

# SUNSATIONAL SUMMER PATCH PROGRAM



## SUNSATIONAL SUMMER

Sunsational Summer is a program designed for girls of all ages with the purpose of promoting year-round Girl Scout programs by extending participation for group activities throughout the summer season.

The age-level programs are designed with a variety of activities to choose from.

To earn a Sunsational Summer Patch, each girl should do at least five activities from her age level and meet with her Girl Scout group or participate in a council program (camp, virtual, travel, series, or event) at least once during the summer months. Activities from other age levels can also be adapted for your own level.

Many of these activities touch on badge or Daisy petal requirements. Badge/Petal connections are listed in italic bold font after the activity. This is to give your girl(s) an idea of badges/petals they may want to earn over the summer or for the new membership year. Remember, you can't "double dip" (use an activity to earn more than one recognition). If you use an activity to meet the requirements for the Sunsational Summer patch, you will need to pick a different requirement to meet the 5 activities to earn a badge or 3 petal activities. In each age level, this Sunsational Summer Patch program includes the following:

- Service
- Career Exploration
- Skill Development

Before you do any outdoor activity, be sure to have your trained adults available and check with Safety Activity Checkpoints for all the specifics. Items with an asterisk (\*) are listed in the glossary with a description or website resource link.

Girls earning this patch for the first time will earn the large Sunsational Summer patch. Girls earning the Sunsational Summer patch again should do different activities, or repeat activities in different ways. They will add a pair of sunglasses to their large patch each additional year they complete the program. An evaluation sheet and patch order form is included at the back of this packet.

### What's Inside:

Daisy Activities	Pg. 3
Brownie Activities	Pg. 4
Junior/Cadette Activities	Pg. 6
Senior/Ambassador Activities	Pg. 8
Glossary/Resources	Pg. 10
Evaluation	Pg. 11
Patch Order Form	Pg. 12



## DAISY

1. Go for a walk near a lake. Watch for fish jumping in the water, animal homes, and birds along the shore.
2. Help prepare and enjoy a picnic in a park. Share some bread with ants and watch them! Play a game. Be sure to have a rain plan. **Sunny - Friendly and Helpful Petal**
3. Go outdoors, sit down, and close your eyes. What do you hear? People? Birds singing? Cars and other machinery?
4. Take a walk with a theme. Some suggestions are: ABC - find things starting with each letter; Colors - find shades of a certain color; Shapes - what shapes can you see?
5. Do some rubbings outdoors. How many different textures can you find?
6. Collect natural items and share them with others to create a 3-D project: On a round piece of cardboard, make a wreath. Glue everything on one side. Or, find non-living things in nature and hang them from a clothes hanger to make a mobile. Or, on a piece of driftwood or bark, glue things together to make a sculpture. **Zinni - Considerate and Caring Petal**
7. On a sunny day, go outdoors and take turns tracing each other's shadows. You can do this with chalk on a sidewalk, or using markers and large pieces of newsprint, or use a stick and trace in the sand.
8. Go outdoors in a large field and sing some songs really loud! Invite people to come and listen. Do some action songs.
9. Help plant flowers for someone. Some suggestions are: for the elderly, in a public place (who would see the flowers?), or with your families. Make sure you have permission. **Rosie - Make the World a Better Place Petal**
10. Take a walk in the city and look for outdoor jobs. With your adult's permission and supervision, talk with someone you meet about his or her job. **Financial Literacy Leaves**
11. Talk to someone who has been to another country. What do children do there in the summer? Play a game outdoors from any country.
12. Talk about and show what to wear outdoors in the summer. Explain the benefits of wearing light colors. Talk about protection from the sun, such as hats and sunscreen. Have a relay race - pass sunglasses, flip flops, or any other easy-to-switch items.
13. Learn a new game to play outdoors. Do warm-up exercises and be sure to have plenty to drink. **Lupe - Honest and Fair Petal**
14. Learn basic first aid for summer injuries. What do you do for a scraped knee or an insect bite?
15. Visit a farm stand. Name the different types of fruits and vegetables. Find out how they grow. Can you identify a rainbow of foods you find? **Clover - Use Resources Wisely Petal**
16. Use a magnifying glass outdoors. Look at leaves, bugs, flowers, and whatever else you can find.
17. Use (make if possible) a toy that will move by wind power, such as a whirligig or a paper airplane.
18. On a clear night, go outside with binoculars. Look at the moon and the stars. Talk about what you see.

## BROWNIE

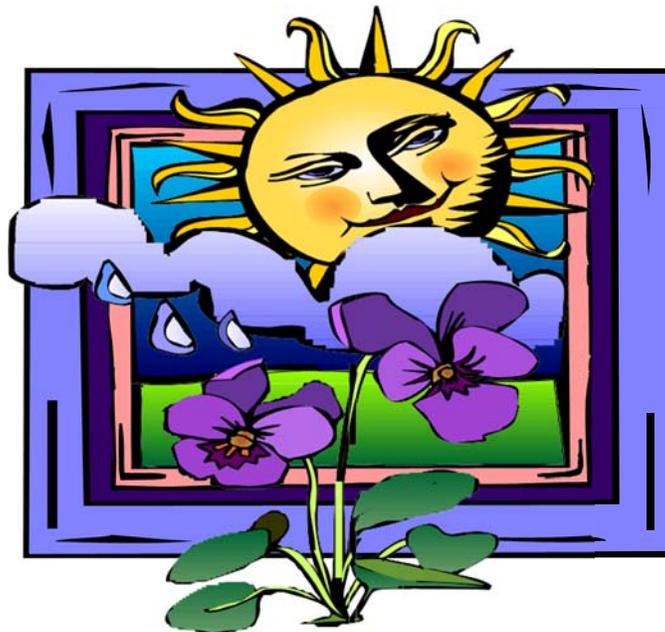
1. Plan and enjoy an outing along a shore. Include a nose bag lunch\* or cookout. Observe the following: plants, animals, animal signs, insects and water birds. **Bugs Badge**
2. Explore plant life through the following: Help plant a garden and be responsible for one vegetable or take care of a window garden.
3. Take a Hike: Observe plant life, animal life, look for bird life and note plant adaptation. **Hiker Badge**
4. Plan, prepare and enjoy a cookout. Use three types of firewood, if possible. Make a dunk bag line with a clove hitch knot.
5. On a clear night, locate a constellation (a group of stars that forms a picture) and find out what picture it represents. Find this constellation on three different nights. Also, look for shooting stars (meteors).
6. Put on a neighborhood skit for other children. Use actors or puppets.
7. Make a collage of a park, a colorful flower garden, a peaceful pond, or crashing waves. Use assorted materials found around the house and yard (recyclable stuff). Have an art exhibit.
8. Draw a large mural using chalk, sand, paint or charcoal on a large sheet of paper, sidewalk, or building (with permission); or use a sharp stick to draw on the ground. **Painting Badge**
9. Learn and teach action songs or a song about Girl Scouts. **Girl Scout Way Badge**
10. Attend a summer arts, music, or drama presentation.
11. Plan and enjoy an international outing with costumes, food and games.
12. Harvest the fruits or vegetables from your garden and take the food to a nursing home, a children's home, or local community meal.
13. Adopt grandparents; help them maintain and harvest their gardens.
14. Find out where your ancestors came from. Put this on a troop map. **My Family Story Badge**
15. Learn about one country's location, religion, and language. Learn to say hello in that language.
16. Write down a description of yourself. What do you look like? What are your favorite foods, songs, games and stories? Write down the same for a friend. What are the similarities? What are the differences?
17. Start a regular conditioning routine with one of the following: jogging, biking, or walking.
18. Visit a farmer's market or farm stand. Look for the four food groups. Taste a new food. What other food groups do you need in a day?
19. Explore a health and safety profession such as park attendant, police, or safety personnel.
20. Learn first aid for summer injuries such as sunburn and insect bites. **First Aid Badge**
21. Learn the rules of one outside game. Play the game with a group of friends. **Fair Play Badge**
22. Have a pet shop with paper bag pets that you make. Tell what your pet is and how to care for it. **Pet Badge**

23. On a walk, make a list of all occupations that you see women engaged in.
24. Make a homemade instrument. Practice with your group, then have a song and dance fest! ***Dancer Badge***
25. Participate in a community summer event – parade, old home day, community gathering, etc. Wear your Girl Scout uniform and share with others what you do in Girl Scouts. ***Celebrating Community Badge***



## JUNIOR/CADETTE

1. Plan and enjoy an all-day outing at the shore. Identify plants, animals and other life signs. Try to identify water birds you see. Play a game suitable for the area.
2. Help your family plan, plant, and harvest a garden or window garden. Be responsible for one type of vegetable or flower. Prepare a fresh vegetable or fruit to be eaten or prepare a fresh vegetable or fruit through canning or freezing. **Junior: Gardener Badge, Cadette: Eating for Beauty Badge**
3. Enjoy a walk outdoors. Observe and identify plant life and animal life. How are people affecting the area? **Junior: Animal Habitats Badge**
4. Plan and enjoy an all-day or overnight outdoor outing. Practice pitching a tent or construct a shelter using sheets, tarps, etc. Cook a meal over an open fire. Troop outdoor cooking requires Girl Scout Outdoor Adventure Workshop or Basic Outdoor Living Skills training. **Junior: Camper Badge, Cadette: Trailblazer Badge**
5. Locate two constellations. Learn their names and find out the story behind each of the constellations. Observe on three different nights, if possible. **Cadette: Night Owl Badge**
6. Choose a story to put on a skit. Use make-up, props and costumes.
7. Draw a picture of a something you see outside in nature. Experiment using different materials (colored pencils, crayons, Cray-pas, etc). Use assorted materials found around the house and yard (recyclable stuff) to make a unique piece of art. **Junior: Drawing Badge**
8. Draw a large mural using chalk, sand, or charcoal on a large sheet of paper, sidewalk, or building (with permission) or use a sharp stick to draw a sketch on the ground.
9. Learn and teach an action song or a song about Girl Scouts. Learn one of the following dances: a folk dance, a square dance, or a popular step. **Junior and Cadette: Girl Scout Way Badges**
10. Attend a summer arts, music, or drama presentation.
11. Learn about one country's location, religion, and language. Find out what girls your age do during the summer there. Learn to say hello in that language.



12. Prepare a food from a foreign country. **Cadette: New Cuisines Badge**
13. Pick a country and compare the way the people there live with the way that you live. Find out about food, holidays, customs, clothing, and games.
14. Adopt grandparents and help them with their gardens. Visit them regularly. **Junior: Gardener Badge**
15. Think about people that you like and decide what you like most about them. Make a list of the things that are important to you and why.
16. Have the girls work on their hobbies, collections or a favorite skill during the summer. When you get together, share with the group.
17. Visit a farmer's market/farm stand and a grocery store. Compare fresh food at the market with packaged foods. At the grocery store, look for price, quality, convenience, cooking and taste. Look for all the food groups. Compare the nutritional difference between a fresh orange and Tang or Orange Koolaid.
18. Learn how to recognize poisonous plants and how to protect yourself from too much sun. Or, take a basic First Aid course. **Junior and Cadette: First Aid Badges**
19. Have an Olympic Game Day. Plan field games or do things such as water polo, bubble making or relay races. **Junior: Staying Fit Badge, Cadette: Field Day Badge**
20. While taking a walk, make a list of all occupations that you see women engaged in.
21. Make a homemade instrument. Practice with your troop and have a song and dance fest. **Junior: Musician Badge**
22. Visit a solar house or solar heating display.
23. Using two containers, one dark and one aluminum pie plate, do this experiment: Put 22 centimeters of cold water in each. Place the containers in the sun. Check in two hours. Are they the same temperature? Why or why not?
24. Visit someone doing a job you think would be fun to do. Can it be done all year long?
25. Do an experiment with flight. Build a kite or paper airplane to share in a flight day.



## SENIOR/AMBASSADOR

1. Plan and enjoy an all-day outing at the shore. Identify plants, animals, and other life signs. Make a plaster cast of animal or bird tracks. Try to identify water birds you see. Play a game suitable for the area. Observe and watch mannerisms of the shore birds and animals. Note how they have adapted to their surroundings. **Ambassador: Water Badge**
2. Help your family plan, plant, and harvest a garden. By photo or drawings, show how a bud develops into a leaf or flower. Determine how moisture and temperature affect this process. **Ambassador: Photographer Badge**
3. Take two 3-mile walks and one 5-mile walk. Plan and carry a meal with you. The walks must be planned for a specific purpose, for example, conservation or nature trail preparation. Write about specific things during or at the end of the walk.
4. Observe the morning or evening star (planet). Locate it once a week for a month. Note how its position has changed with respect to the constellations. Use a telescope or binoculars to observe the moon. **Senior: Sky Badge**
5. Teach an action song and a Girl Scout song to a group of children. **Senior and Ambassador: Girl Scout Way Badges**
6. Check out the possibility of making props for a local theater, or get permission to paint a mural.
7. Learn to do a folk dance, simple square dance, or any popular step.
8. Attend a summer arts, music or drama presentation.
9. Throughout the summer, visit a nursing home or housing for the elderly. Ask about ways of doing things when they were growing up.
10. Stage a world's fair of foods and crafts from different countries. **Senior: Dinner Party Badge**
11. Determine what country your ancestors came from. Learn what holidays observed in that country. What are the traditions of these holidays? Make a list of traditions that are observed by your family. Discover how these traditions started in your family.
12. What is a tradition? Explore a tradition in depth. Learn the importance of this tradition to the observers. Create a tradition of your own with your family, Girl Scout group or other group.
13. Take an American Red Cross course in one of the following areas:
  - Child care
  - Babysitting
  - First Aid
  - Aquatics
  - Other American Red Cross Course**Senior and Ambassador: First Aid Badges**
14. Have an Olympic Game Day. Plan field games or do things such as water polo, bubble making, or relay races. **Ambassador: Coaching Badge**

15. Make a mural of one of the following and get permission to display it in a public place:
  - Storm safety
  - Forest Fire prevention
  - Park Safety
  - Water Safety
16. Start a regular conditioning routine with one of the following: jogging, biking, or walking. **Senior: Cross Training Badge**
17. Learn how to read the nutritional label on a package of food. Compare with different brands of the same product. Determine what imitation foods are. Compare ingredients of the same food, imitation and natural.
18. Choose a particular occupation you are interested in. Determine training needed and show how you could change the world if you participated in this occupation.
19. Make a windmill or solar water heater. How could this be used in your home or camp?
20. Pick one kind of energy (gas, electricity, or water). Try to use it sparingly for a week. Keep a record of how you conserved.
21. Talk to a person in one of the energy companies in your area. Find out ways they suggest to conserve. Ask about career opportunities in their company.



## **GLOSSARY/RESOURCES**

### **Glossary:**

Whirligig: A whirligig is an object that spins or whirls. Whirligigs are also known as pinwheels.

Nosebag Lunch: A Girl Scout term for a lunch you carry.

Dunk Bag: A mesh bag large enough for a plate, bowl, cup and utensils to go into.

Clove Hitch Knot: An all-purpose knot that is used to secure a clothesline.

### **Resources:**

American Red Cross- <http://www.redcross.org>

How to tie a clove hitch knot- <http://www.animatedknots.com>

Links for Girl Scout Songs and Games- <http://www.scoutingweb.com>  
<http://girlscoutsgwm.org/general/page/troop-leader-resources>

Farmer's Markets- <http://search.ams.usda.gov/farmersmarkets/>

Girl Scout National Park Ranger Program- <http://www.nps.gov/subjects/youthprograms/girlscoutranger.htm>

Ideas for art projects- [www.pinterest.com](http://www.pinterest.com)

Gardening resources- <http://www.kidsgardening.org/>

Animal and plant identification- <http://www.discoverlife.org/mp/20q>

World Association of Girl Guides and Girl Scouts- <http://www.wagggg.org/en/home>



**SUNSATIONAL SUMMER PATCH ORDER FORM**

Please return your Sunsational Summer patch order form AND evaluation forms together!

Troop Age Level(s): Daisy \_\_\_ Brownie \_\_\_ Junior \_\_\_ Cadette \_\_\_ Senior \_\_\_ Ambassador \_\_\_

Troop Leader: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Day Phone #: \_\_\_\_\_ Night Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

\_\_\_\_\_ # of patches @ **\$2.00 each:** \$ \_\_\_\_\_

\_\_\_\_\_ # of sunglasses @ **\$1.00 each:** \$ \_\_\_\_\_

\*Shipping/handling: \$ \_\_\_\_\_

**Total enclosed:** \$ \_\_\_\_\_

**VISA and MasterCard are also accepted.**

Please charge my (circle one): **VISA** or **MasterCard**

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_ CVC \_\_\_\_\_

Signature: \_\_\_\_\_

(A signature is required on all Credit Card orders)

\*For shipping and handling rates, please go to <https://www.girlscoutsgwm.org/en/our-council/shop.html>.

If you have any questions, please contact Customer Care at 603-627-4158 or 1-888-474-9686. You may also email Customer Care at [customercare@girlscoutsgwm.org](mailto:customercare@girlscoutsgwm.org).

Please mail this order form **AND** your evaluation to:

**The Mountain Top Shop  
Girl Scouts of the Green and White Mountains  
1 Commerce Drive  
Bedford, NH 03110**