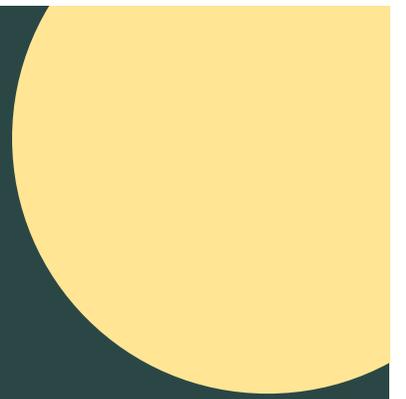


girl scouts
of the northwestern
great lakes



Summer EXPLORIN' GUIDE



→ THIS WAY FOR GIRL SCOUT FUN!



HELLO!

We are Girl Scouts of the Northwestern Great Lakes (GSNWGL) serving the girls in northern Wisconsin and the Upper Peninsula of Michigan. Our mission is to build girls of courage, confidence, and character who make the world a better place. Where better to start than in our own communities! With everything going on in the world - we wanted to reach out and help you to stay engaged, active, and outside as a family over the summer.

Inside this **Summer Explor'IN Guide** you will find hands-on activities for your girl to work on over the summer! We have included both inside and outside activities that will keep your child engaged covering everything from cooking to camping. We have also included our virtual summer camp flyer. It is an 8-week free program open to all girls.

We hope you enjoy Explor'IN this summer!

Sincerely,

Girl Scouts of the Northwestern Great Lakes Staff



For more information about GSNWGL, how to join, volunteer, or just see what we are up to, check out our website, give us a call or see what's new on our Facebook page:



www.gsnwgl.org



888.747.6945



facebook.com/GSNWGL



FIRST AID KITS

Grab a Ziplock baggie, a travel soap box or a pencil box, to assemble your travel first aid kit. Keep it small and in your backpack or car for trips and adventures!

- Band-Aids (variety of sizes)
- Gauze pads
- Q-tips and Cotton Balls
- Antibacterial Wipes
- Hand Sanitizer
- Tape
- Itch Cream
- Antibiotic Ointment
- Tweezers



COOL-CAMP-AID



Put Kool-Aid ice cubes in sprite and your drink will change flavors as the ice melts!

Mix your favorite Kool-Aid flavors and pour them in ice cube trays, freeze until solid and add them to your drinks over the summer for fun flavors.

CANDY FIRES



Supplies needed:

- Fire ring/stones – Smarties or Skittles
- Kindling – Sour Straws or Potato Sticks
- Tinder – small Tootsie Rolls
- Firewood – Licorice
- Larger sticks – long Tootsie Rolls
- Fire – Red Hot Tamales Candy

Teepee Fires

Build a fire ring with stones (Smarties or Skittles) for the area your fire will live. Add a large handful of tinder (Tootsie Rolls) in the center of the fire ring. Surround tinder with sticks of kindling (Sour Straws or Potato Sticks) arranged like a teepee. Next, add firewood (Licorice) on top of kindling, again, like a teepee. Arrange larger sticks (Tootsie Rolls) of fuel around kindling. Leave a small space on the side of the tepee that faces the wind to allow air to reach the middle of the fire (Red Hots).

Teepee Fires are good for creating high flames or can be used as the base of any other type of fires.

Crisscross Fire

Start by building a teepee fire (above). Add two large pieces of firewood (Licorice) on either side of the teepee fire. Using large sticks (Tootsie Rolls), lay several layers of fuel in a crisscross fashion over the top of the teepee fire. Light the teepee fire (Red Hots) and this will light the crisscross pieces.

Crisscross Fires are good for anything that needs a deep bed of coals such as Dutch Oven cooking, hot dogs, and tin foil dinners. Burns for a long time and perfect for s'mores and evening programs.

Star Fire

Start by building a layer of a crisscross fire (above). Place pieces of firewood (Licorice) on top of the square in a star fashion. Light fire (Red Hots) and continue to add firewood as needed.

Good for slow heat for one-pot or tripod cooking.

1		Unfold your napkin and lay it out flat.
2		Make a ring fire with your smarties.
3		Add your pile of sour straw kindling to the center of your ring.
4		Stand your tinder (3 small tootsie rolls) up in a teepee fashion over the kindling.
5		Add your firewood (licorice) on top of the kindling in the same teepee fashion.
6		Use your large tootsie rolls and licorice to create a criss cross pattern of logs on top of the teepee fire.
7		Your fire is built! Light your fire with hot tamales, then eat away!

SUN PRINTS



Use the power of the Sun and objects from nature to create beautiful designs. Try this art-science experiment to show your child how shade protects us from the Sun's ultraviolet rays.

Supplies needed:

- Colorful construction paper
- Clear plastic wrap, or a large piece of plexiglass
- Leaves, flowers, or other flat items
- Small rocks to use as weights

Instructions:

1. Go outside and collect leaves, flowers, and other natural items. Keep an eye out for flat objects with interesting shapes.
2. Place colored construction paper in the sunlight on a driveway, sidewalk, or flat surface.
3. Ask your child to create designs on the paper using the items they found.
4. Help to cover the items with clear plastic wrap (or plexiglass) and weigh the edges down with rocks, so that the plastic lays flat and won't blow away.
5. Leave your project in the sun for two or three hours.
6. After a few hours, have your child remove the plastic wrap and decorative plants from the paper to see the designs they created.



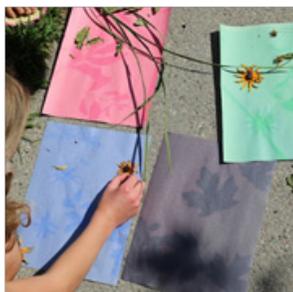
The Science behind the Fun

Some of the Sun's energy travels to Earth as light waves. Certain light waves, called ultraviolet waves, have enough energy to break the bonds of chemicals, like the dyes in construction paper. This changes the color of the paper.

In this experiment, you'll see that the construction paper shaded by leaves and flowers didn't change color. That's because the ultraviolet light waves were blocked out and couldn't damage the paper

The sun's ultraviolet (UV) light can damage skin too. That's why it's smart to wear UV-blocking sunscreen or stay in the shade when the sun is strong.

You can find more experiments like this one at [kitchenpantryscientist.com](https://www.kitchenpantryscientist.com)



TYE DYE WITH BLEACH

Supplies needed:

- T-shirt or other dark colored fabric
- Rubber bands
- Bleach
- Water
- Spray Bottle
- Rubber Gloves
- Table Cover

Instructions:

- Fold your T-shirt with any tie dye technique (spiral is shown in photo)
- Secure with Rubber Bands
- Add ½ cup water and ½ cup bleach (1:1 ratio) to spray bottle
- Spray top of shirt
- Let sit for 10 - 30 minutes, watching for color change.
- Rinse thoroughly with cold water and then wash in machine
- Hang to dry



SAFETY PRECAUTION: Since you will be using bleach, it is a good idea to do this reverse dyeing outdoors. You do not want to breathe the fumes. Also, bleach is extremely hard on your skin, so we recommend wearing rubber gloves to protect your hands.

CAMPING CHARADES & Pictionary

How to play charades: Set up teams and players from each team take turns pantomiming (acting out with no words). Cut out the topics below, fold in half and place in a container to draw them out of when it is your turn. First team to guess the word or phrase earns a point, keep track of points and the team with the most points at the end of the game wins!

How to play Pictionary: Play with three or more people, you will need a drawing pad and pencil (anything to draw on and with will work!). Cut out the 2nd table of topics below and fold in half, place in a container. When it is your turn draw a paper and you have one minute to draw whatever is your topic card and ensure everyone can see your drawing as you go. Whomever guesses correctly first collects the topic paper and it's their turn to go. Keep playing until all topics are complete!

Charades:

Building a Campfire	Hiking	Grilling Meat	Roasting Marshmallows
Bird Watching	Paddling a Canoe	Unzipping a Sleeping Bag	Catching a MASSIVE Fish
Star Gazing	Putting on Sunscreen	Lighting a Lantern	Pitching a Tent
Hearing a Spooky Story	Folding Up a Tent	Getting Out of a Lake	Riding a Bike
Drinking Hot Chocolate	Collecting Rocks	Singing Campfire Songs	Scratching Bug Bites
Skipping Stones on Water	Swimming in the Lake	Climbing a Tree	Flying a Kit
Catching Fireflies	Using a Compass	Playing Card Games	Rolling a Sleeping Bag

Pictionary:

Lantern	Tent	Backpack	Campfire
Hammock	Waterbottle	Cot	Sleeping Bag
Sunglasses	Canoe	Lake	Pocket Knife
Marshmallow	Cooler	Bird	Binoculars
Hiking Boots	Compass	Flashlight	Sunscreen
First Aid Kit	Rope	Bike	Hat
Woods	Mountains	Fish	Family

CHALK FUN

Grab some chalk and try out these 3 awesome chalk ideas.

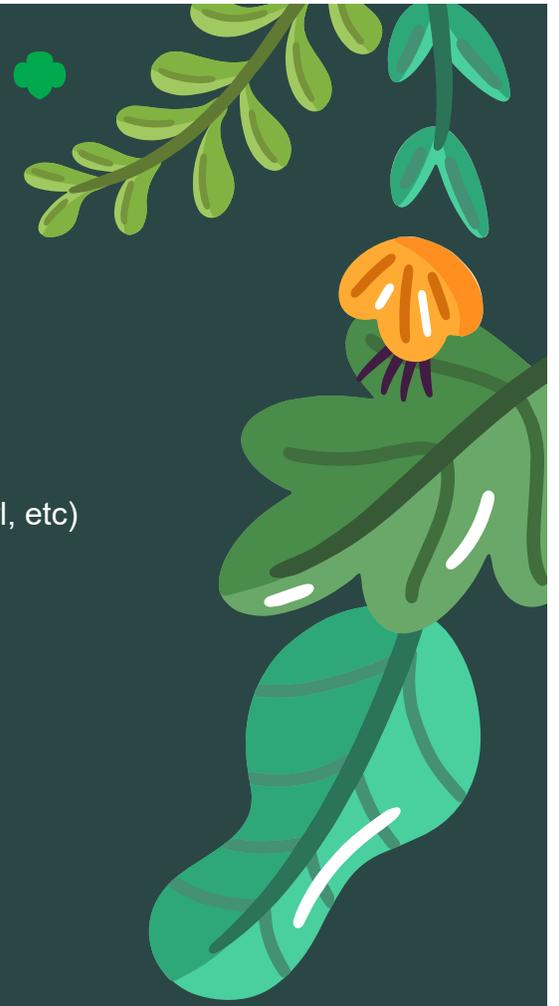
#1 Obstacle Course (ideas to include: spin, clap, hop, twirl, etc)



#2 Checkers or Dots & Lines



#3 Chalk Photos



DIY BUBBLES

Mile High Bubble Recipe:

Supplies needed:

- 2 cups warm water
- 1/3 cup dish soap
- 1/4 cup corn syrup

Instructions:

- Using a medium sized bowl stir water and corn syrup until combined.
- Add dishwashing liquid and stir very gently until well mixed.
- (Try not to make any bubbles.) Dip (don't stir) bubble wands into bubble liquid and blow bubbles.

Make your own bubble wands:

Pipe cleaners/ Wire: You can create just about any shape you like from a pipe cleaner, just make sure you keep a small section as a handle. Try with circles, stars or even triangles.

Drinking straws: These should be small, but fast flowing bubbles. Why not bunch some together and see how many you can get. Dip and try!

PAINTING ROCKS

Turn rocks into anything you like, with these awesome rock painting ideas for kids! From flowers to bugs to monsters, make whatever you like!



OUTDOOR SCAVENGER HUNT

Watch this video to help your Girl Scout to learn Leave No Trace.

<https://www.youtube.com/watch?v=t0qqe7czlz8>

- Stick
- Feather
- Seed
- Something that reflects light
- Three different kind of leaves
- Pinecone
- Listen quietly for 2 minutes
- Find an animal's home
- Collect trash
- Flower
- Moss
- Three things that animals eat
- Animal footprint
- Bird flying
- Insect
- A plant or tree that is the same height as you



LOVE THE OUTDOORS CHALLENGE

Check out these activities and choose the ones you want to do. Summer is the perfect time to celebrate our love of the outdoors.

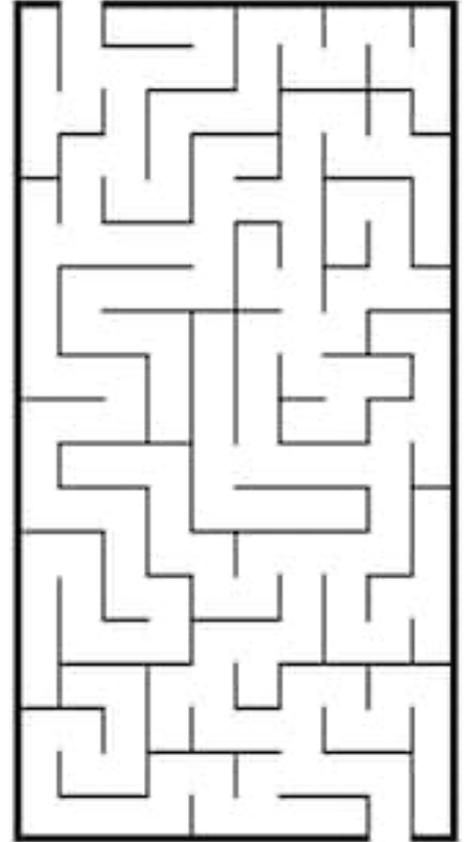
- Sketch the view of the outdoors from your window
- Watch the sunset
- Identify a constellation
- Identify a bird
- Identify the type of clouds in the sky
- Learn how to properly apply sunscreen
- Have a picnic with your family
- Make a tree bark rubbing
- Write a poem about nature
- Play in the rain
- Splash in a puddle
- Measure the diameter of a tree
- Make a bird feeder out of cheerios and a pipe cleaner or string
- Go swimming
- Find raindrops on leaves
- Make and outdoor obstacle course for your family
- Go for a walk
- Play a game of follow the leader with your family
- Have a water balloon or squirt gun fight
- Play hide and seek with flashlights in your backyard

ACTIVITY TIME

♥ Coloring Activity



♥ Help the Girl Scout Find Her Cookie Friend



♥ Girl Scout Word Search

H	B	L	K	A	B	G	E	T	X	S	O	J	C	J	C	D	J	M	J
C	A	M	P	F	I	R	E	G	M	F	N	X	X	T	Z	C	E	J	R
C	B	A	E	Q	U	V	V	L	S	E	I	K	O	O	C	M	X	C	K
N	G	Q	L	T	T	D	N	U	Q	B	O	U	T	D	O	O	R	S	I
H	X	K	A	J	K	H	L	S	D	R	Y	X	D	R	P	X	C	Q	Z
I	Z	N	P	H	K	Z	Z	Z	K	E	W	G	I	G	D	J	Z	L	K
K	R	E	M	M	U	S	E	Q	P	X	D	E	D	E	G	B	Q	S	M
I	D	Z	W	D	L	K	X	K	Z	P	S	B	H	D	H	H	W	U	N
N	U	F	D	H	S	S	Z	E	N	L	U	V	I	E	G	A	F	F	W
G	S	M	I	R	D	L	S	G	F	O	Q	W	A	R	O	V	E	Y	G
S	X	T	C	D	N	L	J	S	E	R	O	M	S	O	M	R	M	J	X
T	R	G	J	W	E	I	E	L	Y	E	G	A	G	N	I	P	M	A	C
K	D	G	I	Y	I	K	B	H	W	V	K	R	Y	O	R	O	Z	L	Q
H	I	J	Z	F	R	S	J	B	L	Q	M	X	G	H	I	E	E	Y	H
H	I	I	M	D	F	R	N	T	R	G	I	R	L	S	Q	O	W	J	I

CAMPFIRE
CAMPING
COOKIES
EXPLORE
FRIENDS
FUN
GIRLS
HIKING
HONOR
MEMORIES
NATURE
OUTDOORS
SKILLS
SMORES
SUMMER

MAKE YOUR OWN TRAIL MIX

Here are some ideas to choose from for your trail mix. Get a jar or zip lock bag and add as much of each as you would like. Start with $\frac{1}{4}$ cup to 1 cup of each ingredient. Customize to your taste!

Pretzels: You can choose the mini traditional pretzel shapes and/or the pretzel sticks. Pretzels are the perfect crunch to your snack!

Candies: M & M's or Reese's Pieces

Chocolate Chips: You choose how many and what flavor – semi sweet, milk chocolate chips, white chocolate chips, peanut butter chips.

Nuts and Seeds: So many options here. Cashews, peanuts, almonds, pecans, or walnuts, sunflower or pumpkin seeds.

Raisins: Regular raisins, yogurt raisins, craisins.



NO BAKE ENERGY BITES

Ingredients:

- Old-fashioned oats: 1 cup - these will serve as the base ingredient for our energy bites.
- Shredded coconut: $\frac{2}{3}$ cup - we recommend toasting briefly in the oven — then cool
- Creamy peanut butter: $\frac{1}{2}$ cup - either traditional creamy peanut butter or natural creamy peanut butter work.
- Ground flaxseed: $\frac{1}{2}$ cup - this will add extra protein, fiber and omega-3s to your energy bites.
- Semisweet chocolate chips: $\frac{1}{2}$ cup - standard-sized semisweet chips, but mini semisweet chips mix in easier.
- Honey: $\frac{1}{3}$ cup - Adds natural sweetness and will also help bind the energy balls together.
- Vanilla extract: 1 tsp - For a touch of extra flavor.
- Chia seeds (optional): 1 Tbsp - skip the chia seeds, if you do not have any on hand.

Instructions:

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll into balls. Roll into mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

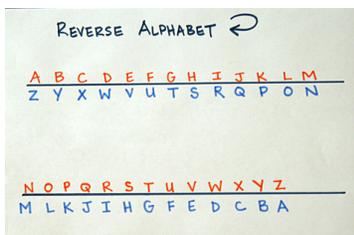


CREATE A SECRET ALPHABET CODE

The idea of being able to read and write in a secret code, or better yet, create your own secret code that no one else knows, is magical! Imagine being able to write notes to each other that no one else can read!

♥ Use one of these ideas...

A = <input type="checkbox"/>	H = <input type="checkbox"/>	O = <input checked="" type="checkbox"/>	V = <input type="checkbox"/>
B = <input type="checkbox"/>	I = <input type="checkbox"/>	P = <input checked="" type="checkbox"/>	W = <input type="checkbox"/>
C = <input type="checkbox"/>	J = <input checked="" type="checkbox"/>	Q = <input checked="" type="checkbox"/>	X = <input type="checkbox"/>
D = <input type="checkbox"/>	K = <input checked="" type="checkbox"/>	R = <input checked="" type="checkbox"/>	Y = <input type="checkbox"/>
E = <input type="checkbox"/>	L = <input checked="" type="checkbox"/>	S = <input type="checkbox"/>	Z = <input type="checkbox"/>
F = <input type="checkbox"/>	M = <input checked="" type="checkbox"/>	T = <input type="checkbox"/>	
G = <input type="checkbox"/>	N = <input checked="" type="checkbox"/>	U = <input type="checkbox"/>	



♥ OR create your own.

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

WHAT'S NEXT WITH GIRL SCOUTS?!

We are hopeful you have enjoyed this wonderful fun-filled packet of Girl Scout activities. Our Summer Explor'IN Guide is just the tip of the iceberg. Please feel free to view the next two fliers to continue your Girl Scout journey and stay engaged during summer. We focus on many extraordinary activities to allow girls to experience a wide variety of opportunity, called the Girl Scout Leadership Experience.

Through the Girl Scout Leadership Experience, girls will participate in a collection of engaging, challenging, and fun activities like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects.

The idea is to learn by doing, and at Girl Scouts, she'll do lots of it. So, what's next? Check out those fliers and register today! You can join to be a Girl Scout at any time. Questions? Call our Customer Care team at 888.747.6945 or visit our website www.gsnwgl.org We can't wait to meet you!



YOU WOULD MAKE AN AMAZING GIRL SCOUT!



It's a great time to become a Girl Scout!

From unique, hands-on virtual offerings to traditional troops and local programs, Girl Scouts has everything your girl needs to stay connected and have fun! If you are interested in getting your daughter involved or volunteering with a troop, now is the perfect time! Volunteering is a great way to spend quality time with your daughter, while making a positive impact in your community.

Register for Girl Scouts now and get this special offer!

Girls love getting mail! Girls in grades 4K-5 who register by 7/31 with this offer will receive free activity packs in the mail all summer long! Have fun, learn new things, make a difference, and get some awesome swag! The cost of \$40 includes a Girl Scout Membership valid now through 9/30/2021, the fun items listed below, and all shipping costs. *Financial assistance is available upon request.*

- 🍀 **June: Girl Scouts are magic!** Explore Girl Scout traditions, make a unicorn puppet, get a free unicorn charm necklace and a unicorn friends patch for your uniform!
- 🍀 **July: Girl Scouts love science!** Try out some hands-on science activities, make a straw rocket, and get a free S.T.E.M patch!
- 🍀 **August: Girl Scouts make the world a better place!** Learn about the importance of helping others, create your own kindness cards, and get the Girl Scouts lend a hand patch!

To join now:

- 1 Visit gsnwg.org/join and fill in all required fields.
- 2 When you are asked to select a troop, select Unsure, and we will contact you to match you up with just the right experience for your girl.
- 3 On the Membership Information page, select the membership field "Extended Year" option on the dropdown.
- 4 Complete your registration and payment. If you wish to request financial assistance, when you reach the payment screen, just call 888.747.6945 and talk to our staff.

Our staff will be in touch to help you start your experience! Monthly packets will be mailed beginning mid-June. Have questions, or want to join by phone instead? Contact us at 888.747.6945 or info@gsnwg.org

YOU WOULD MAKE AN **AMAZING**

girl scout



GIRL SCOUTS

ARE AWESOME!



Summer is a great time to connect with Girl Scouts! Check out these opportunities, then find a troop for next year.

In Girl Scouts, every girl has the space and support she needs to accomplish amazing things. Earn badges, enjoy nature, science and the arts, go to camp, participate in the world famous cookie program, and more. **Open up a new world of opportunities with Girl Scouts.**

New Friends Pack: Girls love getting mail! Sign up for more information on Girl Scouts and your daughter will receive a special packet with seeds to plant, stickers, and a Girl Scout activity sent to her by mail.

Sign up to receive your free new friends pack here: gsnwgl.org/newfriends

**New friends offer available only for girls in grades K-5 in GSNWGL geographic area who are not yet Girl Scout members.*

Just for Parents – Get to Know Girl Scouts Q and A: You probably have a lot of questions about all Girl Scouts has to offer! Join us for a parent info. session and hear all the important details. Attendees will be entered into a drawing for a free case of Girl Scout cookies! **Register for a parent session here:** gsnw.gl/jv

Check the link above for upcoming sessions, as they are added regularly. Program will last approx. 30 minutes, with an additional 15 minutes available for questions.

Happy Camp'IN: When Girl Scouts can't camp out, they camp in. Join us each week as we dive into what summer camp is about while focusing on Leave No Trace Principles, camp traditions, camp songs and special guest appearances by camp staff. Girls in grades K-12 are invited to join each weekly session for their age group.

Registration is open now at gsnw.gl/campin

Meetings begin the week of June 8 and continue through the week of August 3. **You do not need to be a member to participate, and all programs are free!** Check out our Girl Scouts Happy Camp'IN homepage for more information.

