

## JUNIOR ECO CAMPER BADGE – MEETING 1

**Badge Purpose:** When girls have earned this badge, they'll have learned skills for minimal impact camping and know how to protect the environment when they go outdoors.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Leave No Trace 101 <ul style="list-style-type: none"> <li>Girls learn about the Leave No Trace Seven Principles.</li> </ul>	<input type="checkbox"/> Tablets or computers with internet access (or books about Leave No Trace) <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
20 minutes	Leave No Trace Booklets <ul style="list-style-type: none"> <li>Girls share what they've learned with a younger troop.</li> </ul>	<input type="checkbox"/> Luggage-style paper tags <input type="checkbox"/> Permanent markers <input type="checkbox"/> Coloring utensils <input type="checkbox"/> Stickers <input type="checkbox"/> Key rings, yarn, or ribbon
15 minutes	Eco Friend or Eco Foe? <ul style="list-style-type: none"> <li>Girls play a Leave No Trace game.</li> </ul>	<input type="checkbox"/> Rope or jump rope <input type="checkbox"/> Leave No Trace situation cards (at the end of the activity plan)
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: Leave No Trace 101

Time: 15 minutes

Badge Connection: Step 1 – Learn the Leave No Trace Seven Principles

Materials Needed: Tablets or computers with internet access (or books about Leave No Trace); paper; writing utensils



1. Break off into seven groups. Assign one principle to each group to research:
  - Plan ahead and prepare.
  - Travel and camp on durable surfaces.
  - Dispose of waste properly.
  - Leave what you find.
  - Minimize campfire impacts (be careful with fire).
  - Respect wildlife.
  - Be considerate of other visitors.
2. Have girls find out:
  - What does this principle mean?
  - How do I follow this principle?
  - Why is it important to follow this principle when outdoors?
3. Once groups have completed their research, come back together as the larger group and have girls present their findings to each other. Girls will need to know their assigned principle well as they'll be teaching the Seven Principles to a younger Daisy or Brownie troop.

## Activity #2: Leave No Trace Booklets

Time: 20 minutes

Badge Connection: Step 1 – Learn the Leave No Trace Seven Principles and Step 4 – Have fun with Leave No Trace

Materials Needed: Luggage-style paper tags; permanent markers; coloring utensils; stickers; key rings, yarn, or ribbon

Prep Needed:

- Arrange for a younger troop to attend your troop meeting.
1. Now that girls are Leave No Trace experts, they'll teach what they know to a younger troop. Have girls lead the younger troop in creating a Leave No Trace mini book:
    - Hand each girl eight paper tags and a permanent marker.
    - Have younger girls write "Leave No Trace" on a paper tag. This will be their booklet cover.
    - Each Junior group should briefly present their Leave No Trace principle. After each group presents, younger girls should write down that principle on a separate tag.
    - After all Seven Principles have been presented, girls may spend a few minutes coloring and decorating their tags. Have your Junior troop walk around the tables and help younger girls if necessary.
    - Then use a key ring, yarn, or ribbon to bind each girl's eight tags together.

## Activity #3: Eco Friend or Eco Foe?

Time: 15 minutes

Badge Connection: Step 4 – Have fun with Leave No Trace

Materials Needed: Rope or jump rope; Leave No Trace situation cards (at the end of the activity plan)

Prep Needed:

- Print and cut out the Leave No Trace situation cards.
1. Divide girls into two even teams. One team will be "Eco Friend" and the other "Eco Foe." (If necessary, explain that a "foe" is an enemy, or opposite of a friend.)
  2. Have girls line up in the middle of the playing area and face each other, about two or three big steps apart. This will be their starting zone.
  3. Use the rope to set up a safety zone (mark a rectangle) that is equidistant from the starting zone.
  4. Explain the rules of the game:
    - You'll be calling out some situations that might happen while camping.
    - If the situation follows the Leave No Trace Seven Principles, team "Eco Friend" should run to the safety zone while team "Eco Foe" tries to tag them.



- If the situation *does not* follow the Leave No Trace Seven Principles, team “Eco Foe” should run to the safety zone while team “Eco Friend” tries to tag them.
  - Anyone who is tagged must join the opposing team for the next round.
5. Have girls return and line up at the starting zone after each round. Play until you’ve read through all the situation cards. (The team listed on the card denotes which team is “it.”)

## 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:
  - Plan a camping trip during a season your troop hasn’t camped in before (like the winter!) to experience the outdoors in a new way.
  - Visit a waste or recycling facility to learn more about what happens to our trash after we throw it away.
- Speaker Ideas:
  - Invite your service unit’s Outdoor Champion, or an outdoor enthusiast that you know, to your troop meeting to talk about ways to reduce waste when camping.
  - Invite a chef or avid cook to your troop meeting to teach everyone how to prepare a few zero waste camp meals.



## Leave No Trace Situation Cards

<p><b>I wash my dirty dishes in the river.</b></p> <p><i>Eco foe!</i></p>	<p><b>I only cook as much food as I can eat so I don't have leftovers.</b></p> <p><i>Eco friend!</i></p>	<p><b>I store my food right in my tent so it's easy to access.</b></p> <p><i>Eco foe!</i></p>
<p><b>I always make a campfire without checking the campground rules first.</b></p> <p><i>Eco foe!</i></p>	<p><b>The marked path is all muddy, so I just cut through the field.</b></p> <p><i>Eco foe!</i></p>	<p><b>I always pitch my tent on a durable surface.</b></p> <p><i>Eco friend!</i></p>
<p><b>I pack all of my trash and litter and carry it out with me. I leave the campsite cleaner than I found it.</b></p> <p><i>Eco friend!</i></p>	<p><b>I try to chase after a deer I just spotted.</b></p> <p><i>Eco foe!</i></p>	<p><b>I sing at the top of my lungs while hiking the trails.</b></p> <p><i>Eco foe!</i></p>
<p><b>I never feed wild animals I see while hiking or camping.</b></p> <p><i>Eco friend!</i></p>	<p><b>I plan ahead before I set out for camp so I'm prepared for the weather.</b></p> <p><i>Eco friend!</i></p>	<p><b>My friends and I always walk side-by-side on the trail so we can talk more easily.</b></p> <p><i>Eco foe!</i></p>
<p><b>I always use the fire ring or fire pan to make a fire at my campsite.</b></p> <p><i>Eco friend!</i></p>	<p><b>I keep my voice low so that other hikers and campers can enjoy the sounds of nature.</b></p> <p><i>Eco friend!</i></p>	<p><b>I always rush ahead on the trail and cut in front of other hikers because I want to be first.</b></p> <p><i>Eco foe!</i></p>

