

Opening

Do your regular opening outside.

Activity:

Trail Sign Scavenger Hunt:

Make a trail using Trail signs that lead to a space where girls can cook a snack – on buddy burners (see Pinterest page for instructions on how to create buddy burners): grill cheese sandwiches.

You can print off the sheets below with trail signs. You can laminate a set and then have them for whenever you need them.

Game

Poison Ivy Tag

This is a variation on [the Loonie game](#).

Supplies:

- A coin
- some silk or plastic ivy leaves



Instructions:

1. Choose one or two girls to be "it". The "it" girls start on one side of the playing space, the rest start on the other side of the space. In this game, "it" is the poison ivy that the girls brush against as they are out hiking. Hang silk ivy leaves hang them around the girl who was "it".
2. The leader flips the coin. If the coin comes up HEADS, then the "it" girls can take one giant step in any direction. The other girls must not move. If "it" can reach out and touch someone from where she ends up, then whoever she touches now has "urushiol oil" (from the poison ivy) on her, and also becomes "it" and can pass the oil on to other girls. For example, if we start with two "it" girls and they take giant steps and are each able to tag another girl, then the next round will have four "it" girls.
3. If the coin comes up TAILS, then the "it" girls remain where they are and all other girls can take two bunny hops in any direction.
4. The game continues until there is only one or two girls remaining who have not been affected by the rush oil remaining.

(Explain how not just the girls who were touched by the initial source are affected)



Game:

Cat and Mouse

Everyone but two people forms a circle standing far enough away from each other so that a person can safely run past them on either side. They must also be close enough to reach the hand of the people on either side of them.

One of the people outside of the circle is the cat and the other is the mouse. They will begin on opposite sides of the circle.

When the game starts, the cat tries to catch the mouse. If either the cat or the mouse runs through one of the spaces in the circle, the space gets closed. This is done by holding hands.

The game goes on until all the spaces are closed or one or the other gets trapped inside the circle.

Craft:

Edible Campfire

When we make a campfire, we need a clear area free of dried grass and sticks.

Supplies: plate, paper plate, or dinner napkin

And we like to use an established fire pit. Make a fire pit ring with:

Original Instructions: Skittles, M&Ms, mini marshmallows, or chocolate rocks.

Healthier: use dried fruit (ripped up apricots would do and should be gluten free too – check to make sure they're packaged in a peanut free factory if applicable).

Do we have the right safety equipment on hand?

Supplies: cup of water (bucket) and a table fork or spoon (shovel).

Pull back your hair, and make sure you're not wearing anything that could hang into the fire. A good campfire needs kindling – small sticks that will light easily but keep burning for a while.

Build an A frame or other structure.

Original instructions: Hickory Sticks or small pretzels

Healthier: whole dried banana chips (should be gluten free and possibly peanut free too) or fresh carrot sticks

Next we need a fire starter (crumpled up paper) – something that will keep burning long enough to catch the tinder on fire.

Original instructions: Raisins (which should also be gluten free and are healthier)– sprinkle over the fire

And then we need tinder – pieces of wood that are smaller than kindling will catch fire easily.

Break up and sprinkle over fire:

Original instructions: Hickory Sticks

Healthier and Gluten Free: Dried bananas would work.

Now we can strike our match (light imaginary match – be sure to strike it away from your body) to light the fire starter.

Watch the fire start!

Original Instruction: Place Red candies like Gummy Bears or Swedish berries over the fire

Healthier: Dried cranberries would be perfect

Now that the fire is going, you want to carefully add larger logs in a log cabin pattern or similar.

Original Instruction: Breadsticks or bigger Pretzels make good logs

Healthier and Gluten Free: try strips of dried apple or fresh carrot sticks cut up like logs (or baby carrots cut in half or quarters so they won't roll around).

Once the fire has been burning for a bit, you get coals – the best conditions for cooking food and roasting marshmallows.

Original instruction: Place another redish candy – Hot lips, or Fuzzy Peach and watch the fire burn.

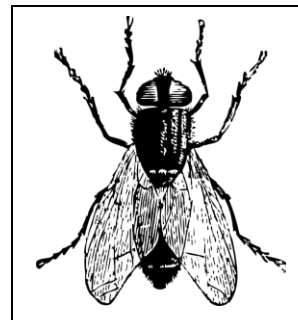
Song:

There Ain't no Flies on Us (split the group in half and get them to yell back and forth at each other getting ouder each time. A great fun one for outside at camp far from the public!)

There ain't no flies on us!
There ain't no flies on us!
There may be flies on some of you guys,
But there ain't no flies on us!

Other group will respond with :

Oh yeah??
There ain't no flies on us!
There ain't no flies on us!
There may be flies on some of you guys,
But there ain't no flies on us!



Closing:

trail signs			
straight ahead	turn right	turn left	do not go this way
 <p>rocks</p>			
 <p>pebbles</p>			
 <p>sticks</p>			
 <p>long grass</p>			
	<p>number of paces in direction indicated</p>		<p>I have gone home.</p>