

BROWNIE OUTDOOR ADVENTURER BADGE – MEETING 2

Badge Purpose: When girls have earned this badge, they'll have tried a lot of new things outdoors and learned which activities they want to do again.

Activity Plan Length: 1.5 – 2 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Forget Me Knot <ul style="list-style-type: none"> Girls will learn how to tie a few basic knots. 	<input type="checkbox"/> Rope (2 – 3 feet per girl)
20 minutes	Survival Bracelet <ul style="list-style-type: none"> Girls will learn about the many uses of paracord, then make a survival bracelet. 	<input type="checkbox"/> Paracord (assorted colors) <input type="checkbox"/> ¼ inch plastic side release buckle (one per girl) <input type="checkbox"/> Scissors <input type="checkbox"/> Lighter <input type="checkbox"/> Paracord bracelet instructions
30 minutes	Invasive Species <ul style="list-style-type: none"> Girls will help prevent invasive species from taking root in their local parks. 	<input type="checkbox"/> Depends on project
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Forget Me Knot

Time: 20 minutes

Badge Connection: Step 4 – Learn a camp skill

Materials Needed: Rope (2 – 3 feet per girl)

Prep Needed:

- Review knot tying instructions prior to the meeting.



1. Explain to girls that there are many kinds of knots. Ask girls what knots could be used for. (To tie things together, to stop rope from going through a hole, to secure something, etc.). Today, they'll be learning a few basic knots: overhand, square, and slip knots.
2. Demonstrate how to tie each knot, then allow girls a few minutes to practice tying on their own ropes.
 - Bight: A bight is a curved section between the two ends of a rope (think of a "U-shape" in the rope).
 - Overhand: Make a loop near the end of the rope. Put the end through the loop. Pull to tighten.
 - Square: Hold one end of the rope in each hand. Loop the right end over the left end. Then loop the left end over the right end. Pull on all four strands at the same time to tighten the knot.
 - Slip: Form a loop at the end of the rope. Make a bight in the short end of the rope. Tuck the bight through the loop and pull to tighten.

Activity #2: Survival Bracelet

Time: 20 minutes

Badge Connection: Step 4 – Learn a camp skill

Materials Needed: Paracord (assorted colors); ¾ inch plastic side release buckle (one per girl); scissors; lighter; paracord bracelet instructions

Prep Needed:

- Print out copies of the paracord bracelet instructions (one per group of 4 – 5 girls).
 - You may want to make a paracord bracelet of your own to show girls what the finished product will look like.
1. Show girls the paracord. Explain that paracord is useful to have while you're out hiking or camping. Ask girls to brainstorm a few ways they could use paracord while on an outdoor adventure. (Replacing a broken shoelace, using it as a makeshift fishing line, hanging food from a tree, etc.).
 2. Today, they'll be making a bracelet out of paracord—this is called a survival bracelet because it's handy to have in case of emergencies.
 3. First, measure out how much paracord each girl will need for their bracelet. You'll need one foot of paracord for each inch of bracelet (so, if your girl has a wrist circumference of 5 inches, she'll need five feet of paracord). Then, hand each girl a buckle.
 4. Review the paracord instructions with them, then break off into small groups of 4 – 5 and allow them time to make their bracelets. After they've finished their bracelets, use the lighter to burn off the ends of the paracord.

Activity #3: Species Invaders

Time: 30 minutes

Badge Connection: Step 5 – Care for the outdoors

Materials Needed: Depends on project

1. Discuss invasive species with girls. Ask if any of them have heard of the term "invasive species." Explain that an invasive species is something that's not native to a particular ecosystem and is causing harm by being there. Some local examples include zebra mussels, buckthorn, and garlic mustard. Invasive species are mostly spread by human activity, like when you're hiking and accidentally pick up seeds from plants on your pants and carry them back home. Or, when boats travel through different bodies of water and bring other species back with them when they dock.
2. Connect with your local or regional parks department to see what you can do to help with the removal of invasive plants. Many locations have invasive plant removal programs that are open to the public.
3. Carry out your project.

Wrapping Up

Time: 15 minutes



Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Arrange a naturalist-led hike at a nearby regional or state park.
 - Visit a local camping or outdoor supply store to learn more about what to bring on a hike or camping trip.
- Speaker Ideas:
 - Invite an older Girl Scout troop to your meeting to teach girls some new outdoor skills.





PARACORD BRACELETS

COBRA STITCH

1
FOLD PARACORD IN HALF &
LOOP THROUGH BUCKLE
TO START OFF BRACELET



2
LOOP LOOSE PARACORD ENDS
THROUGH OTHER BUCKLE UNTIL
DESIRED LENGTH



3
CROSS THE LEFT CORD
UNDER MIDDLE CORDS
AND OVER THE RIGHT CORD

THE LEFT CORD WILL
LOOK LIKE THE
NUMBER 4



4
THREAD RIGHT CORD
THROUGH LEFT LOOP

PULL ENDS TIGHT



5
CROSS THE RIGHT CORD
UNDER MIDDLE CORDS
AND OVER THE LEFT CORD

THE RIGHTCORD WILL
LOOK LIKE THE
LETTER P



6
THREAD LEFT CORD
THROUGH RIGHT LOOP

PULL ENDS TIGHT



7 REPEAT STEPS 3 TO 6 UNTIL YOU REACH THE END

8 QUICK & EASY: SNIP AND SINGE ENDS
SAFE & SECURE: WITH PLIERS, TUCK ENDS THROUGH PRIOR STITCHES

Source: itrydiy.me

