

girl scouts
of greater chicago
and northwest
indiana



Girl Scouts GCNWI Great Family Camp-In

ACTIVITY PACKET



May 23-24, 2020 | All Ages



WELCOME

Welcome to the first Great Family Camp-In hosted by the Girl Scouts of Greater Chicago and Northwest Indiana (GSGCNWI).

bit.ly/gcnwi-campin

Join girls and families across Greater Chicago and Northwest Indiana and the nation for an at-home camp-in. Set up your campsite outside with a tent or inside with a fort and get ready for some camp magic. This program is free to everyone - you don't have to be a Girl Scout to attend!

We are so excited for a fun-filled program complete with many of the activities that we all love about camping and the great outdoors. You can pick which activities you want to do with your fellow campers throughout the day, including art projects, outdoor skills, camp games, and of course a campfire sing-along. You can participate in any number of activities throughout the day or even join us for the full day of camp. We encourage you to do activities outside whenever possible and use the breaks throughout the day to experience nature and enjoy the fresh air.

We would love to see how you are getting involved with the Great Family Camp-In. Share them and tag us on social media using [#gcnwicampin](https://twitter.com/gcnwicampin) or post them right to our [GSGCNWI Great Family Camp-In Facebook](https://www.facebook.com/GSGCNWIGreatFamilyCampIn) event page or [Instagram](https://www.instagram.com/gcnwicampin).

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HOW TO PARTICIPATE?

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BEFORE THE CAMP-IN

Find everything you need to know about the camp-in on our blog bit.ly/gcnwi-campin

Be sure to register for the event! Only registered attendees will receive access links on the morning of May 23.

COUNCIL-LED ACTIVITIES

We're holding a series of council-led activities for you and your family to participate in during the Camp-In. These include YouTube Live Premieres, webinars, and a campsite photo contest!

Registered attendees will receive links to access each experience the morning of May 23

PHOTO CONTEST

Enter our photo contest for best campsite from 10 a.m.-7 p.m. on Saturday, May 23! Winners will be featured on the GSGCNWI blog and social media, and even have the chance to win a free Great Family Camp-in patch!

Submit your photo at bit.ly/camp-photo or send photos to camper@girlscoutsgcnwi.org. Learn more on the blog at bit.ly/gcnwi-campin.

ON YOUR OWN ACTIVITIES

Check out some suggestions outlined throughout this activity packet for ways that you can participate in fun camp activities on your own, with your family, or even with your friends or troop from afar!

Troop Leaders, read tips on meeting virtually at bit.ly/gcnwi-virtual-troop.



ACTIVITY SCHEDULE AT-A-GLANCE

SATURDAY, MAY 23

All access links will be shared with registered attendees the morning of Saturday, May 23.
Learn more about each activity throughout this packet and on our blog at bit.ly/gcnwi-campin

Time	Activity Name	Virtual Location	Learn More
10-10:30 a.m.	Kick Off & Opening Ceremony	YouTube Live Premiere	Page 5
10-7 p.m.	Camp-in Campsite Photo Contest Submission Window	On Your Own	Page 5
11-11:45 a.m.	Art Project: Salt Dough & Impression Necklace	Webinar	Pages 5-6
	Art Project: Sit Upon	Webinar	Page 6
12-2 p.m.	Lunch & Suggested Camp Activities	On Your Own	Pages 11-19
2-2:45 p.m.	Outdoor Skills: Knot Tying Extravaganza	Webinar	Page 7
	Outdoor Skills: Letterboxing Adventure	Webinar	Pages 7-8
3-3:45 p.m.	Camp Fun: Camp Games	Webinar	Pages 8-9
	Camp Fun: At Home Circus Acts	Webinar	Page 9
4-4:30 p.m.	Wrap Up & Closing Ceremony	YouTube Live Premiere	Page 9
4:30-7 p.m.	Dinner & Suggested Camp Activities	On Your Own	Pages 11-19
7-8 p.m.	Campfire Sing-A-Long	YouTube Live Premiere	Page 10
8:30 p.m.	Photo Contest Voting Begins	On Your Own	Page 5

SUNDAY, MAY 24

Time	Activity Name	Virtual Location	Learn More
9:30 a.m.	Photo Contest Voting Ends	On Your Own	Page 5
10-10:45 a.m.	Show & Share	Webinar	Page 5



COUNCIL-LED ACTIVITIES: DETAILS AND MATERIALS NEEDED

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THE GREAT FAMILY CAMP-IN KICK OFF AND OPENING CEREMONY

Sat. May 23rd: 10–10:30 a.m.

The Girl Scouts GCNWI Great Family Camp-In is here! Let's kick off a jam-packed camp day with an opening ceremony, snapshot of the day's schedule, camp agreement, and FAQ! Meet your Outdoor Program Team hosts and get ready for some camp magic!

Platform: YouTube Live Premiere

Materials Needed: Just yourself!

CAMP-IN CAMPSITE PHOTO CONTEST

Sat. May 23rd: 10-7:00 p.m. Submissions Accepted

Sat. May 23rd: 8:30 p.m.- Sun. May 24th: 9:30 a.m. Voting on Submissions

Sun. May 24th: 10:30 a.m. Winners announced in The Great Family Camp-In: Show and Share Webinar

We are also hosting a camp-in photo contest! Submit a photo of your at-home campsite to enter the May 23rd GSGCNWI Great Family Camp-In Photo Contest. We want to see your creativity; you can win a Great Family Camp-In patch and be featured on the GCNWI blog and social media. Share with us by filling out the submission form at

bit.ly/camp-photo on Saturday, May 23 to enter to win!

ART PROJECT: SALT DOUGH & IMPRESSION NECKLACE

Sat. May 23rd: 11-11:45 a.m.

Let's get crafty! Join Outdoor Program Team members, Kat and Sprout, in making salt dough out of a few ingredients commonly found in your kitchen. Then transform your salt dough or preferred clay material into a one of a kind nature necklace! Make sure you can see your screen and have a large, clear space to work in that is covered in newspaper, a tablecloth, or can be easily wiped down.

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions



Materials Needed:

- An easy-to-clean surface, or a space covered in a tablecloth or newspaper
- 2 cups all-purpose flour (can substitute gluten free flour)
- 1 cup salt
- 1 cup water
- 2-4 objects found in nature (i.e. an acorn or pebble)
- Toothpick/Pencil
- String/Yarn/Twine
- Scissors

Badge Requirements Met:

- Brownies: Outdoor Art Creator Step 2
- Juniors: Outdoor Art Explorer Step 2
- Cadettes: Outdoor Art Apprentice Step 2
- Seniors: Outdoor Art Expert Step 2

ART PROJECT: SIT UPON

Sat. May 23rd: 11-11:45 a.m.

Time to get crafty and prepared for your next outdoor adventure by making a traditional Girl Scout sit-upon. A sit-upon is a great tool to take outdoors with you when you are going for a picnic, singing around a campfire, or have with you at your campsite. After this session you will have something comfortable and dry to sit on so that you can fully enjoy your time outside. There are lots of ways to create a sit-upon. Join Outdoor Program Team members, Nacho and Strike, to make one that works for you!

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions

Materials Needed:

- Two 20"x20" squares of waterproof material twice (either vinyl tablecloth, shower curtain, or a reusable grocery bag)
- Padding (either about 15-20 plastic grocery bags, pillow fluff, foam square, or 1-2" stack newspapers)
- Scissors
- Sewing technique: Yarn/String, hole punch
- Tape technique: Duct Tape
- Marker
- Ruler (optional)





OUTDOOR SKILLS: KNOT TYING EXTRAVAGANZA

Sat. May 23rd: 2-2:45 p.m.

Knots are incredibly valuable to know both indoors and out! People often say knots are hard to do, let's bust that myth together in this interactive step by step tutorial. Whether you want to learn how to use knots in making jewelry, setting up camp, or going rock climbing we have you covered in this knot tying adventure for all ages. Outdoor Program Team members, Nacho and Freddie, will start by teaching some knot basics and how to make a simple friendship bracelet and then walk through how to do some more advanced knots for those who are interested.

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions

Materials Needed:

- A piece of rope/thick string about 30" long
- A couple colors of yarn or embroidery floss
- Scissors
- Tape

Badge Requirements Met:

- Daisies: Buddy Camper Step 3
- Brownies: Cabin Camper Step 4, Outdoor Adventurer Step 4
- Juniors: Camper Step 2, Geocacher Step 3
- Cadettes: Primitive Camper Step 4
- Seniors: Adventure Camper Step 4
- Ambassadors: Survival Camper Step 4

OUTDOOR SKILLS: LETTERBOXING ADVENTURE

Sat. May 23rd: 2-2:45 p.m.

Are you interested in treasure hunts and puzzles? Challenge yourself and your family by learning the international scavenger hunt of letterboxing. You will learn all about letterboxing with Outdoor Program Team members, Caribou and Strike. You will practice coding clues, learn how to collect stamps, make your own stamp and log book, and even get tips on how to set up your own at-home letterboxing course.

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions



Materials Needed:

Stamp or make your own:

- Recycled bottle cap or lid
- Craft foam sheets
- Glue or tape (double sided tape works well)

4-6 Small notebooks or make your own:

- 5-10 sheets of paper
- Hole punch & yarn or stapler

General Supplies:

- Pen/pencil
- Paper (for the clues, colored paper preferred)
- Scissors
- Markers/crayons
- Ink pad (or washable markers)
- Wipes/Paper towels
- 3-5 small plastic containers with lids (ex. food storage containers)
- Writing utensil

Badge Requirements Met:

- Brownies: Letterboxer Step 2, 3, & 5

CAMP FUN: CAMP GAMES

Sat. May 23rd: 3-3:45 p.m.

Ready, Set, Go! Camp games from home! In this interactive session, we will participate in active and silly camp game favorites led by Outdoor Program Team members, Sprout and Caribou. We'll cover some go to games like "4 Corners", "Moo", "Ship to Shore", and more! If you know you love these games or want to learn, this is your chance to give it a try!

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions

Materials Needed:

- Yourself
- Space to move around
- Water bottle

**Badge Requirements Met:**

- Brownies: Cabin Camper Step 5, Eco Friend Step 1, Making Games Step 1

CAMP FUN: AT-HOME CIRCUS ACTS

Sat. May 23rd: 3-3:45 p.m.

Wow your friends and family with a new skill, straight from the greatest place on earth, your home! Outdoor Program Team members, Kat and Freddie, will teach you some beginner circus tricks. Learn techniques for juggling and how to balance & spin household objects. Circus skills are a great way to keep your body moving and your mind active, while having a great time!

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions

Materials Needed:

- Water bottle
- Space to move around
- 3 bandanas (or similar substitute)
- Old toothbrush
- Plastic grocery bag
- Small cushion (that you can hold up with one hand)

3 beanbags or make your own:

- 3 long socks
- 1.5 cups of lentil, dried beans, or birdseed)
- 1/4 cup measuring cup
- 3 rubber bands

GREAT FAMILY CAMP-IN: WRAP UP & CLOSING CEREMONY

Sat. May 23rd: 4-4:30 p.m.

It's the end of a full day of camp activities and we are so happy you could join us! Let's all touch base to wrap up the day together with a closing ceremony. We'll provide some fun camp entertainment and ask for your help about how we can continue the camp magic in the future!

Platform: YouTube Live Premiere

Materials Needed: Just yourself!



GREAT FAMILY CAMP-IN: CAMPFIRE SING-A-LONG

Sat. May 23rd: 7-8 p.m.

A camp-in is not complete without a campfire and songs! Join in to sing your hearts out with friends, family, and camp staff. Our sing-a-long will be packed with traditional Girl Scout songs and favorite upbeat camp songs that you can join along with from home. The first forty minutes will be full of high energy songs before slowing down the pace to sing some of the slow song favorites. Comfy clothes and homemade s'mores are encouraged!

Platform: YouTube Live Premiere

Materials Needed:

- Yourself
- Water bottle
- Lyrics (optional) (see page 25)
- S'more items (optional) (see page 27)

Badge Requirements Met:

- Brownies: Eco Friend Step 1
- Juniors: Camper Step 5, Outdoor Art Explorer Step 3
- Cadettes: Outdoor Art Apprentice Step 1
- Seniors: Outdoor Art Expert Step 3

GREAT FAMILY CAMP-IN: SHOW AND SHARE

Sun. May 24th: 10-10:45 a.m.

How did your night of camping in go? Let us know! Join in with other participants of the Girl Scouts GCNWI Great Family Camp-In as we reflect on Saturday's activities, wrap up the camp fun, and reveal the photo contest winners! Listen to others share fun and a-ha moments about their night and even share yourself!

Platform: Zoom Webinar, see Great Family Camp-In confirmation e-mail for log-in instructions

Materials Needed: Just yourself!



ON YOUR OWN ACTIVITIES: DETAILS AND MATERIALS NEEDED

ART PROJECTS

CEREAL NECKLACE

Materials:

- Cereal with holes in it like Cheerios or Fruit Loops
- String
- Scissors

Directions:

1. Cut a piece of string so that it is long enough to go around your neck as a necklace.
2. Thread the cereal onto the string.
3. Tie the ends of the string together to complete your necklace.
4. Wear your new piece of jewelry and enjoy snacking on it throughout the day.

Badge Requirements Met:

- Brownies: Outdoor Art Creator Step 2
- Juniors: Outdoor Art Explorer Step 2
- Ambassadors: Outdoor Art Master Step 2

CHALK ICE

Materials:

- Old or craft only ice cube tray
- Cornstarch
- Coloring: food coloring, grated chalk, Kool-Aid, washable paint, liquid watercolors
- Water & freezer

Directions:

1. Mix 1 part cornstarch to 1 part water. (Note: If needed, you can add in more water)
2. Add your coloring item. If you are adding food coloring, 3-4 drops per cube should work well. If you are adding grated chalk for Kool-Aid, they should be combined with the cornstarch (i.e. 1 part cornstarch, 1 part Kool-Aid/grated chalk, 2 part water). If you are using liquid watercolors, substitute most of the water for the liquid watercolors. Play around with these and make sure all ingredients are well combined and dissolved.





1. Pour mixture into ice cube tray.
2. Freeze for 2-4 hours.
3. Remove cubes from the trays and play with them on the driveway or sidewalk while they melt.

FAMILY PAPER CAMPFIRE

Materials:

- Computer paper or construction paper in the colors red, orange, yellow, blue, brown, and grey/black (if using white computer paper, have coloring utensils in these colors)
- Pencil
- Scissors
- Tape or glue
- Your family members

Directions:

1. Gather your family together and organize yourselves so that you know who has the biggest hands and who has the smallest hands.
2. Take your paper and have each person trace their right hand on their designated color (largest hand = red, second largest = orange, one smaller = yellow, next smaller = blue, if you have more than 4 people in your family repeat this pattern again). If you are using white paper, make sure that you color the pages to help your hands look more like the flames of the campfire.
3. Glue or tape each hand onto the one that is slightly larger than the last.
4. Cut some rectangular shapes out of your brown paper and arrange them at the wrist area to make your logs.
5. Cut out circular shapes from your grey/black paper and place them around the wrist area of the hands making the fire ring.
6. (Optional) Make other items out of paper for your fire. Maybe a marshmallow on a stick, a Dutch oven cooking over the fire, or a guitar and music notes to symbolize singing around the campfire. No matter what, have fun with it.



LEAF RUBBING BOOKMARKS

Materials:

- Paper (computer paper or construction paper work well)
- Crayons
- Some flat items from nature (leaves, grasses, small sticks, etc. work well)
- Scissors
- Hole punch (optional)
- String (optional)
- Contact paper (optional)



Directions:

1. Go out & collect some flat items in nature (leaves, grasses, small sticks, etc.).
2. Take your piece of paper and cut it in half hotdog style.
3. Pick out some crayon colors you would like to use and peel them.
4. Organize your flat items under your paper (make sure the veins of the leaves are up).
5. Using the flat side of the crayon on the paper over the items to reveal the leaf/nature rubbing.

Steps below are optional:

1. Place completed nature rubbing bookmark inside of some contact paper to help it last longer.
2. Hole punch a hole near the top of the bookmark.
3. Tie a piece of string through the hole for added flair.

Badge Requirements Met:

- Brownies: Outdoor Art Creator Step 2
- Juniors: Outdoor Art Explorer Step 1

NATURE ART MASTERPIECE

Materials:

- Any items you find in nature

Directions:

1. Find an open outdoor space and collect your items.
2. Using the items you found in nature, create a masterpiece on the grass using only those items. It can be big or small.





3. See if other can figure out what you were creating with your nature items.

Badge Requirements Met:

- Juniors: Outdoor Art Explorer Step 1

GAMES

CHARADES

Materials:

- Just you and your imagination.

Directions:

To play charades, one person will be acting something out without talking and the other people will be trying to guess what they are acting out. Use the examples below to get started but feel free to make your own.

Some examples to get you started:

- Act like a penguin sunbathing.
- Act like a deer getting frightened by a hiker.
- Act like a you are a genie granting wishes.
- Act like a bee trying to pollinate a flower.
- Act like an owl asking everyone who they are.
- Act like a butterfly flying over a field of flowers.
- Act like a monkey who escaped from the zoo.
- Act like a dolphin in a show.
- Act like a tree growing old.
- Act like a turtle hiding in its shell.
- Act like a beaver building its dam.

OBSTACLE COURSE

Materials:

- Anything you have around your house. Some examples: chairs, hula hoops, pillows, blankets, tables, trays, toys, instruments, decorations, bikes, sports equipment, picnic tables, patio furniture, etc.



Directions:

1. Find a nice large area where you would like to create your obstacle course. Outside areas work best.
2. Create your obstacle course with a series of obstacles and challenges. Perhaps you have to climb over the picnic table, then do 10 jumps with the jump rope, weave between a series of toys, jump from one pillow/cushion to another without touching the ground, play a short tune on an instrument, climb through a hula hoop, walk backwards while balancing a book on your head, summersault from line A to line B, sing the ABCs backwards, pick up and drink a glass of water blindfolded, then have a buddy guess the word you are thinking of without speaking. Or any combination of these or lots of other obstacle options you create on your own.
3. Play over and over again or change up the obstacles and challenges.
4. Encourage others to get involved. Do all of the tasks with a buddy or time each person as they complete the task to see who can complete the course the fastest.

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 1
- Cadettes: Trailblazing Step 2
- Ambassadors: Outdoor Art Master Step 5

TIC-TAC-TOE (3 NEW WAYS TO PLAY!)

Option 1: Frisbee Tic-Tac-Toe

Materials:

- 10 Paper plates or frisbees
- Sticks
- Markers
- Scissors

Directions:

1. Cut holes in the paper plates so they look like the letter “O”.
2. Color 5 of the paper plates one color. Color the other 5 a different color.
3. Collect some sticks and set up a tic-tac-toe board. (It should look like #)
4. Play tic-tac-toe by throwing your frisbees and trying to land them three in a row in your board.

Option 2: Team Tic-Tac-Toe

Materials:

- Any materials to set up your tic-tac-toe board



- 10 items (5 of one item and 5 of another item works best)
- At least 4 people

Directions:

1. Set a starting line and set up your tic-tac-toe board at least 15 feet away from it.
2. Get into teams.
3. When the game begins one person from each team runs down to the tic-tac-toe board and places their piece in a square then runs back to tag the next person on their team.
4. The next person, once tagged, will then run down to place the next tic-tac-toe piece for their team, then run back to tag the next person.
5. Repeat this pattern until you have a winner.

Option 3: Glow in the Dark Tic-Tac-Toe**Materials:**

- 4 Long glow sticks
- 10 Short glow sticks

Directions:

1. Set up your tic-tac-toe board using the long glow sticks.
2. Use the short glow sticks as your markers. EITHER have 5 of the short glow sticks in one color (i.e. blue) and the other 5 in a different color (i.e. yellow) OR have use the connectors to make 5 of the glow sticks into circles so some of the markers are straight and some are circles.
3. Play tic-tac-toe.

Badge Requirements Met:

- Brownies: Outdoor Adventurer Step 3

WOULD YOU RATHER – OUTDOOR STYLE

Materials:

- Just yourself and your imagination.

Directions:

To play would you rather – outdoor style, you will name two things and ask what the other person would rather do. Some examples are below but feel free to make up your own.



Examples to get you started:

- Would you rather be as tiny as an ant or as big as an elephant?
- Would you rather be a tree or a flower?
- Would you rather live in the water or on the land?
- Would you rather turn into a sloth or a snake?
- Would you rather have the ears of a bat or the sight of an eagle?
- Would you rather be a tornado or an earthquake?
- Would you rather go canoeing or rock climbing?
- Would you rather be able to hold your breath for a really long time like a whale or be able to change colors like a chameleon?
- Would you rather be an animal that hibernates or one that doesn't?
- Would you rather be fire or water?
- Would you rather swim in the lake or a pool?
- Would you rather go to day or resident camp?
- Would you rather explore camp during the day or at night?

ADDITIONAL ACTIVITIES

HIKE OR SCAVENGER HUNT

Materials:

- Paper (optional)
- Writing utensil (optional)
- Bag (optional)
- Magnifying glass or binoculars (optional)

Directions:

There are tons of different scavenger hunts out there. You can use the suggestions provided below or make up your own version.

Some Suggestions:

- Detective scavenger hunt: Before you leave on your hike, write down 10 things that you want to try to find on your hike then start searching for them when you go out to explore.
- Color scavenger hunt: Can you find every color of the rainbow in nature while you are out on your hike?
- Alphabet scavenger hunt: On a piece of paper write down each letter of the alphabet. As you go on your hike see if you can find items that start with each letter. Which



letter was the most popular? Which letter was the hardest to find?

- Senses scavenger hunt/hike: Use your 5 senses as you go on your hike. What can you see, smell, touch, feel, and taste*? (*Don't taste things you are unfamiliar with. A great way to use your sense of taste is to taste items from a personal garden (like mint) or taste fresh fruits, vegetables, herbs, spices, etc. that you have available in your house. Maybe bring one of these to taste along the way.)
- Animal scavenger hunt: As you take your hike count how many animals you see. Animals can include, but are not limited to: dogs, cats, birds, bees, butterflies, worms, grasshoppers, other insects, etc.

Badge Requirements Met:

- Daisies: Buddy Camper Step 3, Eco Learner Step 2, Outdoor Art Maker Step 2
- Brownies: Bugs Step 3 & 5, Cabin Camper Step 5, Eco Friend Step 1 & 2, Hiker Step 2 & 5, Making Games Step 1, Outdoor Adventurer Step 2 & 1, Senses Step 1
- Juniors: Camper Step 4, Flowers Step 1, Eco Camper Step 5, Trail Adventure Step 4
- Seniors: Adventure Camper Step 2 & 4

OUTDOOR DANCE PARTY

Materials:

- Speaker
- Music playlist
- Twinkle lights (optional)

Directions:

1. Set up an area outside for your dance party. This may be near your camp site set up.
2. Set the scene. Maybe pick a theme for the dance party and get creative with your decorations. You could set up twinkle lights, or make a cozy resting corner, maybe get out some bubbles. The options are endless!
3. Make your playlist. With the help of an adult, pick the songs you want to play during your dance party. Make sure they are appropriate. (Pssst: Don't forget to set up your speaker.)
4. Invite your family to join in on your dance party. Maybe even make some fun invitations.
5. Dance away!

Make sure to be considerate of those around you by not playing your music too loud and holding your dance party at a reasonable hour.

**Badge Requirements Met:**

- Brownies: Outdoor Art Creator Step 3
- Cadettes: Outdoor Art Apprentice Step 3

WRITE LETTERS TO FRIENDS, FAMILY, OR OTHERS

Materials:

- Paper
- Writing Utensil
- Envelopes
- Stamps

OR:

- Access to email

Directions:

Take the time to sit down and write a note to a friend, family member, loved one, etc. The letter itself could be long or short. See below for some writing topics to get you started.

Topics to get you started:

- What you've been up to.
- A fun book you've read, movie or tv show that you've seen, or play you've watched that you'd like to share.
- What you enjoy doing in each month of the year. What you are looking forward to doing.
- Ask questions. These could be silly or serious or a combination of both.
- Talk about an outdoor experience that you love.
- Share about a place you've visited that you would recommend or share where you would like to travel to someday.
- Discuss hobbies and activities that you are good at and enjoy and others you hope to improve on or learn.
- Teach them something new.
- Share your favorite recipe.



CAMP RECIPES

There are lots of great options for camp meals you can make whether you make them in your kitchen, on the grill, or over a fire. Below find some of our camp favorites to get you started. But don't feel like you have to stick to this list. We'd love to see the camp meals you end up making.

As needed substitute any of the ingredients in any recipe to accommodate for dietary restrictions or allergies and adapt ingredient amounts to accommodate your family size!

SNACKS

ANTS ON A LOG

Cooking Method: None

Number of Servings: 4

Ingredients:

- 2 celery stalks
- 1/2 cup of nut butter
- 1/4 cup of raisins or chocolate chips

Directions:

1. Cut celery stalks 2-3 inches in length.
2. Spread your desired nut butter in the crevasses of the celery pieces.
3. Place raisins or chocolate chips on top of the nut butter. Enjoy.



TICKS ON A TOILET SEAT

Cooking Method: None

Number of Servings: 4

Ingredients:

- 2 apples
- 1/2 cup of nut butter or marshmallow fluff
- 1/4 cup of optional toppings: chocolate chips, nuts, white chocolate chips, butterscotch chips, caramel bites, etc.



**Directions:**

1. Core your apples.
2. Slice your cored apples horizontally so that they look like the letter "O".
3. Spread nut butter or marshmallow fluff on top of the slices.
4. Place toppings on top and enjoy.

LUNCH

GRILLED CHEESE & TOMATO SOUP

Cooking Method: stove or pie iron in a fire

Number of servings: 4

Ingredients:

- 8 slices of bread
- At least 4 slices of cheddar cheese
- 1/4 cup of butter
- 2 cans of tomato soup

Directions:

1. In a pot, heat up the tomato soup according to the directions on the can.
2. Butter the outside edges of the bread slices.
3. Add cheese between the non-buttered edges of the bread and place in skillet or pie iron.
4. Cook for about 2 minutes then flip the sandwich and cook for an additional 2 minutes. Continue the process until bread is lightly browned and cheese is soft and stringy.
5. Remove and serve with a warm bowl of tomato soup.

MINI PIZZAS

Cooking Method: oven or small fire

Number of Servings: 4

Ingredients:

- 4 Pre-baked mini pizza crusts, 4 bagels (cut in half), 4 English muffins (cut in half) or 8 slices of bread
- 3/4 cup of pizza sauce





- 1.5 cup of shredded cheese
- Toppings of choice: pepperoni, sausage, green pepper, olive, onion, etc.
- Seasonings: parmesan, oregano, etc.

Directions:

1. Pre-heat the oven to 450 degrees.
2. Spread pizza sauce evenly on the crust of choice
3. Sprinkle with cheese and add other toppings as desired.
4. Bake on the center rack for 8-10 minutes or until the edges of the crusts are lightly browned and the cheese is melted. Keep an eye on it.

DINNER

CAMP CHILI

Cooking Method: crockpot, stove, or fire

Number of servings: 4

Ingredients:

- 1 lb. of ground beef
- 1/2 of an onion
- 15 oz. can of kidney beans
- 15 oz. can of black beans
- 15 oz. can of pinto beans
- 15 oz. can of diced tomatoes
- 8 oz. can of tomato sauce
- 1/4 tsp. of Minced garlic
- 2 Tbsp. chili powder
- 1/4 tsp. garlic powder
- Salt and pepper to taste
- Optional: 1.5 cup of shredded cheese, 1/2 cup of sour cream

Directions:

1. Sauté the ground beef with the minced garlic and diced onion until the beef is browned and the vegetables are tender. Stir frequently to break the meat into small pieces.
2. Stir in diced tomatoes with juice, drained beans, and tomato sauce.
3. Season with chili powder, garlic powder, salt, pepper, and any other spices you fancy.



4. Add water if necessary.
5. Bring to a boil, then simmer over low heat for 15-20 minutes.
6. Serve with or without shredded cheese and/or sour cream.

VEGGIE FOIL PACKETS

Cooking Method: oven, grill, or fire

Number of servings: 4

Ingredients:

- Choose at least 3 veggies to use in your foil packet from the list below:
 - 1/2 cup of cherry tomatoes
 - 2 carrots
 - 1 yellow squash
 - 1 yellow bell pepper
 - 1 zucchini
 - 1 green bell pepper
 - 1/2 red onion
 - 1/2 cup of potatoes
- Any preferred seasonings to your liking: salt, pepper, garlic, ketchup, barbeque sauce, olive oil, balsamic vinegar, etc.
- 4 Tbsp. of butter or margarine
- Heavy duty aluminum foil



Directions:

1. Tear large square piece of foil to prepare your meal in.
2. Pre-heat the oven to 400 degrees.
3. Spread the butter or margarine on the foil
4. Add your chosen veggies to the buttered side of the foil.
5. Season with your preferred seasonings.
6. Fold your foil to make a packet.
7. Bake for 20-30 minutes. If using a fire or grill, rotate the foil packet every now and then for even cooking.
8. Remove and enjoy. Add additional sauces and seasonings as you wish.



NACHOS

Cooking Method: stove or fire

Number of servings: 4

Ingredients:

- 1/2 bag of corn chips
- 1 lb. ground beef
- 1 15 oz can of corn
- 1 15 oz can of refried beans
- 1/2 cup of sour cream
- 1.5 cups shredded cheese
- 1 head of romaine lettuce or 1/2 head of iceberg lettuce
- 1 packet of taco seasoning
- 1/2 cup of salsa (optional)
- 1/2 cup of guacamole (optional)
- 1 15 oz. can of other beans (optional)

Directions:

1. In a pot on the stove or over the fire, brown the ground beef and add taco seasoning according to the package.
2. In separate pots, warm up the corn, refried beans, and other canned beans as you desire. Make sure to stir every so often.
3. If not already done, grate the cheese, shred the lettuce, and make the guacamole (optional).
4. Lay out a layer of chips on a plate. Top with meat and heated items. Add other toppings like shredded cheese, sour cream, guacamole, salsa, and shredded lettuce as desired.

DESSERT

BANANA BOATS

Cooking Method: oven, grill, or fire

Number of servings: 4

Ingredients:

- 4 bananas
- 1 cup of chocolate chips





- 2 cups of mini marshmallows
- 1 cup of other toppings you may want: other fruit, other types of chocolate chips, nuts, caramel butts etc.
- Heavy duty aluminum foil

Directions:

1. Rip off a piece of foil large enough to encompass your banana plus toppings and pre-heat the oven to 300 degrees (if cooking inside).
2. Slice your banana in half lengthwise (make sure the peel is still attached at the back). Do not remove the peel.
3. Place toppings inside of the banana slit and wrap the entire banana in foil.
4. Place your banana boat foil packet into the fire or oven for about 5 minutes or until the chocolate is melted and the marshmallows are gooey.

GIRL SCOUT S'MORES WITH A TWIST

Cooking Method: stove, oven, microwave, or fire

Number of servings: 4

Ingredients:

- 4 Graham crackers
- 1 chocolate bar
- At least 4 marshmallows

Directions - Classic S'more Over the Fire, Stove, or Grill

1. Place your marshmallow on the end of a stick or skewer.
2. Place the marshmallow over the fire and rotate to cook to your preferred look and taste.
3. Place gooey marshmallow between two Graham cracker halves and a piece of chocolate.

Directions – Classic S'more in the Oven

1. Preheat your oven to broil.
2. On a baking sheet place Graham crackers about an inch apart from each other.
3. Top the Graham crackers with a piece of chocolate and a marshmallow.
4. Place your baking tray into the oven on the top rack about 6 inches from the top.
5. Let cook for about 30 seconds or until the marshmallows look warm and gooey. This will happen quickly, so keep an eye on them.
6. Remove tray from the oven and place the second Graham cracker on top of the marshmallows.



Directions: Classic S'more in the Microwave

1. Stack a Graham cracker, piece of chocolate, and marshmallow on top of a microwave safe plate.
2. Microwave in 5 second intervals for about 15-20 seconds total until your marshmallow is soft and gooey.
3. Remove and top with a second Graham cracker.

Graham Cracker Substitutes:

- Girl Scout cookies
- Rice Krispies
- Apple slices
- Candy (Kit Kats work well)
- Pretzels
- Pizzelles
- Mini waffles

Marshmallow Substitutes:

- Peeps (if you have any leftover)
- Fruit
- Nut butter
- Marshmallow fluff
- Eggless cookie dough
- Caramel

Chocolate Substitutes:

- Different types of chocolate: white chocolate, cookies and cream, etc.
- Candy bars: Peanut Butter Cups, Snickers, Milky Way, etc.
- Chocolate, caramel, or strawberry sauce
- Nutella

Badge Requirements Met:

- Daisies: Buddy Camper Step 1
- Brownies: Cabin Camper Step 3, Snacks Step 2, Snacks Step 4
- Juniors: Camper Step 3, Eco Camper Step 2
- Cadettes: Primitive Camper Step 3, Trailblazing Step 3
- Seniors: Adventure Camper Step 3
- Ambassadors: Survival Camper Step 3



CAMP SONGS & LYRICS

FUNKY CHICKEN

Catch on Song

VERSES:

Let me see your [funky chicken]*
What's that you say?
I said let me see your [funky chicken]*
What's that you say?
I said a

CHORUS:

Ooh, ahh ahh ahh ooh, ahh ahh ahh ohh
ahh ahh ahh, ooh, one more time
Ooh, ahh ahh ahh ooh, ahh ahh ahh ohh
ahh ahh ahh, ooh

***Substitute words in [brackets] with the following:**

- Funky chicken
- Alligator
- Sumo wrestler
- Frankenstein
- Elevator
- Cleopatra

MOOSE

Repeat Song

CHORUS:

Singing, oh-oh-oh-oh (repeat)
Way-oh, way-oh, way-oh, way-oh (repeat)
WAY-OH! WAY-OH (repeat)
Way-oh, way-oh, way-oh, way-oh (repeat)

VERSES:

There was a great big moose (repeat)



He liked to drink a lot of juice (repeat)
There was a great big moose (repeat)
He liked to drink a lot of juice (repeat)

CHORUS

You know his name was Fred (repeat)
He liked to drink his juice in bed (repeat)
You know his name was Fred (repeat)
He liked to drink his juice in bed (repeat)

CHORUS

He tried to drink his juice with care (repeat)
But he spilled it in his hair (repeat)
He tried to drink his juice with care (repeat)
But he spilled it in his hair (repeat)

CHORUS

Now he's a sickly moose (repeat)
And he's on the LOOOOOOOOOOSE (repeat)
All covered in JUUUUUUICE (repeat)

CHORUS

NO BANANAS IN THE SKY

Catch on Song

There are no bananas in the sky, in the sky
There are no bananas in the sky, in the sky
There's a sun, and a moon, and a coconut cream pie,
But there are no bananas in the sky, in the sky.



60S BEACH PARTY

Catch on Song

It's a beach party from a 60s movie! (repeat)
See the surfers (repeat)
On their surfboards (repeat)
NANANANANANANA (repeat)

Oh it's a beach party from a 60s movie! (repeat)
See the swimmers (repeat)
In the ocean (repeat)
Swimmy swimmy swimmy swim (repeat)
NANANANANANANA (repeat)

Oh it's a beach party from a 60s movie! (repeat)
See the jellyfish (repeat)
In the ocean (repeat)
Squishy squishy squishy squish (repeat)
Swimmy swimmy swimmy swim (repeat)
NANANANANANANA (repeat)

Oh it's a beach party from a 60s movie! (repeat)
See the tanners (repeat)
On their towels (repeat)
Ouchy ouchy ouchy ouch (repeat)
Squishy squishy squishy squish (repeat)
Swimmy swimmy swimmy swim (repeat)
NANANANANANANA (repeat)

Oh it's a beach party from a 60s movie! (repeat)
See the lifeguards (repeat)
On their tower (repeat)
Flexie flexie flexie flex (repeat)
Ouchy ouchy ouchy ouch (repeat)
Squishy squishy squishy squish (repeat)
Swimmy swimmy swimmy swim (repeat)
NANANANANANANA (repeat)

Oh it's a beach party from a 60s movie! (repeat)



MY DOG LIMA

Repeat Song

My dog [Lima]* likes to roam (repeat)
One day [Lima]* left his home (repeat)
He came back so very clean (repeat)
Where oh where has [Lima]* been?

[Lima]* bean, [Lima]* bean (repeat)
Where oh where has [Lima]* been? (repeat)
[Lima]* bean, [Lima]* bean (repeat)
Where oh where has [Lima]* been? (repeat)

***Substitute words in [brackets] with the following:**

- Lima
- Green
- Pinto
- Black
- Magic
- Mexican Jumping
- Bertie Bott's Every Flavor

BABY SHARK

Catch on Song

[Baby shark]*, do do do do do do
[Baby shark]*, do do do do do do
[Baby shark]*, do do do do do do
[Baby shark]*.

***Substitute words in [brackets] with the following:**

- Baby shark
- Mommy shark
- Daddy shark
- Grandma shark
- Grandpa shark
- Going swimming
- See a shark



- Swimming faster
- Safe at last
- That's the end

ALLIGATOR

Repeat Song

Alligator!

Alligator!

Can be your friend, can be your friend, can be your friend, too!

The alligator is my friend

He could be your friend, too

I'd rather have him as my friend

Than wear him as my shoes!

Alligator!

Alligator!

Can be your friend, can be your friend, can be your friend, too!

The alligator is my friend

He could be your friend, too

If only you would understand

That he has feelings, too!

Alligator!

Alligator!

Can be your friend, can be your friend, can be your friend, too!

The alligator ate my friend

He could eat your friend, too

If only you would understand

That he gets hungry, too!

Alligator!

Alligator!

Can eat your friend, can eat your friend, can eat your friend, too!



JELLY FISH

Repeat and Catch on Song

CHORUS:

And jellyfish, and jellyfish, and jellyfish, and jellyfish, and jellyfish (all together)

VERSES:

Arms up (repeat)
Wrists together (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)
Butt out (repeat)
Waaaaay out (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)
Butt out (repeat)
Waaaaay out (repeat)
Knees together (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)
Butt out (repeat)



Waaaaay out (repeat)
Knees together (repeat)
Toes together (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)
Butt out (repeat)
Waaaaay out (repeat)
Knees together (repeat)
Toes together (repeat)
Tongue out (repeat)
Waaaaay out (repeat)

CHORUS

Arms up (repeat)
Wrists together (repeat)
Elbows in (repeat)
Butt out (repeat)
Waaaaay out (repeat)
Knees together (repeat)
Toes together (repeat)
Tongue out (repeat)
Waaaaay out (repeat)
Turn around (repeat)

CHORUS

SQUEEGEE HUNT

Repeat Song

Going on a Squeegie Hunt (repeat)
Gonna catch a big one (repeat)
I'm not afraid (repeat)
Oh what's that up ahead (repeat)



It's a big [gate]* (repeat)
Can't go over it (repeat)
Can't go under it (repeat)
Can't go around it (repeat)
Gotta [go through it]* (repeat)

***Substitute words in [brackets] with the following:**

- Gate; go through it
- Tree, climb over it
- Lake; swim through it
- Field of grass; go through it
- Field of poison ivy; go through it
- Field of mushrooms; go through it
- Cave; go through it

Going on a Squeegee Hunt (repeat)
Gonna catch a big one (repeat)
I'm not afraid (repeat)
Oh what's that up ahead (repeat)
It's got three big eyes! (repeat)
And one sharp tooth (repeat)
And fuzzy polka dot fur (repeat)
IT'S A SQUEEGEE!!!!

Go back through the cave, through the field of mushrooms, through the field of poison ivy, through the field of grass, through the lake, through the gate, over the tree! (All together)

Went on a Squeegee Hunt (repeat)
Tried to catch a big one (repeat)
I wasn't afraid (repeat)
Well, maybe just a little (repeat)

SISTER, SISTER

Repeat Song

Sister sister, [walk]* with me (repeat)
I'll [walk]* with you if you'll [walk]* with me (repeat)
I'll [walk]* with you if you'll [walk]* with me (repeat)
Sister won't you [walk]*, won't you [walk]* with me (repeat)



***Substitute words in [brackets] with the following:**

- Walk
- Sing
- Camp
- Remember

SUITORS

Catch on Song

CHORUS:

Oh lay oh la, oh lay lay oh mockie ah
Oh lay oh la, oh lay lay oh mockie ah
Oh lay oh la, oh lay lay oh mockie ah
Oh lay oh la ,oh lay lay oh mockie ah

There are suitors at my door oh lay lay oh mockie ah
Six or eight or many more oh lay lay oh mockie ah
And my father wants me wed oh lay lay oh mockie ah
Or at least that's what he said oh lay lay oh mockie ah

CHORUS

So I told him that I will oh lay lay oh mockie ah
When the rivers run up hill oh lay lay oh mockie ah
When the fish being to fly oh lay lay oh mockie ah
Or the day before I die oh lay lay oh mockie ah

CHORUS

So I left the very next day oh lay lay oh mockie ah
For I'm sure I'll find my way oh lay lay oh mockie ah
And I'm off to find my love oh lay lay oh mockie ah
With some help from up above oh lay lay oh mockie ah

CHORUS



OH MY LOVE

Catch on Song

Part 1

Oh my love
Surely some of you are bound to die
Oh my love
How it hurts me so to say goodbye

Oh my love
When you're far away I'll miss you so
Hold me close
Kiss me once again before you go

Part 2

Darling won't you wait, won't you wait, won't you wait
For I must go far away
Darlin won't you wait, won't you wait, won't you wait
For I must be on my way

Should another love come along, come along
Simply tell them that you're not free
Send them on their way, on their way, on their way
Darling won't you wait for me.

PURPLE LIGHT

Repeat Song

CHORUS:

[With]* my three (repeat)
Good companions (repeat)
My knapsack, my pony, and me.

*Substitute the word "just" for the word "with" in the fourth verse.

VERSES:

Purple Light (repeat)



In the Canyon (repeat)
That's where I (repeat)
Long to be (repeat)

CHORUS

Whip-poor-will (repeat)
In the willow (repeat)
Sings a song (repeat)
A melody (repeat)

CHORUS

Gonna hang (repeat)
My sombrero (repeat)
On the limb (repeat)
Of a tree (repeat)

CHORUS

No more cows (repeat)
To be ropin' (repeat)
No more strays (repeat)
Shall I see (repeat)

MAKE NEW FRIENDS

Catch on Song

Make new friends, but keep the old
One is silver and the other gold

A circle is round, it has no end
That's how long I want to be your friend

You have a hand, I have the other
Put them together and we have each other

A fire burns bright, it warms the heart



We've been friends from the very start

Silver is precious, gold is too
I am precious and so are you

You help me, I'll help you
And together we will see it through