



## 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](#)