

# Awesome Autumn Adventures

Autumn is the transition season between summer and winter, best noticed by the color change in leaves and the harvest. Many animals begin to prepare for winter by storing food in their nests and dens, while birds begin their winter migration!

As girls begin their transition into a new season with the start of school and Girl Scout year, they can earn their Awesome Autumn Adventures fun patch! To earn the fun patch, girls must complete one or more activities from each of the four categories below. As a leader, you can also create your own activities that align with the spirit of the autumn outdoors! Custom patches are available in the GSGI Council Shops or our online shop.

Girls can have an Awesome Autumn Adventure by completing activities like trekking through nature on a scavenger hunt, creating a kindness rock, exploring how to engineer a water compass, or designing a mystical dream catcher!



You can get the patch for this program kit  
in our Girl Scout Shops and online!

To earn the Awesome Autumn Adventures fun patch you must complete at least one activity from the four sections in this packet:

**Let's Explore**

**Getting Crafty**

**Nature Know-How**

**Kindness Counts**

You can also create and complete your own activities that align with the spirit of the patch – learning about and exploring nature.

# LET'S EXPLORE

## Activity 1: Adventure Hunt

Head outside with your fellow Girl Scouts and complete a fun scavenger hunt. Explore your world and see what you find. Remember – Girl Scouts respect nature and leave no trace when we go outside!

### *Supplies Needed:*

- Scavenger hunt sheets – one for each girl or team
- Paper bags
- Pencils

### *Directions:*

1. Decide where to explore and how girls will participate, either individually or divide into teams.
2. Give each girl/team a scavenger hunt sheet, pencil, and paper bag.
3. Instruct girls to place each item in your paper bag or write the item on your sheet if you cannot pick it up.
4. Once all girls/teams have completed the hunt, gather together and compare items.
  - Was it easy to find all the items?
  - Which one was easiest to find? Which was the hardest?
  - What unique item did you find?

## Girl Scout Adventure Hunt List

- |   |  |
|---|--|
| <input type="checkbox"/> Something colorful     | <input type="checkbox"/> Something soft                    |
| <input type="checkbox"/> Something made of wood | <input type="checkbox"/> Something shorter than you        |
| <input type="checkbox"/> Something green        | <input type="checkbox"/> Something smooth                  |
| <input type="checkbox"/> Something rough        | <input type="checkbox"/> Something beautiful               |
| <input type="checkbox"/> Something that grows   | <input type="checkbox"/> Something bumpy                   |
| <input type="checkbox"/> Something flat         | <input type="checkbox"/> Something fuzzy                   |
| <input type="checkbox"/> Something pretty       | <input type="checkbox"/> Something you think is a treasure |

# LET'S EXPLORE

## Activity 2: Leave No Trace Booklet

Be the change that nature needs and learn how to Leave No Trace. There are seven principles of Leave No Trace which can be used to guide how to enjoy the outdoors while leaving minimal impact from your visit. Whether it's remote wilderness areas, local parks, or your own backyard, nature will appreciate your care! Make a booklet to make sure you are making a positive impact on nature.

### Supplies Needed:

- Paper Tags (8/person) 2" x 5"
- Key Ring (substitute with yarn or ribbon)
- Stickers (letters/animals/etc)
- Pens/pencils/markers

### Directions:

1. Give each girl 8 tags, key ring, stickers, plus pen/pencil/marker
2. Have girls write one Leave No Trace principle on each tag, using the 8th tag as a book cover
3. Introduce the 7 Leave No Trace principles
4. Encourage girls to get creative with personalizing their booklets
5. Discuss ways to incorporate the 7 Leave No Trace Principles in their next outdoor adventure



## LEAVE NO TRACE PRINCIPLES

1. Plan Ahead & Prepare: ask girls for their input! Consider weather and appropriate clothing for your adventure.
2. Stay On The Trail: be a secret explorer and detective. Observe your surroundings without leaving clues.
3. Dispose of Your Trash Properly: Play "I spy" along the trail and collect the litter you see! Remind each girl to be responsible for "packing out" what they brought with them.
4. Leave Nature Where You Find It: Be careful not to disturb or disrupt the ecosystem!
5. Be Careful with Your Campfire: Review fire safety rules and how to minimize campfire impact. Educate girls on gathering downed and dead firewood and make a game of collecting it.
6. Respect Wildlife: Take photos of the treasures you find!
7. Be Considerate of Other Visitors: Teach and model good behavior, like sharing trails with others and avoid making loud noise.

# LET'S EXPLORE

## Activity 3: Woodland Yoga

Become one with the woodland creatures. Take a minute find your zen and try out these fun animal yoga poses.

### *Supplies Needed:*

- Animal Yoga Cards found on the next page
- Open Space
- Yoga Mats \*not required

### *Directions:*

1. Print out the animal yoga cards. This will give the girls instructions on how to do the poses.
2. Get the girls in the open space. Have them stand with their legs and arms spread. That should give them plenty of personal space to do the poses.
3. Ask the girls to stretch out before doing yoga. It could be doing five jumping jacks or trying to touch their toes. This will help prevent injury.
4. Talk the girls through the pose instructions. Give them a challenge and see if they can make animal sounds while doing the poses.

## Bear

- Come to hands and knees on the mat in a table position
- Move hands forward one hand print
- Curl toes under
- Lift hips to the sky
- Walk on your feet and hands like a bear.



## Deer

- Start seated on the floor with your back straight and legs in front of you.
- Pull your right knee towards your body and place it over your left leg keeping your foot flat on the floor.
- Twist your right knee. Repeat on the opposite side of your body towards your right side.
- Place your left elbow on the outside of your right knee.
- Repeat on the opposite side.



## Log

- Lay down on your back, with your legs slightly apart.
- Keep your hands next to your sides, slightly spread out with palms facing up.
- Breathe slowly and deeply from your abdomen.
- Close your eyes and relax your whole body.
- Hold this position for 5 to 15 minutes.



## Fox

- Start on your hands and knees.
- Reach out with your left arm and reach back with your right leg.
- Repeat on the opposite side.



## Porcupine

- Kneel on mat with knees wide
- Big toes touch
- Lay belly towards mat
- Arms extended overhead
- Rest forehead on mat
- Round out that back to make your quills stick out!



## Skunk

- On your hands and knees, come to a tabletop position.
- Check that your shoulders and elbows are directly over your hands and that your hips are directly over your knees.
- Your back should be flat, and your neck should be in a neutral position while you look down towards the floor.
- On an exhale, gently drop your head, press your tummy up, round your spine, and tuck in your tail bone. Arch your back and stretch!



## Owl

- Shift your weight onto your left leg. Bend your right leg behind you, up toward your bum.
- Use your right hand to grab hold of your right ankle.
- Take a deep breath in and extend your left arm out.
- Balance for a few seconds. Flap your arms like a bird and add the WHOOO WHOO!



## Toad

- Place feet wide on the mat
- Lower hips into a squat position
- Hands come to heart center
- Make 'ribbit' sounds
- Option to hop!



# LET'S EXPLORE

## Activity 4: Bug Hotel

Bugs and insects can be pesky but they are an important part of nature. Some beneficial insects pollinate flowers, garden crops and fruit trees.

Insect pollinators such as bees, butterflies, moths and ladybugs live in colonies and must find a dry warm space to build nests and hibernate over the winter.

By providing bugs and insects with inviting homes, you can help increase their number and be good to the environment. So let's create a Bug Hotel to keep the little buggers warm over the winter until spring!

### *Supplies Needed:*

- Large plastic bottles cut into 2 cylinders
- Garden twine/string
- Sticks
- Pine cones
- Bark
- Dry leaves
- Anything else you can find

### *Directions:*

1. Cut large bottle into 2 cylinders.
2. Arrange materials by size and texture. Snap twigs to make them smaller.
3. Loop garden twine around and start layering your bug hotel.
4. Make sure to pack the materials in the cylinder tightly so that the wind doesn't blow it apart.
5. Hang your Bug Hotel and watch the pollinators do what they do best!



# GETTING CRAFTY

## Activity 1: Animal Tracks

Every animal has a unique set of tracks – or footprints. Create your own animal track stamp to help others identify different animals. One of the best places to go tracking can be your own backyard. Especially, if you look after a rain or snowfall when footprints are easily seen in mud or snow.

Encourage girls to explore, and find out who goes there!

### *Supplies Needed:*

- Cardboard pieces about 5" x 5" (one per girl)
- Sponges
- Scissors
- Glue/hot glue gun
- Paint
- Card stock
- Animal track templates
- Markers



### *Directions:*

1. Girls choose an animal track to create.
2. Cut out the animal track template and trace the image onto a sponge.
3. Carefully cut out the animal track shape.
4. Next, with adult supervision, girls hot glue the tracks onto a cardboard square.
5. Dip the sponge track in paint and stamp onto a piece of card stock.
6. Have girls compare and discuss their animal track stamp with sister Girl Scouts!
  - Share stamps and create a sheet of different animal prints.
  - Talk about which stamps look similar. Which are the most different?
  - Ask why different animals have different tracks? What is the reason?



# GETTING CRAFTY

## Activity 2: Map Quest

Have girls get to know your fellow Girl Scouts by creating a map of your life! Challenge them to use their creativity and map-making skills to create their own, personal island!

### Supplies Needed:

- Paper
- Pencils
- Coloring utensils
- Permanent markers

### Directions:

1. Use the worksheet to brainstorm 10 important things in your life – events, items, activities, people, or goals for the future.
2. Draw the outline of your island – make it in the shape of your first initial or use your imagination!
3. Create symbols that represent your ten items and incorporate them into the map. Ex. If you love pizza, you can create Pizza Mountain on your island.
4. Remember to include the four essential parts of a map
  - Title – Name your island!
  - Legend – Explain what the symbols represent
  - Compass Rose – a compass that shows North, South, East, and West
  - Labels – Make sure to label your important items



### Autobiography Map Questions

1. In what city were you born?
2. What is your last name?
3. What is the name of your first pet?
4. How many siblings do you have?
5. Do you have any pets?
6. What is your favorite childhood memory?
7. Where is your favorite place to go on vacation?
8. What is your favorite thing to do with friends?
9. What is your favorite family tradition?
10. What is something you are talented at?
11. What is your favorite sport?
12. What is your favorite sports team?
13. What is your favorite subject in school?
14. What is your favorite food?
15. What else would you like to share?



# GETTING CRAFTY

## Activity 3: Dream Catcher

Legends tell that the spider web design of a dream catcher allows good dreams to pass through and float down to sleeping children. They are thought to be a symbol of protection and comfort.

Encourage girls to be creative and make their own for catching their sweet dreams!

### *Supplies Needed:*

- Wooden embroidery hoop
- Washi tape
- Scissors
- Yarn/ribbon
- Beads/shells/etc.
- Feathers
- Tacky glue



### *Directions:*

1. Cover the embroidery hoop with washi tape.
2. Tie a double knot on the loop leaving about an inch of yarn hanging from the knot. Wrap the remaining yarn around the out edges of the ring as many times as you like to create a design. When you are done secure the yarn by tying it off on the one-inch piece and cut off any excess ends.
3. Cut a piece of yarn and tie it to the middle of the bottom ring, cut off excess yarn. Thread a few beads onto the yarn and tie as many knots as you need for the beads not to fall off. Cut off extra yarn that may be hanging from the knot.
4. Insert the top of the feather into the middle of the holes of the beads. Secure by adding a dab of tacky glue between where the knot of the yarn meets the back of the feather.

# GETTING CRAFTY

## Activity 4: Fairy Friend

Plan a girl hike this fall! Have girls plan a quick hike with their Girl Scout friends to find all the materials needed to make a new fairy friend!

### *Supplies Needed:*

- Pine cone (for the fairy body)
- Acorn (for the fairy head)
- Maple key wings-also known as helicopters (for the fairy wings)
- Dried grass (for the fairy arms)
- Smooth stone (base for the fairy to stand)
- Hot glue gun
- Metallic colored Sharpie

### *Directions:*

1. Have girls go on a quick hike to find their supplies.
2. Once girls have gathered supplies, they are ready to assemble a fairy friend. Remember, hot glue should be used by girls with adult supervision!
3. Next, have fun by asking girls to name their fairy and then write it on the stone in marker.
4. Have girls share names and what makes their fairy unique!



# NATURE KNOW-HOW

## Activity 1: Water Compass

Use your resources wisely to practice your navigation and mapping skills - create a compass with a leaf and paper clip!

### *Supplies Needed:*

- Paper clips
- Leaves
- Shallow dish filled with water
- Magnet
- Optional: compass/compass phone app

### *Directions:*

1. Gather leaves in different shapes and varieties – make sure they are big enough to support a paper clip.
2. Bend your paper clip into a straight line.
3. Magnetize the paper clip by running the magnet along it several times in the same direction.
4. Put the paper clip on the leaf or push the paper clip down and then up through the leaf.
5. Watch as the leaf turns in the water until the paper clip points north and south! (Use your compass to check which direction is north)



# NATURE KNOW-HOW

## Activity 2: How old is the tree?

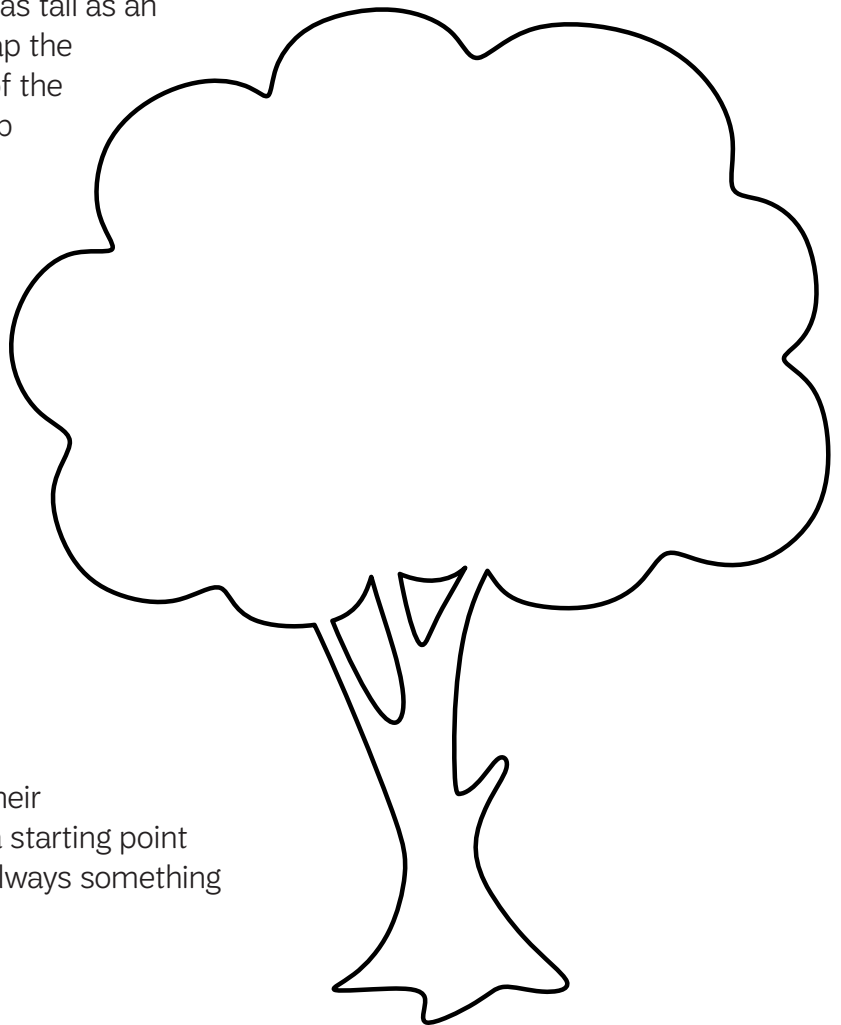
Trees are the main source of life for our woodland friends. They provide shelter, food source and oxygen for all living creatures. Do you ever wonder how old a tree is? Try this non-harmful activity to find out how old a tree is.

### Supplies Needed:

- Tree
- Fabric measuring tape
- Marker
- Pen
- Tree Sheet
- Adult Helper

### Directions:

1. Make predictions on your tree sheet. Do you know what kind of tree it is? How old do you think it is?
2. Help your child find a tree that is at least as tall as an adult helper and have your Girl Scout wrap the measuring tape around the widest part of the trunk. (An adult helper might need to help with this part!)
  - The distance around the trunk of a tree is called the circumference. Write this measurement down on your tree sheet.
3. Did you know the measurement of the circumference in inches is also the approximate age of the tree in years? How close was your guess?
4. Talk about how your predictions come out versus your actual data. Were you close when guessing the tree's age? Remember! Girl Scouts never give up if their answer was wrong. Use your answer as a starting point and try again with another tree. There's always something to learn when we do experiments!



# KINDNESS COUNTS

## Activity 1: Bird Seed Ornaments

Make these fun birdseed feeder ornaments and bring your backyard alive! This is a great opportunity to find out about the wildlife in your own backyard. Birdseed ornaments made with gelatin are peanut free!

### *Supplies Needed:*

- 1 cup of cold water
- 1 cup boiling water
- 2 packets of gelatin
- 2 Tablespoons of corn syrup
- 2 cups of bird seed
- Cookie Cutters
- Straws cut in 2" pieces
- Parchment paper
- Twine or another kind of string (biodegradable if possible!)

### *Directions:*

1. Mix the gelatin with a half cup of cold water until it's all dissolved! Now add a half cup of boiling water (adult help required) to the bowl, and stir it slowly until it is completely dissolved.
2. Add 2 tablespoons of corn syrup and again, stir until dissolved. Quick tip: spray the tablespoon with a little non-stick spray and the corn syrup will slide right off!
3. Mix in the bird seed. Keep mixing until the gelatin/ corn syrup mixture evenly coats each seed. Let this rest for a couple of minutes if the mixture seems watery.
4. Now for the messy part, time to spoon the seed mixture into the cookie cutters. Fill the cookie cutters about half way and use a small piece of parchment paper to press the seeds firmly into the mold. Fill the cookie cutter to the top & press again.



# KINDNESS COUNTS

## Activity 2: Kindness ROCKS!

Spread a little kindness in our world. Use your creative style to create beautiful kindness rocks to be placed randomly in nature.

### *Supplies Needed:*

- Rocks (can be purchased at a your local craft store)
- Mod Podge Outdoor
- Multi-surface paint
- Sharpies
- Paintbrushes (detail brush for writing)
- Brush-on or spray clear sealer.

### *Directions:*

1. Decide which color you would like to paint your rock. Paint one side, let dry, then flip over and paint the other side. Make sure to let everything dry. A couple of coats may be needed.
2. Use brush on or spray clear sealer to seal your paint.
3. Get creative with embellishing your rocks with positive and kind sayings or designs!
4. Once dried, coat with Outdoor Mod Podge. Give several coats and let dry.

Psst! Make sure to be considerate when leaving your rocks in places. Do not leave them at private residences or businesses without asking!

