Tri-Waters Area Challenge – Getting Outdoors

2019-2020

The purpose of this challenge is to get your unit and girls OUTSIDE!!
With your unit, participate in different types of outdoor challenges. These should include at least one activity you have never done before and should include at least one from each section.

SPARKS/BROWNIES – 6   GUIDES – 8   PATHFINDER/RANGERS - 10

Camping

- ❒ Camp at a Girl Guide owned camp
- ❒ Have a campfire outside and learn about fire safety
- ❒ Plan a campfire sing song. Learn 2 new songs and one skit. Use the traditional campfire layout.
- ❒ Go canoeing or kayaking
- ❒ Go Geocaching- Learn to use a GPS and find at least 2 geocaches
- ❒ Learn to set up and care for a tent
- ❒ Make 2 camp gadgets (at least one must be lashed)
- ❒ Learn a new song about the environment or being outdoors
- ❒ Learn how to use a compass – create/navigate a course with at least 5 different points
- ❒ Play a night game
- ❒ Learn about winter tent camping; what makes it different from summer camping? If possible, try it for a camp!
- ❒ Sleep in a tent (S/B) or build and sleep in a lean-to (G/P/R)
- ❒ Plan and cook your own food at your unit camp
- ❒ Learn about campfires – make at least 3 different types. Identify and explain the three elements of the fire triangle.
- ❒ Explain and demonstrate the seven principles of "Leave No Trace While at Camp"
- ❒ Demonstrate how to use at least 3 different cooking methods (with different fuel types)
- ❒ Learn about first aid while camping – demonstrate treatment of heat-, cold- and sun-related injuries; Make your own personal first aid kit
- ❒ Learn about backcountry camping – create a mock-adventure – plan and discuss your adventure in your unit.
- ❒ Learn about waste, food storage and emergency planning.

Nature

- ❒ Design an outdoor obstacle course using items you find in nature
- ❒ Identify at least 3 different plants/animals; find 3 different ways to learn about them

- ❐ Spend some time in nature, thinking about the environment around you. How do we influence our surroundings?
- ❐ Collect 3 items you typically throw away and upcycle them for outdoor use
- ❐ Learn about 3 different species on the endangered list located in Canada. How can we protect them? If possible, visit a place you may find one
- ❐ Create a piece of Art using only natural items. Take a photo and share it with other units
- ❐ Plant trees or flowers that benefit and help bees
- ❐ Make natural birdfeeders
- ❐ Collect 5 different types of leaves, do rubbings; identify them
- ❐ Go Bird Watching! Identify at least 3 different birds, talk about their natural habitats
- ❐ Make bookmarks with dried flowers
- ❐ Create a Sound Map (https://www.sharingnature.com/sound-map.html)
- ❐ Find 3 tracks and/or scat and determine what animal identity
- ❐ Make flower crowns
- ❐ Identify 5 different spring plants
- ❐ Take a nature walk in your community, share what you heard and saw
- ❐ Identify a 1x1 metre area in 2 different areas (wooded, field, etc). Explore the differences in these areas – what might be at danger, what is doing well. Compare your findings with your unit.
- ❐ Star Gaze – find at least 5 constellations, discuss seasonal changes

Getting outside
- ❐ Explore 2 new and unfamiliar areas in your community
- ❐ Spend a unit meeting entirely outdoors
- ❐ Plan and organize a FUN-RUN
- ❐ Lead/participate in an outdoor activity (game, yoga, sport, etc)
- ❐ Build an outdoor fairy house using natural materials
- ❐ Visit a local cemetery and research a gravestone marking
- ❐ Play the "Meet a Tree Game" (https://www.sharingnature.com/meet-a-tree.html)
- ❐ Complete a scavenger hunt
- ❐ Visit Shubenacadie Wildlife Park – complete two fun activities (from their website) while visiting (https://wildlifepark.novascotia.ca/)
- ❐ Try Snowshoeing
- ❐ Make maple caramel in the snow
- ❐ Fly kites – try making your own
- ❐ Learn about safety in the outdoors. Invite a local expert to talk with your unit (Hug a Tree, Search and Rescue, etc)
- ❐ Take a tour of an outdoor historic site
- ❐ Participate in an outdoor event
- ❐ Visit the Natural Resources Education Centre (https://novascotia.ca/natr/Education/NREC/)

All activities must be completed no later than April 30th, 2020

- The activities should not be similar – the purpose of this challenge is to explore and learn new things
- Ensure you have completed an SG.4 for all your outings and refer to Safe Guide to see if you require Safe Guide approval for your chosen activity.
- Complete a joint activity with another unit or Bridge with unit from another District (this is a great way to explore and experience unfamiliar activities.)

<u>Tri-Waters Area Challenge – Getting Outdoors</u>

Unit: _____

Guider: _____ Phone #: _____

District:_____

Number of Crest required: _____ (Cost per crest is $1.25)

What did your unit do to complete this challenge?

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Please submit your completed challenge with attached Payment to:

Tri-Waters Area Commissioner – Vicki Gomes
435 Robert Street, Fall River, NS B2T 0E1
ns-tri-watersac@girlguides.ca