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

"I never had a good time 'till I got to Illinois

Up in Illinois, up in Illinois"

From "Illinois Blues"
by Skip James

for brownies

STEP 1 Healthy Living

Healthy living is a good combination of physical activity and eating nutritious foods. There are many ways to be healthy in DuPage County. Let's explore!

Choices – Do One:

☐ **Learn about healthy foods produced in DuPage County.** Visit a farmers' market, farm or orchard, and talk to the workers there about the foods they grow. Are these foods healthy? Can you find where they'd fit on the My Plate icon (choosemyplate.gov)?
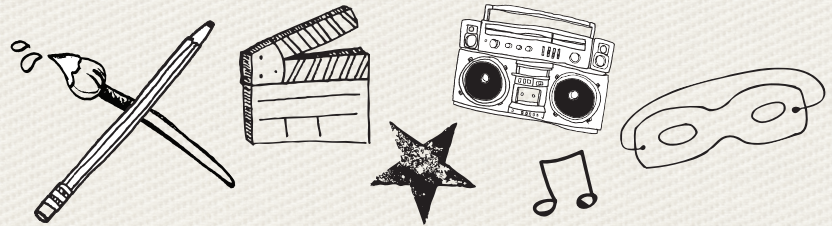
OR //

☐ **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 with a skating lesson.

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. Bring some sturdy shoes and a camera, then have some fun following the tour.

OR //

☐ **Peruse local art, and make some of your own, at Gallery's Choice in Downers Grove.** Look around this local staple, which showcases work from more than 75 local area artists. Call ahead to schedule an art program related to DuPage; you can learn about local flora and fauna (plants and animals) through watercolor or learn about historic sites through mosaics, to name a couple of options. (Bonus: they even do badge programs!)

OR //

☐ **Learn about rocks and make unique stone jewelry at the Lizzadro Museum of Lapidary Art in Elmhurst.** What better way to dive into local rock science than by making jewelry? Learn about wearable science—how artists turn rocks into jewelry—by scheduling a tour of the museum and taking a class on jewelry making.

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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 forest preserve or natural area in DuPage County to observe animals, plants and the terrain. Play I-Spy with a friend – identify as many living and non-living things as you see. Are these things native to DuPage County? Locate at least one living thing that is native to this region. Check out dupageforest.com for more information on where to go.

OR

☐ **Get into Letterboxing at Camp Greene Wood.** Letterboxers around the world follow clues to find hidden boxes with special items inside. There are thousands of letterboxes hidden throughout North America, including at our own Camp Greene Wood in Woodridge, IL. To set up a visit, e-mail property@girlscoutsgcnwi.org. Grab your clues at the camp's check-in cabin and practice your seeking and solving skills. Don't forget to check out the Brownie Letterboxer badge requirements before you go!

OR

☐ **Fish, horseback ride or boat your way through the county.** Because DuPage County is full of so many great natural areas, why not discover it with a new adventure? Be it with a fishing rod, on horseback or in a boat, you're sure to find something new.

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. When did they become sister cities? Find out which countries one of these sister cities is located in and check out a picture book to learn more about it.
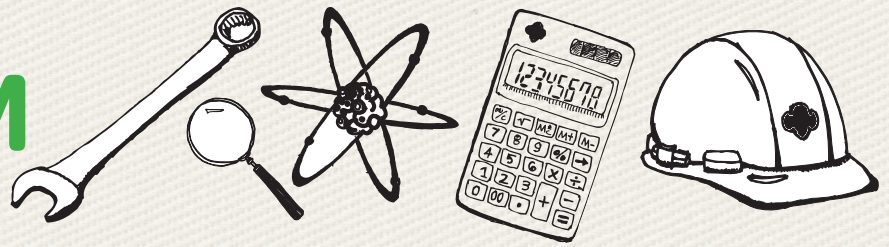
OR

☐ **Scout out an adventure at Cantigny Park in Wheaton.** Cantigny offers a whole afternoon's worth of fun, with huge gardens, a military history museum, an outdoor tank park (the only one in the area!) and a historic home once owned by Robert R. McCormick. Don't forget your picnic basket, as there are many beautiful gardens on the yard.

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.

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

Choices - Do One:

☐ **Learn about DuPage County's weather.** What happens in each season? What are the characteristics of the weather in spring, summer, fall and winter? Draw a picture of each of the seasons.

OR

☐ **Get hands-on at the SciTech Museum in Aurora.** Check out this interactive museum: you can ride a bike that powers light bulbs or go to their new outdoor park, filled with fun games and activities.

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. Take a tour to find out about all of the great work the scientists are doing there.

What did I learn?

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