



Brownie Hiker Badge Activity Plan 2

Purpose: When girls have earned this badge, they will know how to prepare, plan and take a hiking trip.

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 award or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Journeys or the *Girl's 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 know how to plan for a hike and what they will need to take with them.
- They can prepare for and complete a 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.

Resources

- This activity plan was adapted from the Brownie Skill-Building Badge set for the *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
<p><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.</p>	<p><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.</p>

3. Play a game so girls get to know each other better. Use the example below if needed.
 - Play Brownie to Brownie. Girls stand in a circle. One girl stands in the middle of the circle as the caller. The caller will shout out various facts and girls will move into the center of the circle if the fact is true to them. For example, the caller shouts, "If you like the color purple." All the girls that like purple then move into the center of the circle. After the girls move into the

center of the circle, the caller will shout “Brownie to Brownie” and everyone will return to their places. Repeat, giving each girl a chance to be caller.
















Activity #1: Learn to follow trail signs

Badge Connection: Step 2—Try out a hiking skill

Time Allotment: 15 minutes

Prep Needed:

- Find a list of trail signs and make sure there are materials available to make the signs.

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			

Materials Needed:

- Sticks, rocks, pencils or anything that can be used to make trail signs.
- A listing of different trail signs for groups of girls to use.

Steps:

1. Talk about what a trail is—a place to take a hike or walk that has markings/labels to direct you where to go. Have girls describe a trail they might have walked or hiked on, or you could talk about how road signs work. Why might trail signs be useful?
2. Divide girls into 2 or more groups. Have each group create a trail around your meeting place, using the materials and trail signs you have provided.
3. Swap trails and have the girls follow another group’s trail.
4. Talk about what worked, what didn’t and what you could use to make signs outside on a hike.

Activity #2: GORP

Badge Connection: Step 4—Pack a Snack for Energy

Time Allotment: 15 minutes

Prep Needed:

- Have each girl bring an item to add to a trail snack mix. Suggest raisins, nuts (check for allergies), Cheerios, dried fruit, etc.

Materials Needed:

- Sandwich-size Ziploc bags, one per girl
- Large bowl or large Ziploc bag to mix ingredients

Steps:

1. Have each girl add her contribution to the snack mix. Mix ingredients together. Then put some into smaller bags for each girl to carry and eat during the hike. Remind them that they should “leave no trace” meaning they must be careful to make sure their plastic bags make it into the trash when they are empty. They may also find a way to reuse the bag while on the hike.
2. Talk about places you might like to take a hike as a group, or where the girls would like to take their family on a hike. Would they want to go on a picnic or visit a special place?
3. Discuss how taking a healthy snack on a hike is a good way to keep up your energy.
4. Optional: Teach the girls a song they can sing while hiking. If needed, use example below.

Goin' On a Lion Hunt (Audience echoes each line and sets up clap/lap-slapping rhythm.)

Goin' on a lion hunt.

Goin to catch a big one.

I'm not afraid.

Look, what's up ahead?

Mud!

Can't go over it.

Can't go under it.

Can't go around it.

Gotta go through it. (Make sloshing sounds and move hands as if wading through mud.)

Following verses:

Sticks. (Snap fingers.)

Tree. (Make gestures climbing up and down.)

Gate. (Make gate-opening gestures.)

River. (Make swimming gestures.)

Cave. (Go in it and find lion. Reverse all motions quickly to get home.)

Activity #3: Go on an adventure!

Badge Connection: Step 5—Go on your hike!

Time Allotment: 30 minutes

Prep Needed:

- Obtain a map or draw a map of the area you will take your group to explore.
- Create a list of 10–15 scavenger items for the girls to seek out on their hike. You can use landmarks, items found in the surrounding environment like rocks or pinecones, or items you bring and place strategically.

Materials Needed:

- Notebook or scavenger item list
- Writing utensils
- GORP snack

Steps:

1. Split the girls into small groups and give each group a checklist. Then take the girls on a short hike around your meeting place or other determined area, indoors or outdoors, to find the items.
2. Instruct girls to take notes or draw pictures of the things they see, hear, or smell near the items they find.
3. After girls complete the scavenger hunt, have them share the other things they found on the hike.
4. Have the girls talk about their favorite part of hiking.

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 one 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 county or state park and try a longer hike.
 - Visit a store which carries hiking/camping equipment.
 - Visit a Girl Scout camp.
- Speaker Ideas:
 - Invite a local hiking enthusiast to your meeting.
 - Ask a naturalist or park ranger to speak about how to be a nature detective.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.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 hiking and we earned the Hiker Badge.

We had fun:

- Learning how to pack for and plan a hike.
- Making a snack and talking about hikes we could take.

Continue the fun at home:

- A hike can be long or short. Experiment with a hike around your neighborhood.
- Experiment with making snacks you could take on a hike.
- Walk somewhere that you usually drive.
- Lay trail signs around your home or yard and see if your family members can follow them.
- Look through the Brownie Skill-Building Hiker Badge with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!