Things to Do at Camp

While camp and the outdoors have always been an integral part of Girl Scouting, we continue to learn about the mental health benefits they provide for girls and adults. We know that as a result of the pandemic and the changes it brought to their lives, girls have experienced increased stress and anxiety, along with learning loss. Exposure to nature and the outdoors has shown to improve both mood and cognitive function, decrease stress and support overall health and well-being.

We encourage all Girl Scout troops to plan for an outdoor experience at one of GSSJC’s camps to allow girls time to disconnect from technology and scheduling, have time to get bored and explore, and invest in their relationships with their troop-mates. Structured programs at camp provide wonderful experiences, but there are many outdoor activities you can do with girls that require little effort or planning. We encourage you to plan a camping weekend with your girls and incorporate some of these activities in your camping and outdoor plans. We have included links to some helpful resources.

Additionally, GSSJC is extending the Girl Scouts Love the Outdoor patch program for local troops and will be offering free patches to troops who complete the challenge for their level between October 1, 2021 and March 31, 2022 (or while supplies last). Find the challenge [here](#).

**Easy Activities at Camp or Outdoors:**
- Bird Watching
- Hangout with friends
- Nature Scavenger Hunt
Stargaze
Yoga
Cooking a meal or snack
Playing Gaga ball
Do leaf rubbings
Hiking, walking, exploring
Outdoor games such as Red Rover, Red Light Green Light, or Follow the Leader
Fly kites
Search for bugs
Sing loudly
Do cartwheels
Look for shapes in cloud
Make and fly paper airplanes

Resources:
Leave No Trace
Six Simple Fun Ways to Explore Nature and the Outdoors - GSUSA
Bring Her Indoor Passions to Life Outdoors - GSUSA
Girl Scouts Love the Outdoors Challenge
Okay to Say Patch Program

Outdoor Badges and Journeys by Level:
Daisy
Brownie
Junior
Cadette
Senior
Ambassador