

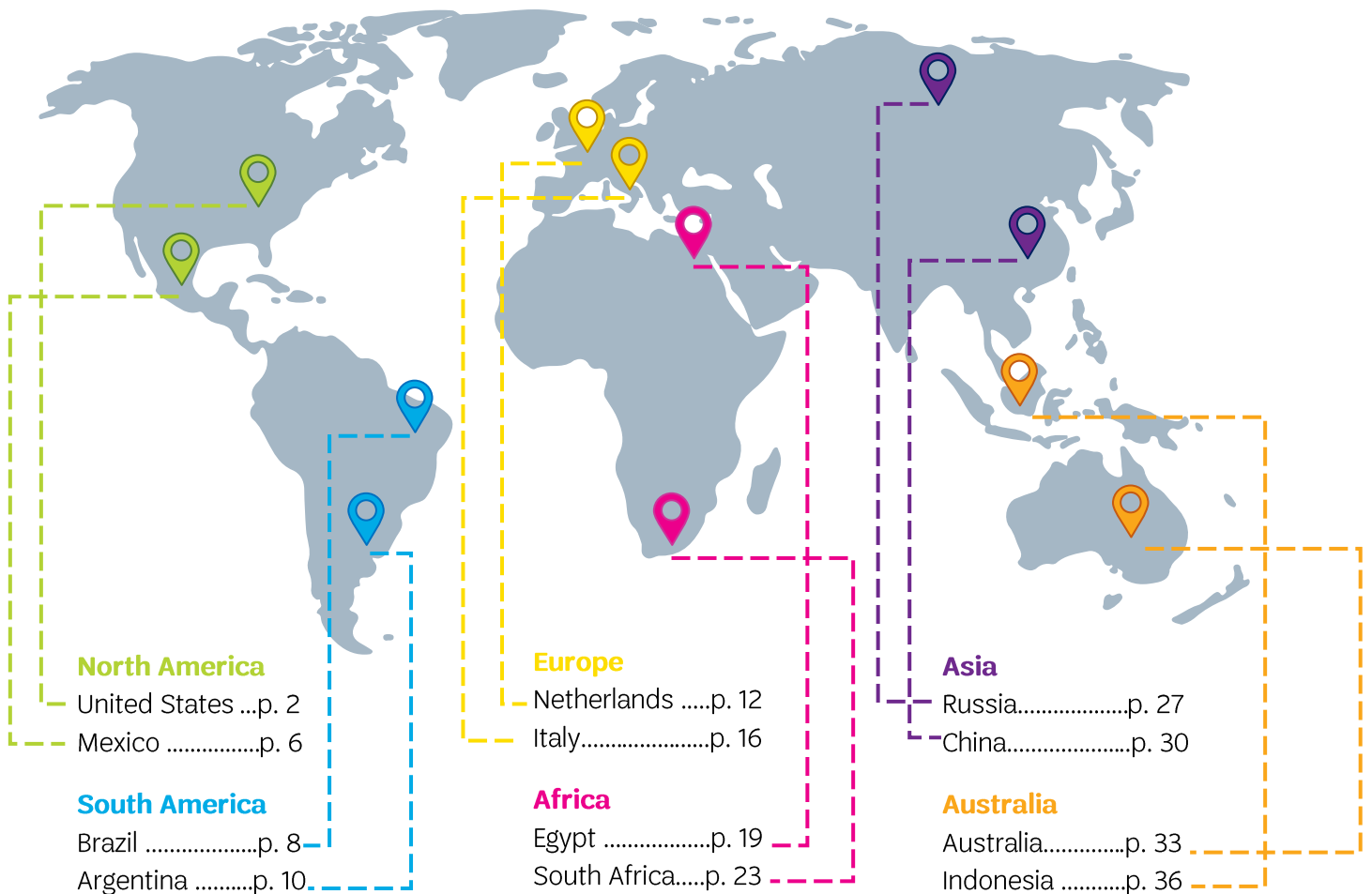
Simone's Big Adventure

Did you know that there are Girl Scouts all over the world? Travel has always been an important part of Girl Scouting. It takes courage, confidence and character to experience a new culture.

You might not be physically traveling to new places right now, but don't let that stop you from learning more about other cultures!

Join Simone the Sloth on her journey around the world - while trying new cuisine, dancing to local music, and exploring a variety of unique cultures.

To earn your Simone's Big Adventure fun patch, complete one activity from each of the continents, **North America**, **South America**, **Europe**, **Africa**, **Asia**, & **Australia**. Fun patches available for purchase through the GSGI council shops!



New York

New York City is one of the most well-known cities in the world! Each year, more than 65 million people visit the city to take in the sight and sounds that can't be found anywhere else.

New Yorkers rely on a vast network of public transportation including underground subways, taxis, and buses. The subway system was first opened in 1904 – over 100 hundred years ago! Today, the subway system has 24 train routes and 468 stations shuttling over 5 million people to their destination each day.



Navigate New York

Materials Needed: Printed subway map sheet and itinerary sheet

New York City is known as the “City that Never Sleeps” – Simone and her friends would fit right in! Two-toed sloths are nocturnal, meaning they are most active at night.

Check out the subway

Check out the inside of a NYC subway car – most people stand while the train moves. Do you think you could balance?



Each ride on the subway costs about \$3.00. But many New Yorkers purchase cards that allow them to ride as many times as they want!

Help Simone through New York





Simone the Sloth is visiting New York City. She has a list of places she wants to see during her trip. Help Simone find her way around NYC using the subway system.

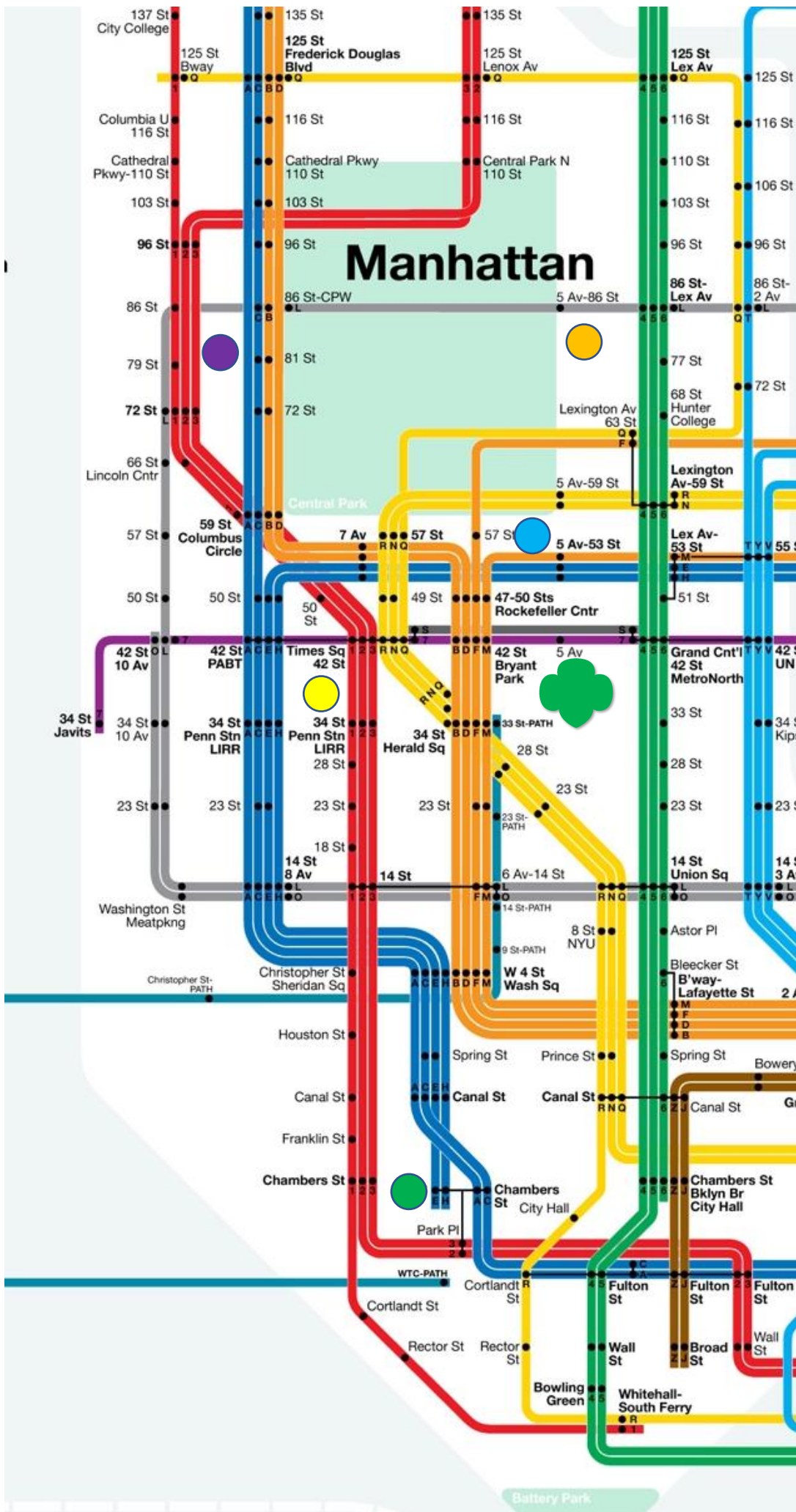
1. Print out the subway map and activity sheet.
2. Check out the key for the subway map
 - a. The colorful dots correspond to places Simone wants to visit.
 - b. The colored lines are subway routes and the black dots are subway stations.
3. Find the Girl Scouts of the USA Headquarters on the map – this is where Simone is starting!
4. Decide where she should go next. Which subway line will she use to get there? What stops will she use?

TIP: Simone can walk to a station further away if it makes it easier for to get to her next destination!






5. Use the itinerary worksheet to make your plan. Write the starting stop on the first line, the train color on the second line, and the beginning and ending stations on the third line.

Check out this example:

	<u>First Stop i.e. GSUSA Headquarters</u>
	<u>Train Color i.e. Purple Line</u>
	<u>Stations i.e. 5th Ave – 42nd St.</u>
	<u>Second Stop</u>




Key


-  Girl Scouts of the USA Headquarters
-  Museum of Natural History
-  Times Square
-  Guggenheim Museum
-  One World Trade Center
-  Museum of Modern Art
-  Subway Lines
-  Subway Stop


Itinerary Worksheet


Start at the Girl Scouts of the USA Headquarters and help Simone travel to each destination.


Girl Scouts of the USA Headquarters




























First Stop i.e. GSUSA Headquarters



Train Color i.e. Purple Line



Stations i.e. 5th Ave – 42nd St.

MEXICO



Mexico is the product of a rich Native American heritage, three centuries of Spanish rule, and a shared border with the United States. Today, many Mexicans have a mix of Native American and Spanish ancestors.

One of Mexico's biggest holidays is Día de los Muertos or Day of the Dead – a three-day celebration from October 31-November 2. This holiday is a way to honor those who have passed and a way to joyfully celebrate life!

Did you know sloths sleep curled up with their head placed between their arms and their feet drawn close together?

Celebrate with Simone!

Materials Needed: Device with internet, shoebox, paper/wrapping paper, tissue paper, tape or glue

Learn about Día De Los Muertos

Mexicans observe Día de los Muertos with lively celebrations, parades, costumes, face painting, food, music, and much more! Families will spend time together at the cemeteries of their loved ones – they may bring food & drinks, decorations, and play music. Check out these amazing photos of past celebrations in Mexico!



Learn all about ofrendas

There are many different symbols and traditions associated with Día de los Muertos. One of the most important traditions is the “ofrenda”. This is a special place for families to honor their loved ones who have passed on. It is a collection of treasures, pictures, food, special items, and candles.

Find out more about ofrendas with [Google Arts & Culture](#). Use this resource to find out about the different parts of an ofrenda – fill in what you learned below!

- How many levels does an ofrenda typically contain?
- What do the candles represent on the ofrenda?
- What do the sugar calaveritas (or sugar skulls) symbolize?
- Why are cempasuchil flowers (marigolds) added to the ofrenda?
- What type of food & drink do is placed on the ofrenda?

Create your own memory box

Ofrendas are meant to celebrate life – filled with little things that help us remember. Make a memory box to help you remember special moments. Follow the steps below.

1. Wrap your box in paper – try using bright colors!
2. Add items that help you remember special moments, like event tickets, programs, pictures, cards, and other small trinkets.
3. Place your pictures in your box – try gluing or taping them to the walls of the box.

TIP: Use popsicle sticks to create mini frames!

4. Place your other items and decorations around your box.
5. Finally, add flowers or make some tissue paper flowers. Check out this site for instructions to make easy tissue paper “flores” or flowers: [Make Your Own Tissue Paper Flowers](#)

BRAZIL



Brazil is the largest country in South America and home to the world's largest jungle, the Amazon – home to sloths like Simone! And in the north is the Amazon River, the largest and longest river in the world!

Who doesn't love a celebration! Carnival is an amazing festival that occurs in February or March throughout Brazil. Rio hosts the samba school parades as part of the Carnival festival. Samba is a traditional Brazilian dance dating back to the 17th century! Samba schools are groups of dancers who dress up in fabulous costumes and choreograph samba dances for the parade.

Slow and steady – sloths move along the ground at just 6 feet a minute! In the trees, they are slightly quicker at 10 feet per minute.

Samba with Simone!

Materials Needed: Device with internet, mask template, glue, markers, crayons, string

Learn a new dance

Check out this video to learn how to samba! Practice your new moves!

- [Samba Class for Beginners](#) by Dance Fun Fitness

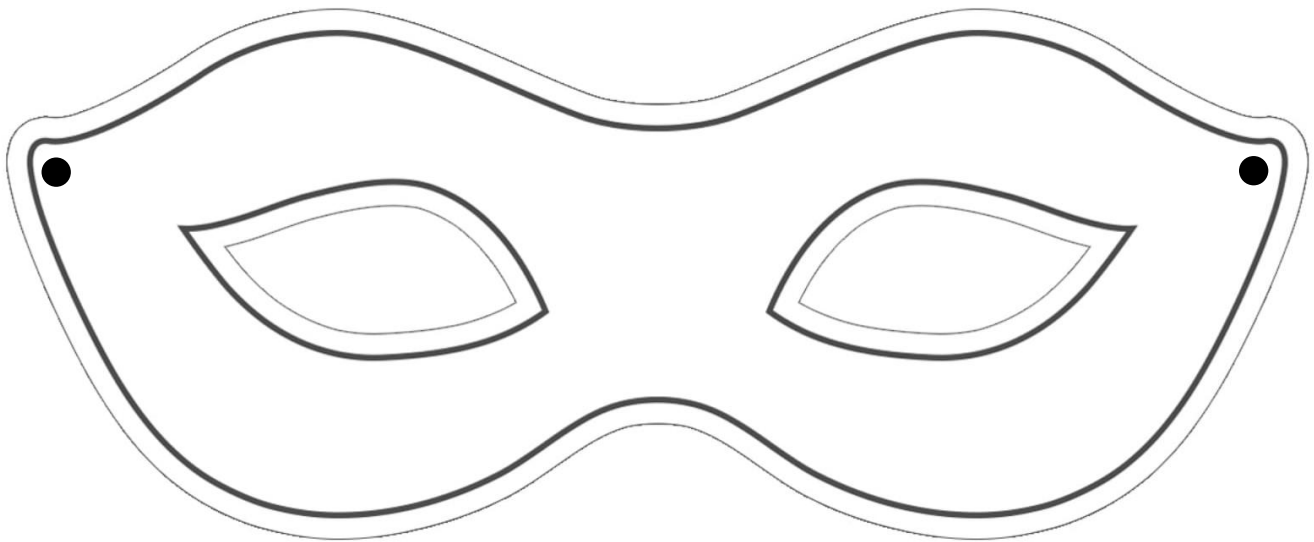
Celebrate carnival!

One of the most exciting parts of Carnival is the amazing costumes and masks that the performers wear. Each year they get more and more amazing!

1. Print out the mask template below to create your own Carnival mask.
2. Poke holes in the dots on either side of the mask. Attach a piece of string to each hole on the mask. Make sure the string is long enough to go around your head.
3. Put on your mask and try out your new samba moves!

Carnival Mask

Cut out and decorate your own carnival mask!



ARGENTINA

Argentina is a vast & dynamic country in the southern part of South America. This unique country has a diverse culture, population, environment, and cuisine.

A trip to Argentina is not complete without trying empanadas – a staple in every region of the country. Empanadas are delicious, dough pockets filled with meat, cheese, & vegetables. Empanadas are a popular lunch in Argentina!

BUENOS DÍAS!



Did you know? Sloths munch on leaves, twigs, and buds. Sloths have such a slow metabolism that they can survive on relatively little food.

Cooking with Simone!

Materials Needed: Cooking utensils, empanada ingredients

Discover your favorite foods

Think about one of your favorite meals – maybe something your family loves to make or something from your favorite restaurants. Where did these dishes come from? How has it evolved? Do some digging to find the history of your favorite foods!

Make your own empanadas!

Traditional empanadas are filled with ground beef, ham & cheese, chicken, or cheese. But you can be creative and put your own spin on this traditional dish. Try out the recipe below!

TIP: The possibilities for empanadas are endless! Make it vegetarian by substituting vegetables and cheese!

Beef Empanada Recipe:

Ingredients:

- 1 package of premade pie crust (2 rolls)
- 1 lb. ground beef
- 1 medium onion, chopped
- 1 tsp cumin
- 1 tsp minced garlic
- ¼ tsp salt
- ¼ tsp pepper
- 1 cup shredded cheese
- 8 oz can of tomato sauce
- 1 egg



Directions

1. Pre-heat oven to 425 degrees.
2. Brown the ground beef in a large frying pan. Add the chopped onions and minced garlic to the pan while the beef is cooking. Cook until the beef is no longer pink.
3. Sprinkle the cumin, salt, and pepper over the beef mixture. Stir well.
4. Add tomato sauce to the mixture, stir and let simmer for 15 minutes.
5. Unroll pie crust on a flat surface. Use a bowl approximately 4 inches across – turn bowl upside down and press down to cut dough. Cut as many circles as you can out of both rolls of crust.
6. Add a little water to the edges of each dough circle to help seal.
7. Add about ¼ cup of meat mixture to the middle of each dough circle. Sprinkle a small amount of shredded cheese over the beef mixture.
8. Fold dough circle in half, cover the beef and cheese. Use a fork to seal the edges, pressing around the edge. Place each dough pocket on a baking sheet.
9. In a small bowl, whisk an egg and one tablespoon of water together. Brush or spoon the egg mixture over the top of each empanada.
10. Bake for 15 minutes or until the crusts are golden brown.
11. Carefully remove from the oven, let cool, and enjoy! Serve with salsa and sour cream!

NETHERLANDS



Sloths can hold their breath underwater for up to 40 minutes!

The Netherlands is a small country in Western Europe and over half the country is below sea level. Over the centuries, the Dutch have built series of canals, dams, dikes, and pumping stations to keep the sea and rivers back.

There are over 1,000 windmills in the country! These amazing structures served many purposes, but most importantly they pumped water out of the lowest parts of the country and back into the rivers.

Without the system of windmills much of the country would flood!

Windmill Engineering

Materials needed: template printed, toilet paper roll, card stock, 2 wooden skewers, 2 plastic pony beads, a hole punch, scissors, hot glue, glue stick, and tape

Learn about windmills

Find out more about how the Dutch use windmills and dikes to keep water from flooding their country! Check out this video from NOVA PBS about how the Dutch use windmills:

- [Dutch Windmills](#) by NOVA PBS Official

What is something interesting you learned about windmills?

Become a windmill engineer

1. Cut a piece of paper just large enough to cover the toilet paper tube – about 4.5 inches by 6 inches. Tape one edge of the paper to the toilet paper tube and wrap the rest of the paper around. Secure with tape or glue.
2. Cut out the windows and door from the printed template. Use a glue stick to attach them to the toilet paper tube.
3. Use a hole punch to add two holes about $\frac{1}{4}$ inch from the top edge of the tube. Make sure the holes are directly across from each other.

TIP: If you don't have a hole punch, ask an adult to help you use a sharp pencil to make the holes!

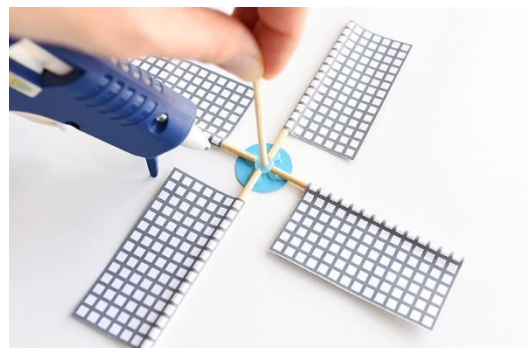
4. Cut out the roof shape from the template. Trace it onto a piece of paper or cardstock. Wrap one edge around itself to make a cone shape just slightly larger than the top of the paper tube. Use glue or tape to secure it to the tube.
5. Cut the skewer pieces using scissors – ask an adult to help you cut these pieces. You will need four pieces that are 3.5 inches long and one piece that is 2.25 inches long. You can use the template to measure!

TIP: Try using toothpicks instead of skewers!

6. Cut out the windmill blades from the template. Fold them in half. Apply glue to the entire inside edge. Place a 3.5 inch skewer in the fold of the windmill blade, then fold the paper in half over the top of it, making sure you line up the edges.



7. Cut out a 1 inch circle from cardstock or cardboard. Use the template as a guide. Add a dab of hot glue for each windmill blade and attach them to the back of the circle.
8. Add a blob of glue to the middle of the circle, then carefully press the smaller skewer into the glue so that it stands up straight. Hold the skewer upright until the glue dries.

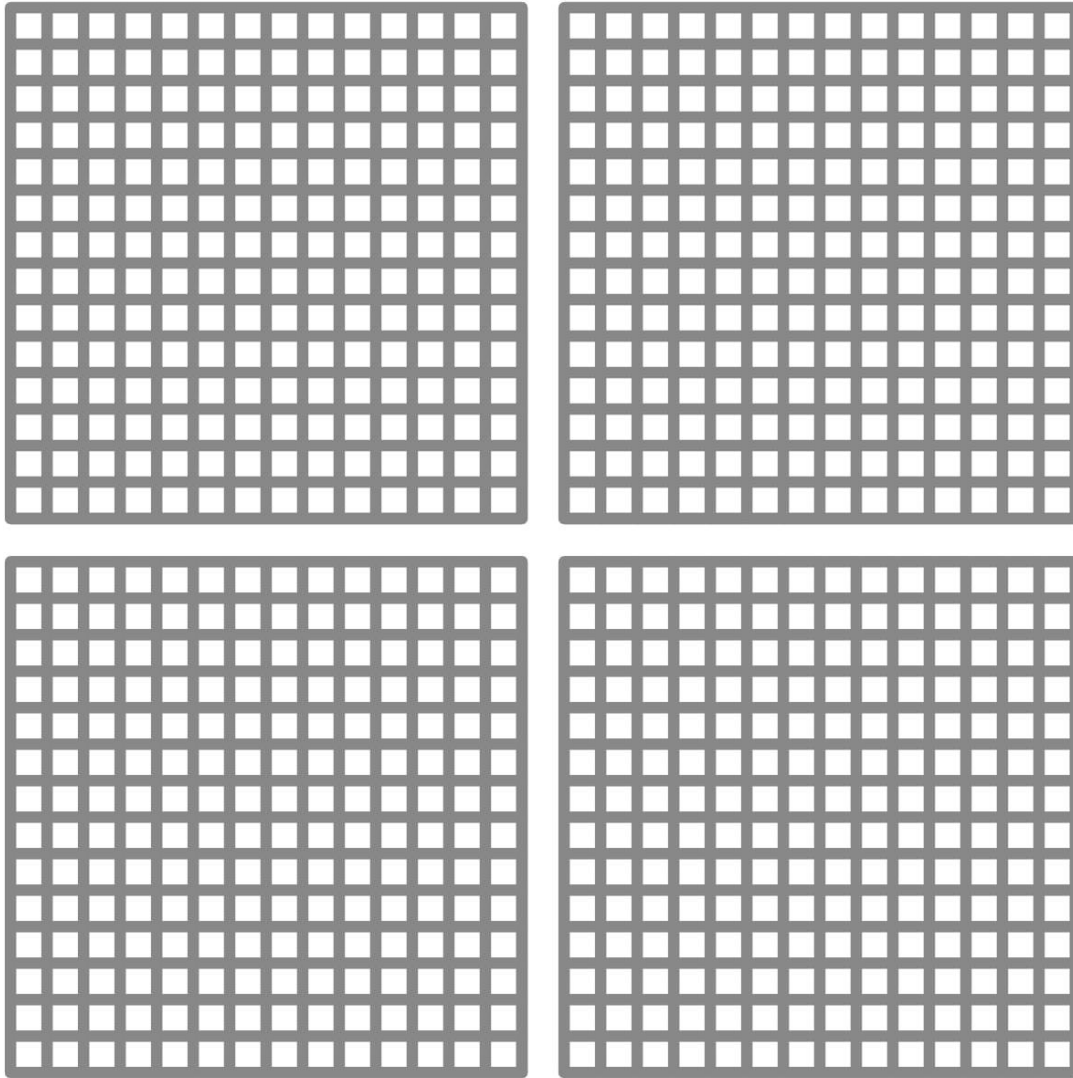


9. Curl the paper windmill blades towards the front. This will help them catch the wind
10. Add a plastic pony bead to the upright skewer, then carefully push the skewer through the two holes in the paper tube. Fill the second pony bead with hot glue and press it onto the short end of the skewer sticking out of the back of the paper roll
11. Blow gently on the front of the windmill and watch as the blades actually turn!

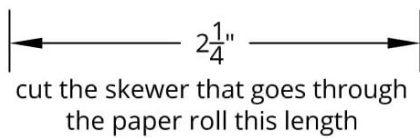
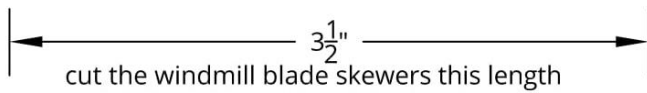
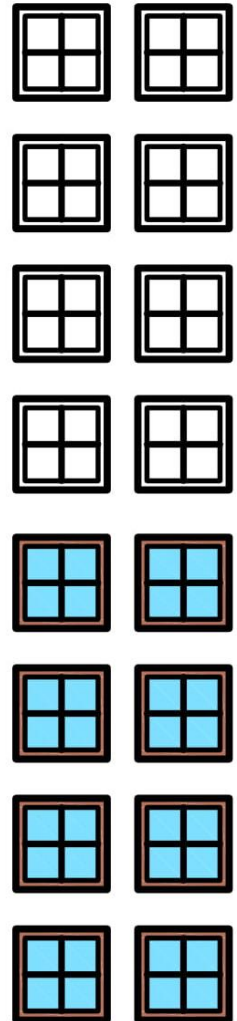


Windmill Template

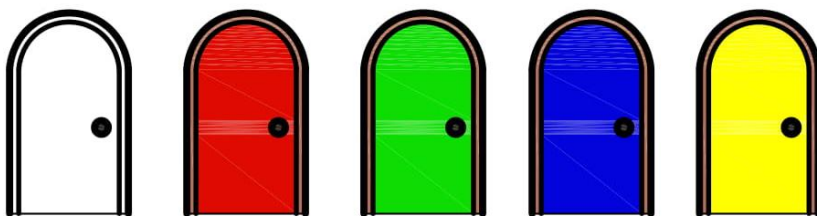
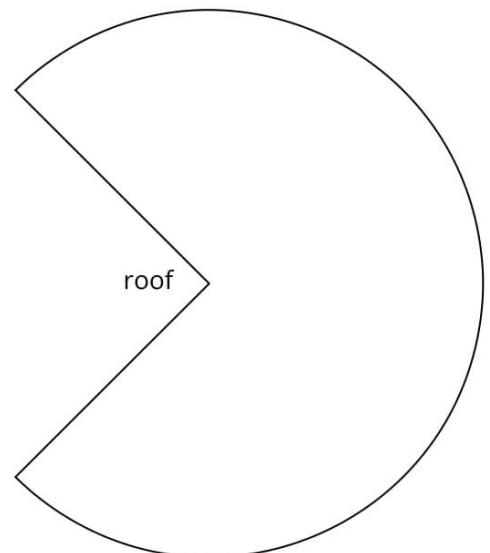
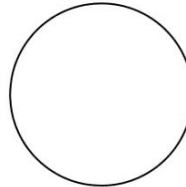
Windmill Blades



Windows



circle in middle
of windmill
blades



Doors



Since the rise of the Roman Empire, Italian art, architecture, and culture have had an influence around the world. Famed Italian painters include Leonardo da Vinci and Michelangelo.

Did you know that the first Margherita pizza was created for Italy's Queen Margherita 1889? She visited Pizzeria Brandi in Naples and a pizza maker created this pizza to contain the three colors of the new Italian flag, which was red (tomato), white (mozzarella), and fresh basil (green). The Queen loved it!

Pizza Fit for a Queen

Materials: paper, markers, ingredients for pizza dough, toppings of your choice

Create your own flag

What colors speak to you and represent your life? Using the flag template, design your own flag. Keep in mind that you will be making a pizza that reflects the colors of your flag in the next step!

Make your pizza

Based on the colors of your flag what kind of pizza will you be creating? What food item will be represented based on its color? Did you include the color brown - maybe you can add browned hamburger to your pizza. Or did you include the color yellow - try adding pineapple! The sky is the limit.

Be bold, be creative and be the Queen of your pizza!

Use this easy pizza recipe to make your creation!



Did you know it can take sloths up to one month for them to digest one meal?



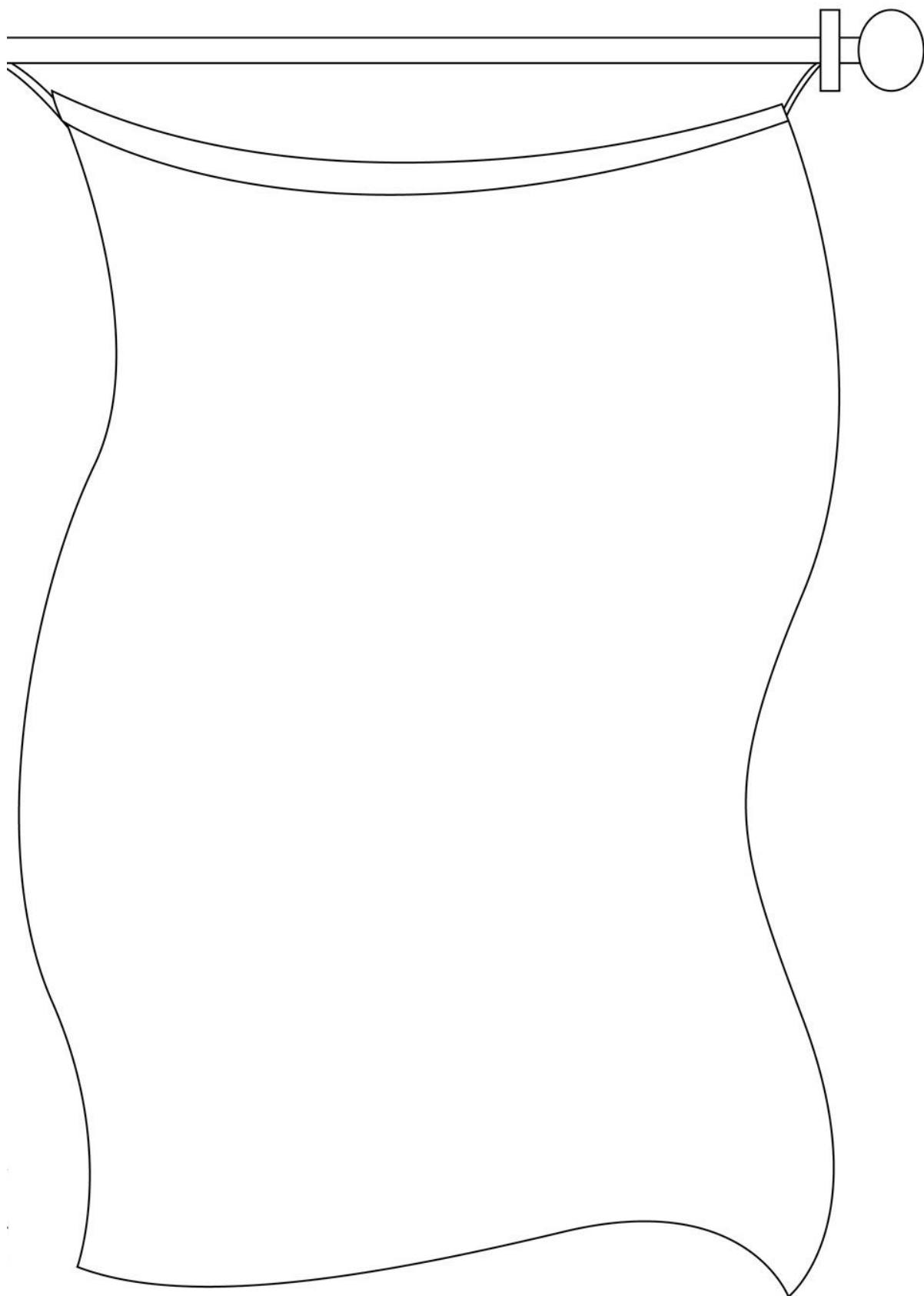
Easy Pizza Recipe

Ingredients

- 1 pkg dry active yeast
- 1 tsp sugar
- 1 cup warm water (110 degrees F)
- 2/5 cups flour
- 2 tbsp olive oil
- 1 tsp salt
- Additional toppings and sauce of your choice

Directions

1. Preheat oven to 450 degrees.
2. In large bowl stir yeast into warm water and let it sit for 5-10 minutes until it looks creamy.
3. When yeast is frothy, add flour, salt and oil and stir until well mixed.
4. Let dough mixture rest for 5 minutes.
5. Transfer dough to a lightly floured surface and roll or pat into one 12 inch pizza crust
6. Transfer to pizza stone or lightly oiled pizza pan.
7. Add sauce and any topping the Queen desires.
8. Bake for 15-20 minutes.



EGYPT

Over 8,000 years ago, people settled down along the Nile River in Egypt to fish, raise animals, grow crops, and build villages. This is how one of the oldest civilizations on Earth started. Egypt is still known for some its very old landmarks, like the Pyramids. Although people may think Egypt is just desert, the Nile River allows life to flourish in this area.

When preparing for travel, it is very important to think about the weather, the types of activities you will be doing, and how to be respectful of the people who call that place home. To be comfortable in what you are wearing and have the things you will need, do some research about your destination before you pack.

MARHABA!



Sloths are good swimmers, especially the backstroke!

What to Wear?

Materials Needed: Printed activity sheets & coloring supplies

Read up

Pretend you are going on a trip to Egypt and plan to visit three destinations while you are there. Read about each destination so you know what to expect.

Color your outfit

Color only the clothes that you should wear and items you would bring to each destination. Think about the environment, and what you will be doing there to help you wear what makes sense.



The Pyramids of Giza

The last of the ancient Seven Wonders of the World, the Pyramids of Giza are a top destination for travelers. These tombs for the pharaohs were built about 4,600 years ago and stand almost 480 feet tall. In the Sahara Desert, temperatures are very hot in the spring and summer during the day. Sand blows in the wind and the sun shines bright. After a short bus ride from Cairo, you can walk around the pyramids, take a tour inside one, and maybe meet a camel.

Color only the items you would wear or take with you to the Pyramids of Giza.

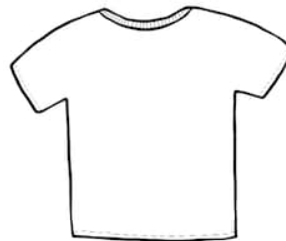
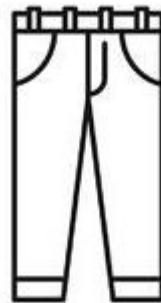
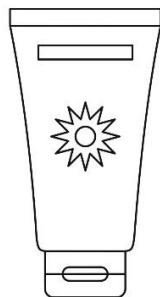




Khan el Khalili Bazaar, Cairo

In Egypt's oldest market, narrow and winding alleyways are where you can do some of the best shopping in the world. Spices, rugs, and gold are a few of the things sold in this 650-year-old market. Plan to be walking on paved walkways for 3 to 4 hours. Some shops are covered, but not air conditioned. Others are open to the glaring sun and warm winds off the Sahara Desert. In Egypt, the culture emphasizes modesty, which means women and girls do not wear clothes that show much skin. Some women will cover their head, arms and legs, while some choose to cover just their upper arms and legs down to the knee.

Color only the items you would wear or take with you to the Khan el Khalili Bazaar.





Boating on the Nile River

One of the two longest rivers in the world, the Nile starts in Egypt and runs through 10 other African countries, for a total of 4,132 miles. More than 95% of Egyptians today depend on the Nile River and live near its banks. While floating along the Nile with other tourists, you can sunbathe and eat good food. Many cruise boats pass by or even stop at well-known Egyptian destinations, where you can get out and take a look. Along the banks, you are also likely to see some wildlife from the boat, including birds, snakes, hippos and crocodiles!

Color only the items you would wear or take with you on a Nile River Cruise.



SOUTH AFRICA



Sloths are part of the order Pilosa, so they are related to anteaters and armadillos.

Rand-tastic!

Materials Needed: The printed activity sheets below, a pencil, and a calculator

Get excited!

You are going on a (pretend) trip to South Africa! Lucky for you, your airfare, other travel expenses, lodging (hotel), and food will be provided. The only cost you are expected to cover is your participation in one activity per day on this five-day trip.

Read up

Before you pack your bags (again, pretend), you need to do some research about the different destinations and the cost of each. Enough information is provided below for you to make some decisions.

Create your budget

Complete the Budget Worksheet below, based on the \$500 you have saved for this trip. You will need to convert dollars (\$) into Rands (R), the currency of South Africa. In real life, you could either go to a bank to exchange your dollars into Rands or visit ATMs in South Africa that dispense Rands from your checking account.

Budget Worksheet

South African Destination Budget - \$500

1 US Dollar (\$1) = 17 South African Rands (R17)

Remember to list only one activity per day.

Day	Destination Name	Rands (R)	Dollars (\$)
1			
2			
3			
4			
5			
	Total		

Spend wisely

Make sure you stayed within your budget. If you have a little money left over, you could buy a souvenir to remember the trip! You could also exchange your Rands for dollars once you're back in the United States. If you didn't stay within your budget, you will need to go back and substitute a less expensive activity for a more expensive one.

Destination Descriptions and Cost in Rands (R)



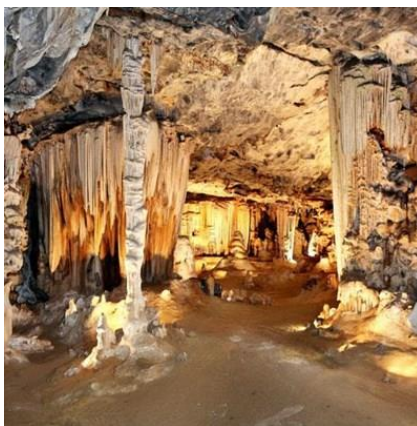
Boulders Beach: R65 (65 Rands) Conservation Fee

Located in Cape Town, visitors can get an up-close look at the only colony of African Penguins and enjoy an amazing beach.



Table Mountain: Free to Hike or R180 for the Gondola Ride

Voted one of the Seven Wonders of the World in 2011, Table Mountain is home to the richest, yet smallest, floral kingdom on Earth. You can hike it for free or take a cable car that rotates 360 degrees on the ride up and back.



Cango Caves Tour: R64

The colorful limestone formations in this cave make it one of the most spectacular in the world. Tour guides make this adventure educational and safe for visitors.



Kruger National Park Safari: R6,630

Looking for a close encounter with Africa's Big 5 animals? An experienced nature guide will navigate an open safari vehicle to get you as close as possible.



Hermanus Whale Watching Boat Tour: R1,479

The coastline in Hermanus is breathtaking. Add the best whale and dolphin watching in the world to the experience, and you'll be blown away.



Addo Elephant National Park: R2,040

Take a 4x4 tour around the park to see many of the 600 elephants and other wildlife that call this beautiful preserve home.



iSimangaliso Wetland Park Kayaking: R340

Lake Sibaya, located within the Wetland Park, is the largest freshwater lake in South Africa. Eighteen species of fish that live in the lake now once lived in the ocean.



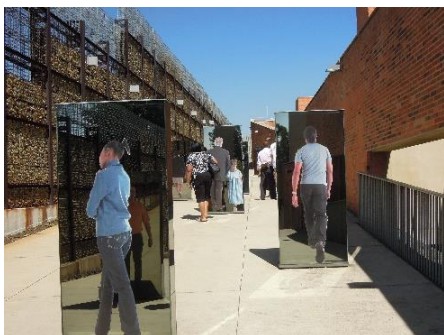
Pilanesberg National Park Hot-Air Balloon Safari: R5,100

This once in a lifetime opportunity to view the Savannah and the Big 5 from a hot-air balloon is unlike any other Safari excursion.



Hluhluwe-iMfolozi Park Self-Drive Safari: R233 for gas

No expensive 4x4 vehicle or tour guide required for this self-guided tour of a lesser known park. You'll even get to see the Big 5!



Johannesburg Apartheid Museum: R100 Admission

South Africa was governed by a system of racial discrimination and segregation known as apartheid from 1948 until the early 1990s. This renowned museum traces the country's footsteps from excruciating hurt to the beginning of healing.

RUSSIA

Russia, the largest country in the world, occupies one-tenth of all the land on Earth. It spans 11 time zones, two continents, and has coasts on three oceans. Russia is known for its thinkers and artists, including writers like Leo Tolstoy, composers such as Pyotr Ilyich Tchaikovsky, and ballet dancers including Rudolf Nureyev.



Привет!

Baby sloths have amazing grip! As soon as they are born, they cling to their mother's fur as she climbs through the trees.

Stacking Simones

Materials: Stack of plastic cups, markers, paint, construction paper, fabric pieces, scissors, stickers, googly eyes and glue



Have you ever heard of Russian Stacking Dolls? Although we know them as Russian, the origins can be traced back to China. The Chinese crafted nesting boxes to house smaller boxes in a bigger box to be used for both storage and display. Savva Mamontov was a Russian patron of the arts who enjoyed reviving traditional Russian folk art. He created children's dolls highlighting traditional themes of Russian cultures resulting in Russian Nesting Dolls.

Map it out

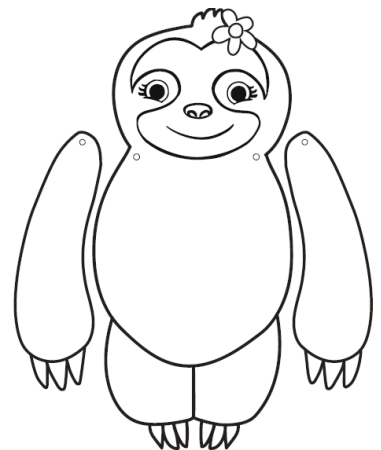
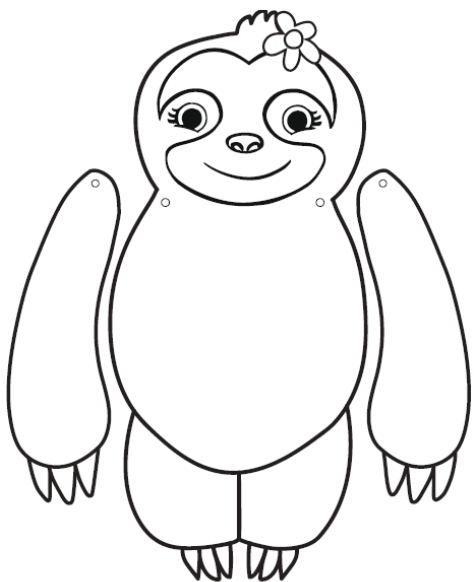
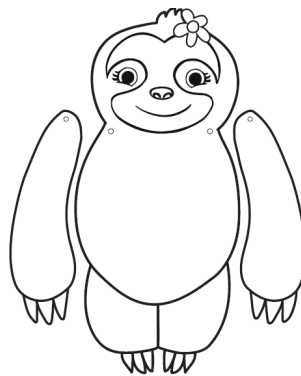
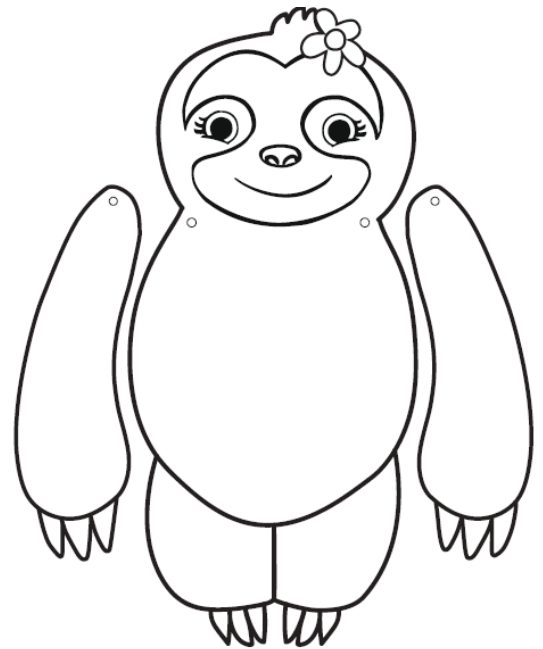
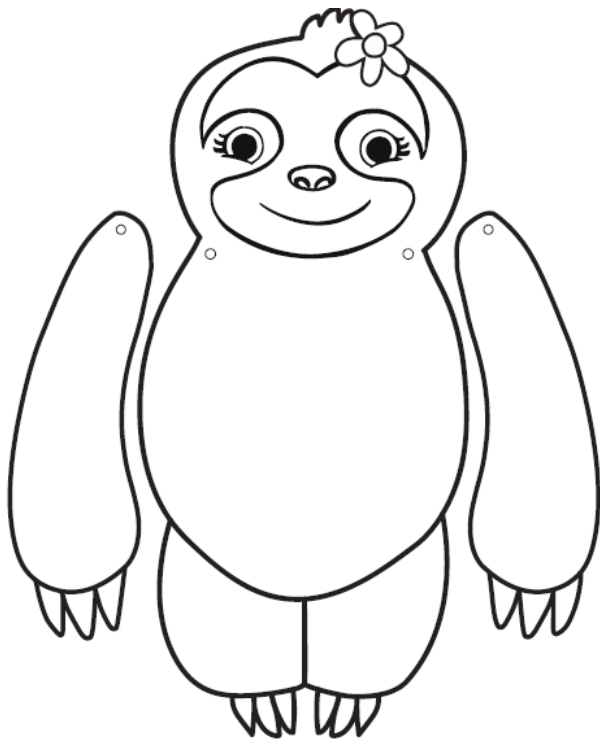
Check out a [map of Russia](#). Try to find the following places on the map.

- Moscow
- St Petersburg
- Irkutsk & Lake Baikal
- Sochi
- Ural Mountains

Fun fact: Russia is considered to be located in Europe & Asia! Using the Ural Mountains as the border between Europe and Asia. This would mean that 75% of people live in Europe and the remaining 25% live in Asia.

Create Simone the Sloth Stacking Dolls!

1. Turn each cup upside down. The cups will be the dolls.
2. Think about how you want to dress up Simone. What kind of clothes is she wearing? Is she doing an activity?
3. Print and cut the Simone the Sloth templates.
4. It's time to get creative! Using markers, construction paper, fabric pieces, stickers & googly eyes start creating your Simone dolls. Glue each Simone the Sloth to a different cup.
5. Once all the glue dries, start stacking!



CHINA

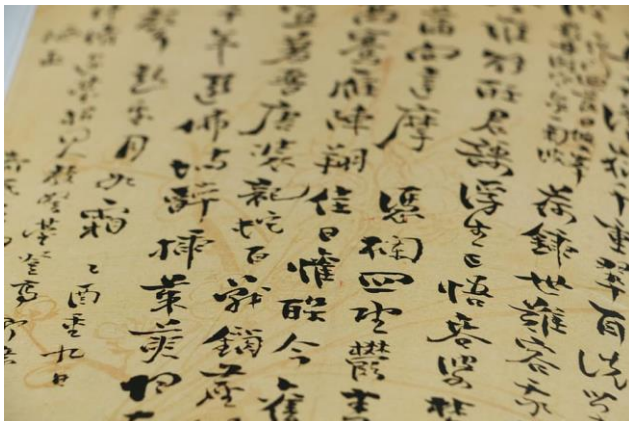
Stretching 3,100 miles from east to west and 3,400 miles from north to south, China is a large country with widely varying landscapes. Its territory includes mountains, high plateaus, sandy deserts, and dense forests. China has more people than any other country on Earth – over 1.3 billion! The Chinese were some of the first people to use silk, jade, bronze, wood,



There are two types of sloth – the two-toed sloth and the three-toed sloth. These sloths are further classified into six different species.

Wonders of Writing

Materials: Plate or container, salt, pencil, colored paper, puffy paint, wall art frames



The first script that appeared with Chinese characters was from 1250 BC. The development of Chinese language took thousands of years and even several dynasties to complete. There are different forms of Chinese that are spoken in different parts of China. Today, the most prominent forms of language are Mandarin Chinese and Cantonese.

Learn about Chinese Characters

Mandarin Chinese does not use the same letters as we do in English – in fact, it doesn't even use an alphabet! Instead, there are thousands of different characters or symbols that represent different words and meanings.

Write it out

Place the colored construction paper into the container or plate. Pour salt onto the construction paper, enough to cover the surface. Use your finger or a pencil to try writing the following Chinese characters.

- | | |
|-------------------|------|
| • Hello | 你好 |
| • Thank you | 谢谢 |
| • Good morning | 早上好 |
| • Good evening | 晚上好 |
| • Have you eaten? | 你吃了吗 |
| • Welcome | 欢迎 |
| • Take care | 慢走 |

Make it your own

Ready to get creative? Learn these awesome Chinese characters and make them into wall art! Practice writing the characters below. Once you are ready, use the puffy paint to draw the characters onto a piece of construction paper or cardstock. Add a cute frame and ta-da you have new wall art!

- Think positive
- Inspired
- Dream big
- Be creative
- Follow your heart
- Be kind
- Beautiful
- Hope
- Be brave

往正面想
启发
远大的梦想
有创造力
跟随你的**心**
善待
美丽
希望
勇敢起来

AUSTRALIA



Did you know sloths can extend their tongues 10 to 12 inches from their mouths?

Surfing with Simone

Materials: Printed activity sheets, pencil, coloring supplies, towel, and device with internet

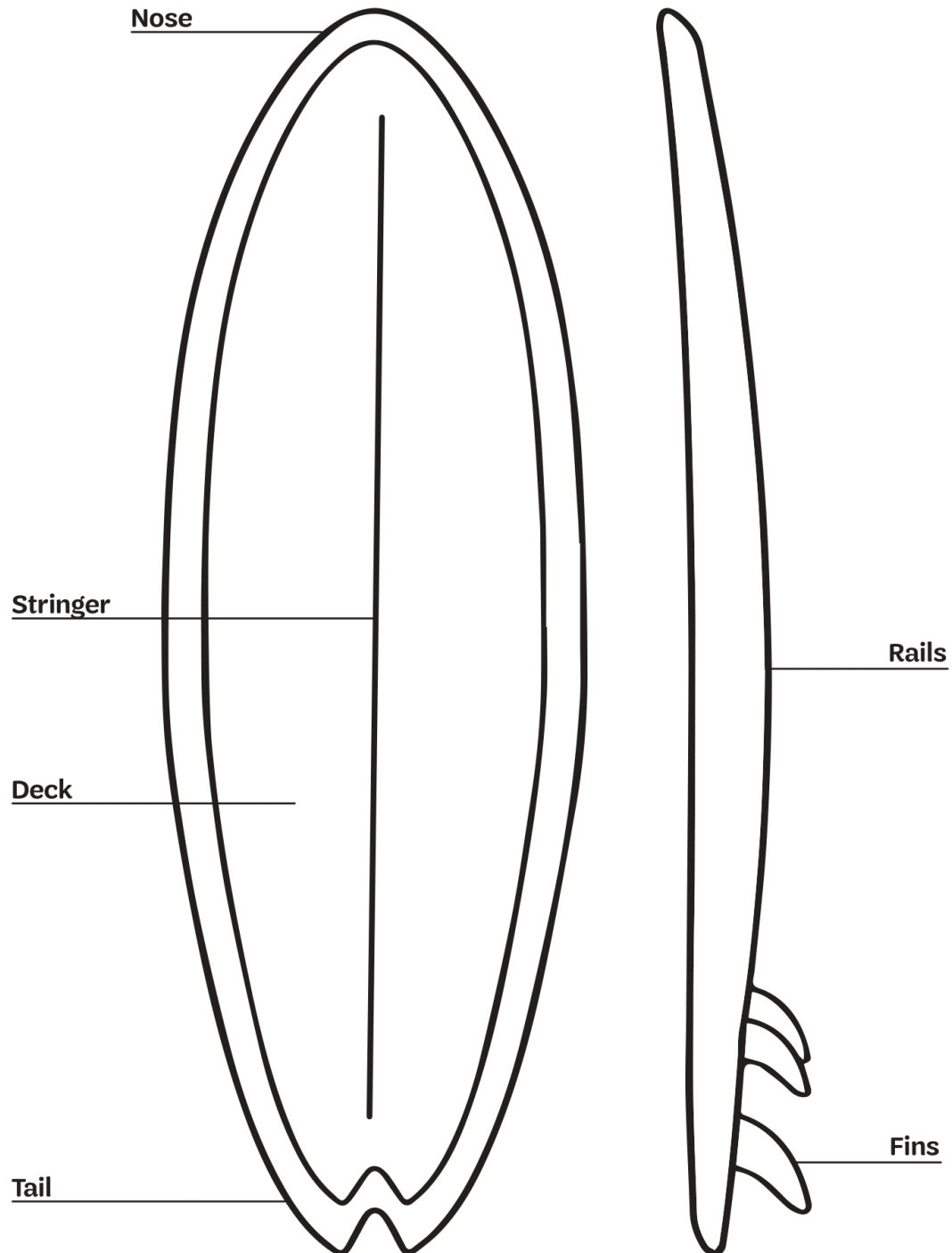
Learn the lingo

Draw a line between the surfing words on the left and their definitions on the right. See the answers at the bottom.

- | | |
|----------------------|---|
| A. Surf's up | 1. The moment of calm between swells |
| B. Wipe out | 2. Sharp turn while riding a wave |
| C. Amped | 3. Waves are coming |
| D. Men in grey suits | 4. Excited |
| E. Lull | 5. Fall off a wave |
| F. Hang ten | 6. Sharks |
| G. Carve | 7. Riding a wave with toes over the board |

Know your board

A longboard is best for new surfers, because it stays steady. Color the board below. Point to each part on your board and say its name.



Get your gear ready

Think about what equipment you would need if you went surfing. Put a checkmark next to the items you would bring.

- | | |
|---|--|
| <input type="checkbox"/> Shovel | <input type="checkbox"/> Water bottle with water |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Stuffed animal |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Swim socks/shoes |
| <input type="checkbox"/> A protective swimsuit (rash guard) | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Clean clothes |
| <input type="checkbox"/> Longboard | <input type="checkbox"/> Surf helmet |
| <input type="checkbox"/> Life jacket | <input type="checkbox"/> Tablet |

Anything else: _____

Practice your moves!

Lay a towel down on the floor to act as your longboard. You can fold parts under to make it the right shape. Follow along with this instructional video to perfect your technique.

- [How to Stand Up on a Surfboard](#) by Zed's Surfing Adventure

Then practice riding along on this awesome wave!

- [GoPro : Dusty Payne](#) by GoPro World

(Learn the Lingo Answers: A-3, B-5, C-4, D-6, E-1, F-7, G-2)

INDONESIA



Indonesia is an archipelago (a stretch of water containing many islands) created two tectonic plates pushing against each other. This not only pushed the islands up and out of the oceans but also created the 147 volcanoes in this country– many of them still active! Despite this, the islands are home to over 273 million people who each speak one or more of 300 different languages and practice six different religions.

Did you know sloths have a symbiotic relationship with algae? The algae grow easily on the slow-moving sloth's moist fur, and the sloth is camouflaged by the green algae.

In 2015, Indonesia was the world's fourth largest emitter of greenhouse gases (known to cause climate change), mostly from deforestation and peatland megafires. The Indonesian government pledged to reduce these emissions by 29 – 41% by 2030. If temperatures continue to rise, 40% of Indonesia's population is at risk due to tsunamis, floods, landslides, droughts, and earthquakes.

Advocate with Simone

Materials: Access to household items, paper, and pencil

Become aware

One of Indonesia's largest and most profitable exports (selling to other countries) is palm oil. This type of vegetable oil is commonly used in many packaged foods and household items. When we purchase products with palm oil as an ingredient, we are supporting Indonesia's economy.

Palm oil is a very productive crop and offers a good alternative to more costly products. Unfortunately, palm oil production can be harmful to the environment if not done in a sustainable way. Certain production methods remove important vegetation, which can lead to large fires and produce harmful greenhouse gases. Sustainable palm oil production can help Indonesia's economy, environment, and public health. Find out more about how you can advocate for sustainable palm oil!

Know it when you see it

Learn how to identify products that contain palm oil.

You can check the ingredient list in many of your household products.

Palm oil goes by a lot of different names such as: Vegetable Oil, Vegetable Fat, Palm Kernel, Palm Kernel Oil, Palm Fruit Oil, Palmate, Palmitate, Palmolein, Glyceryl, Stearate, Stearic Acid, Elaeis Guineensis, Palmitic Acid, Palm Stearine, Palmitoyl Oxostearamide, Palmitoyl Tetrapeptide-3, Sodium Laureth Sulfate, Sodium Lauryl Sulfate, Sodium Kernelate, Sodium Palm Kernelate, Sodium Lauryl Lactylate/Sulphate, Hyrated Palm Glycerides, Etyl Palmitate, Octyl Palmitate, Palmityl Alcohol

Go hunting

Hunt for products in your home that list one or more of these ingredients.

Here are some common products: shampoo, ice cream, detergent, chocolate, cookies, and soap.

Find at least 4 products and list them below.

1. _____
2. _____
3. _____
4. _____

Advocate & Inform others

- Write a letter to a manufacturer encouraging them to switch to sustainable practices.
- Create a public service announcement to inform others on the need for sustainable palm oil
- Talk to your parent or guardian about shopping carefully for products containing palm oil.

TIP: Look for the RSPO label. This ensures the palm oil used in the product was produced sustainably.

