



Daisy Trail Adventure Badge – Outdoor Pillar

Goal: When I've earned this badge, I will know how to go on an adventurous jog or play outdoor hiking games. I can choose one and then come back and try the other, and complete the badge two times!

Notes: The Trail Adventure Badge offers the options of jogging fun or hiking games. Girls can follow either path to earn the badge.

Jogging: You will jog around your neighborhood, in a park, or on a trail. A jog is a slow run that you can do at an easy pace. You can mix it with walking too!

Outdoor hiking games: You will play fun games on a trail hike!

Step 1:

What I'll do: Act or draw out both adventures

What I'll need:

- 2 sheets of paper to draw and color
- Crayons, pencils or paint, pick your favorite art supplies

How I'll do it:

I can pretend I'm jogging as I explore the outdoors I can look down and see the plants and the rocks. I can look up and see the sky, the birds and the trees. How fast am I going?

I can also draw and color two different adventure pictures. For one picture, imagining yourself jogging around the block in your neighborhood. Include in this picture where you would go and add in anything you would see along the way, such as farms, shops, and neighbors. For picture number two, imagine yourself hiking on a trail in the woods and add in any animals, plants, birds you might see along the way. Now share each of the pictures with your family!

Step 2:

What I'll do: Get ready, and be prepared for your adventure

What I'll need:

- Paper
- Pen or pencil
- Items you want to bring on your adventure

- Backpack to put them in

How I'll do it:

1. Decide where and when you'll be going.
2. Have an adult with you on your adventure. Make sure an adult back home, knows your plan and when you will be back.
3. Find out what you will need to bring with you on your adventure and make a list. Some things you may want to bring are: water, some healthy snacks and maybe a hat, sunglasses, rain jacket, bug repellent, sunscreen. Put these things into a backpack. Be sure to wear well-fitting hiking shoes or running shoes.
4. Plan some fun activities to do along your trip. You can visit the Appalachian Mountain Club at <https://www.outdoors.org/articles/amc-outdoors/trail-games-activities-to-keep-kids-moving-and-motivated-while-hiking> for some fun game ideas.
5. Be charged up! Get a good night's sleep before you go on your adventure. Eat a good meal before you go.
6. It's also a good idea to stretch before you go. This website has some stretching for kids <https://parenting.firstcry.com/articles/stretching-for-kids-benefits-and-exercises/>

Step 3:

What I'll do: Go on your adventure!

For the jogging option: Time to go for a jog! Try adding a new movement every 30 steps, such as hopping, skipping.

For the hiking option: Time to go for a hike! Try finding north using a compass. Can you find east, west and south too?

What I'll need:

- Map of your neighborhood, be sure it includes a "compass rose", a way to tell which end is north on your map.
- Map of your trail, be sure it includes a "compass rose".
- Compass

How I'll do it:

Watch this short video to see how a compass moves. [How to use a compass video.mp4](#)

- You can also follow these steps for a fun activity.

How to use a compass

1. Hold the compass flat in the palm of your hand.
2. Be sure the needle moves freely inside. To check, spin around in a circle slowly, while holding the compass flat. Notice that the needle will move but always points toward the north.
3. A compass also has a ring around the outside that moves. Turn this ring until the arrow, or line, matches the needle facing north.
4. Now stand facing north, and look down at the compass, it should be pointing north too.

5. Looking on the right side of your compass you'll see a big letter E for east. Look to your right, by only moving your head, what do you see in the east? (East is also a bearing of 90°)
6. Go back to facing north, and look down at the compass, it should still be pointing to the north too.
7. Now, looking on the left side of your compass you'll see a big letter **W** for west. Look to your left, by only moving your head, what do you see in the west? (West is also a bearing of 270°)
8. Go back to facing north with your eyes and your compass. Looking at your compass, there's one more letter. **S** this is south. For this exercise, south is directly behind you. Has anyone ever said to you, "Turn around 180°?" Turn your body half way around, this is a bearing of 180°. What do you see to the south?
9. North, **N**, is sometimes written as a bearing of 0° or 360°. And some compasses will give the N, E, S, W, instead of the bearing numbers of 90°, 180°, 270°, 360°.
 - Turn your map so that it faces north, and turn your body so that you face according to the compass. Does your view match the



landmarks on your map?

Where I can purchase the Badge:

<https://www.girlscoutshop.com/daisy-trail-adventure-badge>

Attachments: sample of city map of downtown New

Milford from Mail-a-Map, sample of Lillinonah Trail map from Connecticut Forest and Parks, Connecticut Walk Book, 75th Anniversary, West Edition, 2006.

