



## Challenge Summer 2023

Each girl working on the Great Outdoors Summer Challenge should select a wide range of activities that are age appropriate and challenge her to try new things. Remember to follow Leave No Trace Principles when exploring the outdoors.

### GIRLS SHOULD COMPLETE AT LEAST THE FOLLOWING NUMBER OF ACTIVITIES FOR THEIR LEVEL:

Daisy – 15 | Brownie – 20 | Junior – 25 | Cadette – 30 | Senior/Ambassador - 35

Create	Explore & Discover	Travel & Community	Sports & Games
<input type="checkbox"/> Make your own kite & test it out. Need inspiration? Check out <a href="http://systry.com/">http://systry.com/</a> .	<input type="checkbox"/> Explore a state park. Celebrate them by attending Girl Scouts Love State Parks September 9 & 10.	<input type="checkbox"/> Learn about different summer solstice celebrations around the world.	<input type="checkbox"/> Go canoeing, kayaking or stand up paddle boarding.
<input type="checkbox"/> Build an anemometer & measure the wind's speed.	<input type="checkbox"/> Identify five different bird species. Are there any new ones you'd like to learn more about?	<input type="checkbox"/> Visit at least one of Maine's 25 historical forts.	<input type="checkbox"/> Go biking. Learn some basic bike maintenance before you go at <a href="http://www.bikemaine.org">www.bikemaine.org</a> .
<input type="checkbox"/> Create a sand sculpture.	<input type="checkbox"/> Look for tessellations & symmetry in nature.	<input type="checkbox"/> Cook over a fire with friends or family.	<input type="checkbox"/> Practice yoga outside.
<input type="checkbox"/> Draw a sidewalk chalk masterpiece.	<input type="checkbox"/> Learn about Aestivation ("summer sleep"). What species in Maine are known for this?	<input type="checkbox"/> Plan and take a night hike with your troop or family.	<input type="checkbox"/> Try boogie boarding or surfing at the ocean.
<input type="checkbox"/> Create a song or dance about the seasons. For an extra challenge consider adding a part for "mud season".	<input type="checkbox"/> Learn about Fly Rod Crosby. Consider visiting the trail named after her or the statue of her.	<input type="checkbox"/> Attend a summer festival.	<input type="checkbox"/> Turn your favorite board game or video game into a real life outdoor adventure.
<input type="checkbox"/> Make a fly for fly fishing. Consider donating them to <a href="https://projecthealingwaters.org/donate/">https://projecthealingwaters.org/donate/</a> or <a href="https://fishingforlife.org/reel-em-in/">https://fishingforlife.org/reel-em-in/</a> .	<input type="checkbox"/> Try to cook a snack with the sun. What observations did you make with this cooking method compared to others?	<input type="checkbox"/> Visit a cave.	<input type="checkbox"/> Visualize you are a wild animal and go on an adventure- where will you end up?
<input type="checkbox"/> Make your own dye with natural items then use it for an item of clothing or art piece. Get ideas here <a href="https://earthfriendlytips.com/how-to-make-homemade-natural-dyes/">https://earthfriendlytips.com/how-to-make-homemade-natural-dyes/</a> .	<input type="checkbox"/> Learn more about Maine gemstones & minerals. Try finding some on one of your adventures.	<input type="checkbox"/> Camp at a campground or in your backyard.	<input type="checkbox"/> Play disc golf. Make your own in your backyard with tips found here <a href="https://chascrazycreations.com/easy-frisbee-golf-for-your-backyard/">https://chascrazycreations.com/easy-frisbee-golf-for-your-backyard/</a> .
<input type="checkbox"/> Craft your own backyard bowling.	<input type="checkbox"/> Visit a lake, pond, or ocean, and observe the living organisms there. If you visit all 3, be sure to compare them all.	<input type="checkbox"/> Have a lemonade stand and donate the money to a local charity.	<input type="checkbox"/> Go fishing. Go for free on Maine's Fishing Weekend June 3-4, 2023.
<input type="checkbox"/> Make a boat out of recycled materials & test it out.	<input type="checkbox"/> Explore a tide pool or stream. What are some things you noticed?	<input type="checkbox"/> Visit a farm. Maine Open Farm Day is July 23, 2023.	<input type="checkbox"/> Make a synchronized swim routine with your friends or family.
<input type="checkbox"/> Make your own bug repellent. Learn how by checking out these resources: <a href="#">Natural Bug Repellent</a> or <a href="#">Bug Guide</a> .	<input type="checkbox"/> Discover more about Maine's fish hatcheries and stock program.	<input type="checkbox"/> Explore Acadia National Park. Go for free on August 4 & September 23.	<input type="checkbox"/> Explore a trail. Find a trail at <a href="http://www.maine-trailfinder.com">www.maine-trailfinder.com</a> or <a href="http://alltrails.com">alltrails.com</a> . National Trails Day is June 3.
<input type="checkbox"/> Make your own map. Check out tips here: <a href="#">The O.M.G. The Outdoor Meeting Guide</a> .	<input type="checkbox"/> Find out about Maine Lobsters by completing the <a href="#">Lobster Patch</a> for your level.	<input type="checkbox"/> Plant a tree or flowers, and learn about the <a href="#">Girl Scout Tree Promise</a> .	<input type="checkbox"/> Play flashlight tag.
<input type="checkbox"/> Write a poem about nature.	<input type="checkbox"/> Learn to whistle with a blade of grass.	<input type="checkbox"/> Help with yard or trail work within your community.	<input type="checkbox"/> Make water balloons & come up with some fun games for them.
<input type="checkbox"/> Create or replenish your first aid kit.	<input type="checkbox"/> Visit a ski mountain in the summer.	<input type="checkbox"/> Have a picnic with a friend.	<input type="checkbox"/> Complete a ropes/challenge course.

Do the activities above between 6/1/23 and 9/30/23. When all activities are completed, please complete the evaluation questions, upload a photo of the girl doing one of the activities (action photo preferred, min 1 photo), and purchase your patch (\$2) <https://form.jotform.com/GirlScoutsofMaine/GSME-SummerChallenge>.