking. Stick together and make sure everyone is staying safe and having fun!

Adapted from REI Co-op
Activity 2: Get Familiar With Carving

Pocket knives can serve many purposes in outdoor survival, from cutting a rope to creating kindling. Some people use their pocket knives for carving or whittling too. In this activity girls will learn basic carving skills using plastic cutlery as a learning progression for using a pocket knife. Once girls have mastered carving soap with plastic utensils, they can move onto more advanced techniques with wood or sticks. Note: as girls advance, be sure to use careful adult supervision as they learn to work with sharper tools.

SUPPLIES

- One bar of soap per girl Pro-tip: for some brands, it can be helpful to open the bar of soap early in the day and let it sit out. This will soften the soap and makes for easier carving.

- One set of plastic cutlery (butter knife, fork, and spoon) per girl Pro-tip: you can also try other carving tools like popsicle sticks or wooden cuticle tools. You know your girls best so choose tools you believe will be the safest and most effective for your troop.

- Several disposable tablecloths or old newspapers

- One pencil per girl

- Several medium artist paintbrushes (for dusting off soap flakes)

DIRECTIONS

Start by covering the work surface with tablecloths or old newspapers for quick, easy cleanup. Girls then draw their preferred shape on the bar of soap. For first timers, the shape should be relatively simple block shapes and not finely detailed. Simple ideas are a heart, a fish, a rainbow, an arrowhead, etc. More advanced carvers can try to add more detail in their design. Feel free to use a printed pattern if that helps.

Once the design is traced, have the girls start by removing the outer edges. Removing the outer layers is a great time for girls to practice with their different utensils and shaving larger and thinner slices off. As the carving takes shape, the girls should practice shaving very thin sections at a time. They can practice with different carving tools, using all of the silverware and even the pencil.

Once the piece is completed they can dust it off with the paint brush.

CARVING SAFETY TIPS

Always push the carving tool away from you

Never carve something on your lap—keep it on the table or a protected surface

Never run with or throw a knife or carving tool

Make sure your tool is properly sharpened. A sharp tool is less likely to slip while cutting.

Always be aware of your surroundings. A simple bump can cause an injury while carving so make sure you have enough room to work safely.