



Brownie Hiker Badge Activity Plan 1

Badge Purpose: When girls have earned this badge, they will know how to be prepared to hit the trail for a hike.

Planning Guides Link: Outdoor Awareness and Environmental Stewardship

Fun Patch Link: Hike Like You Mean It

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Brownie Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Brownie Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.

- Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
- Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Brownie Girls Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can prepare themselves for a hike
- They can choose the right gear to take on their hike
- They can go on a planned hike

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.
- In Girls Sleep In training session, you will create a packing list and describe the "dos" and "don'ts" that should be on the hiking list.

Resources

- This lesson plan has been adapted from the Brownie Skill-Building Badge set for *It's Your Planet—Love It!* Hiker Badge, which can be used for additional information and activities.

Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket It belongs across my face I keep it very close at hand In a most convenient place I'm sure you wouldn't guess it If you guessed a long, long while So I'll take it out and put it on It's a great big Brownie Smile!

Activity #1: Making a Plan

Badge Connection: Step 1—Deciding where to go

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Find and print out a map of the area around your meeting place.

Materials Needed:

- Map of the area around your meeting place
- Writing utensils

Steps:

1. Explain to girls that they will take a short walk near the meeting place to practice their hiking skills.
2. Have the girls look at maps of the local area and see what is nearby.
3. Discuss where it is safe to walk and where they should try to avoid (busy roads, etc.).
4. As a group, have the girls plan a route for their short walk.
5. During this activity, it's a good time to discuss with the girls why planning for a hike is important, since it helps them to be prepared. This is also a good time to talk about the Leave No Trace principles. It is

not critical to cover all the principles, but it is great to have the girls pledge to “leave no trace” and help keep nature safe when exploring.

Leave No Trace Principles

1. Plan ahead.
2. Stay on the trail.
3. Carry out what you carry in.
4. Leave nature as you find it.
5. Be careful with fire.
6. Respect wildlife.
7. Be considerate of other visitors.

Activity #2: Hiking Skills

Badge Connection: Step 2—Trying out a skill

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Simple map of route
- Paper
- Writing utensils

Steps:

1. Now that you know where you will go on your walk (practice hike), talk about the roles girls will have on the hike. Divide the girls into 3 groups and assign each group one of the roles below.
 - The Trailblazers are in charge of directions and will trace the group’s progress on the map as you go.
 - The Plant Detectives will write down all the plants that they see on the walk.
 - The Animal and Bug Detectives will write down all the animals and bugs that they see.
2. Have each group talk about what they will need to do and if they need any supplies to fulfill their role.

Activity #3: What to Pack?

Badge Connection: Step 3—Pick the right gear

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies
- Spread all the items on a table

Materials Needed:

- Backpack
- Items that you would take on a hike
 - For example: clothes suitable for the weather, sturdy shoes, first aid kit, water, simple snack, map, compass, etc.
- Items that you would not take on a hike
 - For example: teddy bear, flip flops, laptop, messy snack
- Materials to make a snack
 - For example: Raw fruits and vegetables

Steps:

1. Gather the girls together and tell them you are going to decide what you need to pack for your walk (remind girls that this is the first Leave No Trace principle: Plan ahead).
2. Have the girls vote on whether they should or should not bring a certain item on a hike. Discuss the usefulness of certain items.

- For example: Why should you take a map? Why should you avoid wearing flip flops?
3. When it comes to what snack to bring, you can have the girls think of what snack would be logical to take on a hike. It is important to bring something healthy, easy to carry and with not much waste. A good example is a “walking salad.”
 - A walking salad is easy to carry and eat on a hike.
 - The girls can choose what they would like it to include.
 - Use a variety of raw fruits and vegetables (celery, carrots, etc.) wrapped in lettuce.
 4. Have the girls prepare a snack and get ready for their hike.

Activity #4: Hiking and Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

1. Now the route is planned and you are packed and ready to go. Head out on your adventure.
2. As you are walking, remind the girls that each group has their own job to do. If you have time you can play “I Spy.” Start with the rainbow and try to find something in each color or use the alphabet and have the girls find things that start with each letter of the alphabet.
3. While enjoying snack, here are some things for girls to talk about:
 - Can you list some of the Leave No Trace principles?
 - Why should we leave nature as we find it?
 - What does “be considerate of other visitors” actually mean?
 - How can we be good Girl Scouts and help nature?

Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign a girl to start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

More to Explore

- Field Trip Ideas
 - Visit a local park and use your hiking skills out on a trail
 - Visit a Girl Scout camp to explore the trails
- Speaker Ideas
 - Invite a park ranger to your meeting
 - Invite an older Girl Scout or family member that enjoys hiking to talk about their experiences

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

Family Follow Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about the great outdoors and hiking and are on our way to earning the Hiking Badge.

We had fun:

- Learning what we should pack and what we should leave behind.
- Picking a snack for our hike.
- Deciding what route we should take on our hike.

Continue the fun at home:

- Try going on a night hike to see what stars come out.
- Visit a local park and go on a hike with your family.
- Visit a council camp and explore the trails.

Thank you for bringing your Brownie to Girl Scouts!