

Discover DuPage County

DuPage County is a community located in our council. Try this badge to discover the area's rich history, culture, natural resources, sports, entertainment and educational opportunities!

Steps:

1. Healthy Living
2. Arts
3. Outdoor Education
4. History and Culture
5. STEM

Purpose: When I've earned this badge, I'll know more about DuPage County and what it has to offer.



Design by Elena Fazio

*“Not without thy wondrous story, Illinois, Illinois,
Can be writ the nation’s glory, Illinois, Illinois.”*

*From the Official Song
of the State of Illinois by
C.H. Chamberlain*

STEP 1

Healthy Living



Healthy Living is a good combination of physical activity and eating nutritious foods. There are many ways to discover how to be healthy in DuPage County.

Choices - Do One:

- ☐ **Find out how DuPage County is becoming a healthier community.** Take a look at the webpage for FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage) and find out about the key findings regarding obesity in DuPage County. Use the information about the 5-4-3-2-1 GO! message to create and facilitate healthy living activities for a Brownie troop in your service unit.

OR

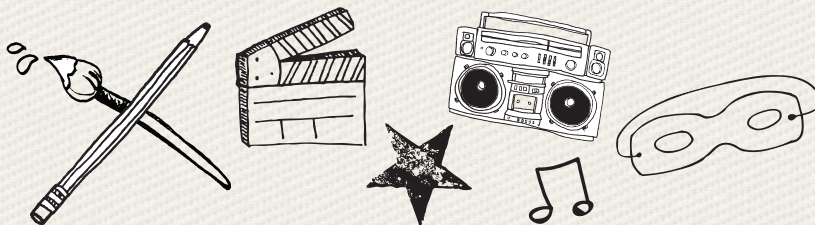
- ☐ **Get active at the Bulls/Sox Academy in Lisle.** Organize a field trip for your troop to get moving with the fitness experience! Take your group through a series of four different fitness stations including circuit training, an obstacle course, a team-building station, and "THE VAULT", an "exergaming" arcade, where kids exercise while playing video games.

OR

- ☐ **Glide across the ice at Seven Bridges Ice Arena in Woodridge.** Call ahead and go to Seven Bridges ice rink to practice your ice moves. Before you put on your skates, research the stories of accomplished winter sports athletes from DuPage County. Have there been any Winter Olympians from the area?

STEP 2

Arts



There are many ways to take advantage of the rich art scene in DuPage County. Whether you enjoy performing arts, visual arts or making art projects, there are many opportunities to be creative in this community.

Choices - Do One:

- ☐ **Enjoy a self-guided public art tour along the Naperville Century Walk.** Experience "art with a story" as you learn about the area's past 100 years through art. You can find most of the murals, mosaics and sculptures concentrated within two miles in downtown Naperville. There is an audio tour available if you have a QR code reader application on your smart phone.

OR

- ☐ **Peruse local art, and make some of your own, at Gallery's Choice in Downers Grove.** Showcasing work from more than 75 local area artists, peruse the gallery to identify an artist whose work you enjoy. Ask the employees about this artist and his/her work, or go home and research. Call ahead to schedule an art program related to DuPage, including one of Gallery's Choice's many badge programs!

OR

- ☐ **Learn about rocks and make unique stone jewelry at the Lizzadro Museum of Lapidary Art in Elmhurst.** Call ahead and take a tour of the museum. While you're there, ask questions about what lapidary art is and about various artists who create the pieces, as well as where they're from. They also offer classes if you're interested in jewelry-making.

STEP 3 Outdoor Education



Boasting over 60 forest preserves, plus rivers, nearly 150 miles of trails and multiple nature centers, DuPage has an incredible amount of outdoor offerings.

Choices - Do One:



Go on a hike or walk. Explore a DuPage County forest preserve or natural area to observe the animals, plants and terrain. Take pictures of trees and plants while you're walking. When you get home, identify the names of the things you saw using a tree identification guide or by surfing the web (ask your parents first!). Are these unique to DuPage County? This can be a step in earning your Trees badge.

OR



Go camping! One of Girl Scouts' favorite activities is camping. Go to dupageforest.com to find camps set aside just for youth. P.S. Your Night Owl badge goes well here, too.

OR



Give back to nature. Find a way to give back while exploring the great outdoors. Whether it's picking up litter at a DuPage County forest preserve or volunteering to help clean up at Camp Greene Wood, the environment will thank you. If you want to help out at camp, e-mail property@girlscoutsgcnwi.org first to find out what kind of help they need.

STEP 4 History & Culture



Every state has a culture all its own, including historical sites, festivals and traditions. Discover DuPage County's rich history and culture.

Choices - Do One:



Research international sister cities. Many cities in DuPage have "sister cities" in other countries. What are sister cities? To find out, head to a local library (like the Naperville Public Library, ranked #1 for a city of its size for over ten years straight). Research a city that is sisters with one in DuPage. Then check out wagggg.org/en/world to learn about a Girl Scout or Girl Guide organization in that location. Maybe you can even get Girl Scout/Guide pen pals from that city!

OR



Scout out an adventure at Cantigny Park in Wheaton. Cantigny offers a whole afternoon's worth of fun, with huge gardens, an outdoor tank park (the only one in the area!) and a historic home once owned by Robert R. McCormick. The military history museum in the park is called the First Division museum; take a self-led tour or organize a group to do an overnight.

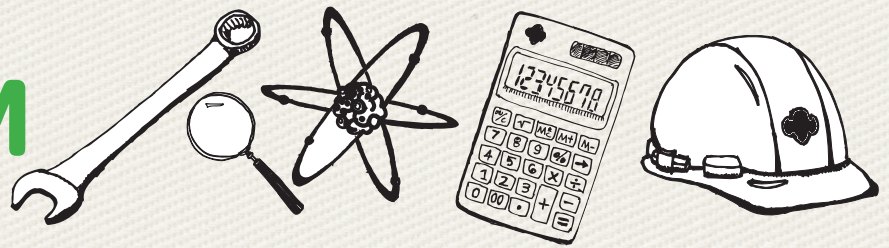
OR



Explore a local festival. There's a lot to see and do at DuPage's local festivals, including: Civil War Days, Lilac Parade, Chocolate Fest, Naperville Jazz Fest, Summer Nights Shakespeare and Lisle Depot Days. Be a sleuth – why was the festival started? Once you know the answer, go enjoy the festival! For a list of festivals, check out discoverdupage.com and click on the "Calendar of Events" page.



STEP 5 STEM



STEM stands for science, technology, engineering and mathematics. Learn more about DuPage by discovering STEM in the area.

Choices - Do One:

☐ **Be prepared for an emergency.** The DuPage County Department of Homeland Security's Emergency Operations Center is there to help the county's citizens be prepared for both human and nature-caused disasters (like tornados and storms). Visit the center to learn about emergency preparedness, take a tour of the facility and make emergency kits.

OR

☐ **Get hands-on at the SciTech Museum in Aurora.** Have a STEM idea in mind? Customize your own overnight at this interactive museum! This is an all-ages museum, so whether you want to check out the exhibits or volunteer to help out younger girls, SciTech has it all.

OR

☐ **Find out more about science and engineering in DuPage County.** Did you know that science is taking place all around us? There are many scientists that are researching new and interesting ideas at Fermilab in Batavia, IL. Visit Fermilab and join an 'Ask a Scientist' guided tour to have all of your STEM questions answered by an expert, or attend one of their programs for families and students.

What did I learn?

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