Virtual Program – Outdoors Week 5



Eco Friend

Brownie (2nd – 3rd Grade)

Any way that you spend time outside can be used to help the environment. This is something we learn early in Girl Scouts and use all our lives! By following along with us on this badge you'll learn more about how to treat outdoor spaces, wildlife, and other people with kindness.

Steps

- 1. Think of ways to help the outdoors
- 2. Observe outdoor spaces
- 3. Build a safe campfire
- 4. Take care of wildlife
- 5. Practice being kind

We're going to do things a little bit differently this week. Instead of going step by step, complete the following activities to meet the requirements for all five (5) steps; some activities cover multiple steps.

Review Leave No Trace: View the LNT hand signs (video)
Play the Find and Seek Trash Pick Up Game (printable)
Make an "Eco Friend Pledge" poster (printable and fillable)
Review "Good Guest Rules"
Make an animal home!
Check in for story time (short video)
Learn and practice the three stages of a campfire (printable and facebook live)
o Optional: Complete the Edible Campfire Activity (printable)
Improve an outdoor space at your house (take action!)

Good Guest Rules

What are "Guest Rules"?

"Guest Rules" are rules that are usually unspoken rules that help us know how to be polite and considerate while visiting other people's homes and public places. Many guest rules are things that we do without even knowing it! Guest rules can also vary by culture and individual families within cultures. You can **even** have guest rules between people within a house (example: knock before entering someone's room).

Here are some examples of universal guest rules:

- 1. Knock before entering
- 2. Ask or wait for permission before using something that doesn't belong to you (art supplies, food, etc)
- 3. Clean up after yourself (leave it better than you found it!)
- 4. As a host: offer your guests a drink
- 5. As a host: don't expect people to read your mind! If you **don't** want them to do something (wear shoes inside, etc) let them know, politely.

Like we said above, guest rules also apply to you in a public place like a fast food restaurant, museum, or train station. Luckily, most of these place **signs** with their specific rules in place. What's your duty as a "good guest" then? Just follow the rules!

Being a "good guest" also applies to when you're traveling! This includes when you're vising a different state or country. Think about what you can do to learn about these places *before* going so that you know the "rules" before you go.

What makes a "Good Guest"?

A "good" guest is someone who *respects* universal rules and any rules that are given by a host or family specifically. Good guests also **ask** if there are any rules they should be aware of and do their research to learn about different cultures or places before visiting.

Review!

"Good Guest" rules require guests AND hosts to work together by talking with each other and communicating their needs/wants.

Good Guests:

- ✓ Ask before taking
- ✓ Clean up after themselves
- ✓ Knock
- ✓ Aren't mind readers! (ask your host if you have questions)

Good Hosts:

- ✓ Tell guests about specific rules (may write them on signs)
- ✓ Are hospitable, make others feel welcome
- ✓ Set firm boundaries (no go zones)
- ✓ Aren't mind readers! (communicate directly with their guests)

Guest Rules Apply:

- ✓ Everywhere!
- ✓ At homes
- ✓ In public places (restaurants, museums, schools, airports, etc)
- ✓ While traveling (different states may have different rules, aka laws)
- ✓ Out in nature

four (4	are rules that YOU expect other people to follow when they come to your house? Write).	e down at least
1.		
2.		
3.		
4.		
What r	about nature. ules do ANIMALS expect you to follow as a "good guest" while in their house (nature animals can't communicate their needs/wants to us we have to do our research to find thurts or helps them.	•
1.		
2.		
3.		
4.		
What a	are some specific things in YOUR state that people can do for their native animals?	
1.		
2.		
3.		

Do More!

Make your own!

Take your rules and put them on a piece of poster board. Title and decorate your poster board. THEN! Use it to teach younger girls, your friends, or your family about good guest rules. Ask them when you're done what THEY think are good guest rules or if they have specific ones for their family.

Make an animal home!

(Craft by Michele Reyzer. This activity originally appeared in the June-July 2014 issue of Ranger Rick magazine.)

Build a Bug Hotel from Recycled Plastic Bottles

Here's a simple insect inn you can make that will welcome bugs to your yard or garden!

What You Need

- o clean and empty plastic bottles (Two-liter size works best.)
- o scissors
- stapler
- hole punch
- long strand of twine
- items to fill the hotel, such as twigs, leaves, bark, rocks, pine cones, broken clay pot pieces, and hollow bamboo canes or straws
- o mesh produce bag (optional)

What You Do

1. Create the compartments.

To create the hotel's compartments, cut the bottom five inches off each bottle. (Ask an adult for help.) Staple the bottle "cups" together as shown or create your own arrangement.

2. Prepare for hanging.

To hang the hotel, punch two holes about an inch apart in each cup. Thread twine through the holes until you have wrapped it all the way around the cups. Tie the ends of the twine in a knot at the top.

3. Fill the hotel.

Tightly fill each compartment with the items you have collected. To prevent some of the objects from falling out, you can cover one or more of the cups with a piece of the mesh bag. TIP: Non-stinging bees love neat, round holes. To attract more bees, you can drill holes into a block of wood and add it to your hotel. Just make sure the wood isn't "pressure-treated" with chemicals.



These are the written directions for the Leave No Trace Hand Signs

- 1. Plan Ahead and Prepare = KNOW BEFORE YOU GO
 - Point at head and then point ahead
- 2. Camp & Hike on Durable Surfaces = STAY ON TRAILS
 - Fingers walking down arm
- 3. Dispose of Waste Properly = TRASH YOUR TRASH
 - o Put three fingers up one at a time with each word
- 4. Leave What You Find = LEAVE WHAT YOU FIND
 - Take pretend pictures with a camera by make a box around your eye/eyes
- 5. Minimize Campfire Impacts = PRACTICE SAFE CAMPFIRES
 - o Your palm, facing up is a fire circle, your other fingers, wiggling, are the fire safe inside it
- 6. Respect wildlife = RESPECT WILDLIFE
 - o Make animal ears, you choose which animal
- 7. Be considerate of others = BE KIND
 - Wave or make a peace sign and smile

Don't forget to connect with us on social media!

- ---> Insta: @nmgirlscouts
- Twitter: @nmgirlscouts
- Facebook: facebook.com/nmgirlscouts
- Website www.nmgirlscouts.org

Resources:

- The Hummingbird Story: https://sechangersoi.be/EN/5EN-Tales/Humminbird.htm
- The Hole Story: https://www.rspb.org.uk/fun-and-learning/for-kids/kids-stories/the-hole-story/
- The Natural Garden: https://freestoriesforkids.com/children/stories-and-tales/natural-garden
- Leave No Trace Principles: https://lnt.org/why/7-principles
- GS N. California Crossroads SU: https://www.crossroadsgirlscouts.com/uploads/1/3/8/9/13893965/ediblefirebuildingactivity.pdf

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Eco Pledge



To help care for the earth, my home, I will do the following:

Use only the amount of paper I need to save trees (writing paper, toilet paper, tissues, napkins, etc)				
Use less water when washing hands, showering, and reuse water (when able) for water plants				
Use electricity only when sunlight is not available and turn off lights/machines when I'm done w	ith them			
Pick up trash (safely) whenever and wherever I see it This means using gloves, not walking into traffic, working with adults and other girls, etc.				
Learn what items I can recycle at home and recycle them as often as possible				
Consider if I can reduce or reuse something I already have before buying something new				
Plant flowers and trees with my family/community				
Grow or buy food that is in season to help my community	3			
Only cook and serve myself the amount of food I will eat to reduce waste				
Do research to learn more when I have questions or concerns				
Talk to other people and encourage them to follow this pledge as well				
My Name:	Ton			
My Signature:	Y Y			
Today's Date:	ر الم			









How to Build a Campfire



Finding or Building a Fire Ring

Campgrounds: Build fires only in designated fire rings, grills or fireplaces. Developed campgrounds are places with number tent sites, toilets, running water, etc. Undeveloped sites have nothing but you and nature.

If you're car camping (driving to you campsite instead of hiking) in an undeveloped site, check in advance with the agency that administers the land (U.S. Forest Service, Bureau of Land Management, etc.). A campfire permit may be required.

Backcountry: In backcountry areas are places that you hike several miles to, like backpackers! Where fires are permitted, use an existing fire ring if one has been left behind. Build a new one only in emergency situations and take it apart when you are done.

Alternatives to fire rings at campsites:

- Fire pit in your backyard
- Fireplace in your house
- Fire pan or trashcan lid

Gathering Fire Wood

To burn a successful fire, you'll need three types fuel: tinder, kindling and firewood.

- <u>Tinder</u> includes small twigs, dry leaves, needles or forest duff.
- Kindling consists of small sticks, typically less than one inch around.
- Firewood is any larger piece of wood and is what will keep your fire going long into the night.

Remember to follow Leave No Trace principles when gathering wood.

Building a Campfire

Kindling and firewood can be assembled in a number of different ways. Popular styles include the teepee, log cabin, and a-frame.

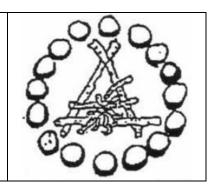
Teepee: Start with a small cone of kindling around a few handfuls of tinder that are loosely piled in the center of the fire ring. Once the fire is going strong and the temperature increases, you can add larger logs a few at a time as needed.



Log cabin: Place two larger pieces of firewood parrallel to each other and with some room in between to form the base of your structure. Then, turn 90 degrees and place two slightly smaller pieces on top and perpendicular to form a square. Place plenty of tinder inside the square. Continue adding a few more layers of firewood around the perimeter, getting a little bit smaller with each layer. Finish with a layer of kindling and tinder across the top. Remember to leave space between logs so the fire can get plenty of oxygen.



The A-frame (also referred to as the Foundation or Triangle): is as simple as making the letter 'A' with kindling or small fuel and putting tinder underneath. You place two pieces of kindling into an upside down 'V' and then place an additional piece of kindling on top of the first two (so there's space underneath the third piece.) In that space you put tinder and/or a fire starter.



Preparation

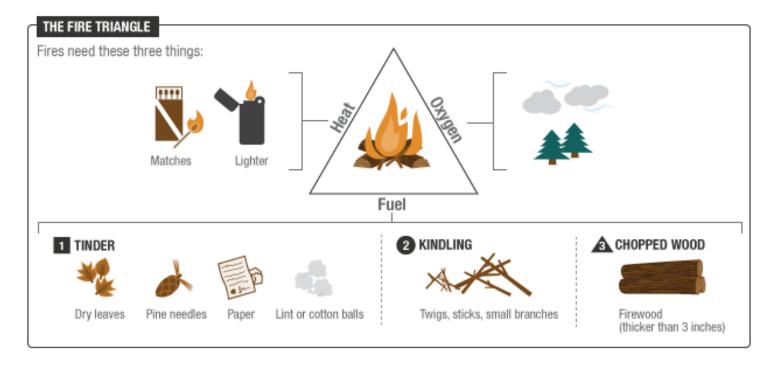
Before starting - things to think about

- 1. What is the purpose for the fire?
- 2. What are the rules for fires? Where can fires be built?
- 3. Plan enough time for the fire to burn down and for appropriate clean-up

Lighting a Campfire

Light the tinder with a match or lighter or use a solid fire starter (not lighter fluid).

After lighting the tinder, blow lightly at the base of the fire to provide oxygen, which will help increase the intensity of the flame and further ignite the wood.



Fire Safety - Your Primary Concern

- --- Keep hair tied back, remove loose or baggy clothing that might fall into the flames.
- --- Avoid putting leaves into the flame; bits of burning leaf float on hot air and may cause wildfire.
- --> NEVER leave a fire unattended!
- --> Do not pour lighter fluid onto an open campfire!
- --- Keep flour or baking soda near stove for smothering grease fires.
- Restrict the number of people around the stove or campfire.
- --- Always walk around open fires.

Extinguishing Your Campfire

Extinguish all fires by pouring a little water on them, stirring the ashes with a shovel or rake, and then applying more water. Repeat as often as needed. Ashes should be cool to the touch before you leave the site. Be utterly certain a fire and its embers are out and cold before you depart.

Cleaning up Your Campfire

Burn trash items only if they can be fully consumed by fire and turned to ash. Do not attempt to burn plastic, cans or foil. If you do burn something that's not fully consumed, collect the remains when the fire is out and either pack it out or put it in a trash receptacle.

When you're in the backcountry, pack out any trash found in your pit. Extract any charcoal pieces left inside your ring, carry them away from your site, crush the chunks, then scatter the remnants and dust throughout a broad area. Dismantle any structure you might have built.

Store extra fuel away from the cooking flame and lower than the stove.

Propane is the most widely used fuel, but it is highly volatile and explosive! It must be used properly.

Dispose of pressurized cans properly. Keep bottles away from fire, direct sunlight, or high heat.

EASY DIY FIRE STARTERS

There ARE rainy, wet days when it's tough to get a fire going. In that case, you may need a safe fire starter to get your fire blazing. Below are options for fire starters. Making these at a troop meeting gets the girls involved and planning for those wet emergencies.

Safety Tip: If you select a fire starter that uses melted wax, you must use a double boiler (a small can inside a larger can that has some water in it). If wax gets too hot it can literally explode. Have a fire extinguisher handy in case of emergency. Do not microwave. An electric wax warmer is also safe but takes longer to melt the wax.

- 1. "Basic" Recipe
 - a. An organic flammable material (wood, paper, cotton + wax = fire starter
- 2. "Candy Fire Starters":
 - a. Use small candle pieces and wrap them up in waxed paper. Twist both ends of the waxed paper to seal in the candle (looks like a salt water taffy candy.) Light an end when you are ready to start your fire.
- 3. "Egg Fire Starters":
 - a. Pack charcoal in paper egg cartons and tie shut. When ready to use, just light the carton.
- 4. "The Last Resort Fire Starters:"
 - a. Roll up a ball of wax paper.
 - b. The contents of a bag of doritos, fritos, or ther greasy corn chips (do **not** burn the bag)

How to Build a Campfire



Finding or Building a Campfire ring

Campgrounds: Build fires only in designated fire rings, grills or fireplaces. Most developed campgrounds have some version of these. Using a fire ring will lesson your impact and keep your fire contained. Always check with the campground operator to make sure fires are permitted. In some areas, severe dry periods can cause campfires to be prohibited even in campgrounds.

If you're car camping in an *undeveloped site*, check in advance with the agency that administers the land (U.S. Forest Service, Bureau of Land Management, etc.). A campfire permit may be required. Evaluate the site before starting a fire. If the site is brushy or has low-hanging branches, keep your fire small or skip it altogether. In dry conditions, fly-away embers could easily ignite a wildfire.

Backcountry: In backcountry areas where fires are permitted, use an existing fire ring if one has been left behind. Build a new one only in emergency situations and, if the situation permits, dismantle it when you are done. If one already exists, clean it out before you depart. Clear away all flammable material from your fire pit. Ideally, the base of your fire should be sand or gravel or mineral soil (often found in streambeds or on gravel bars). Intense heat can sterilize healthy soil, so choose your site conscientiously.

Developed Campsite

- ✓ Running Water (spigot)
- ✓ Latrines/Pit toilets
- ✓ Established Campfire Rings
- ✓ BBO Grills
- ✓ Picnic Tables
- ✓ Numbered Campsites
- ✓ Next to paths wide enough for cars/roads
- ✓ Has a campsite host
- ✓ Animal proof trash bins

Undeveloped Campsite

- ✓ Next to walking paths but at least 100 feet from them
- ✓ Dig your own latrine/cat hole
- ✓ Pack out ALL your own trash
- Running Water (might be near streams/rivers)
- ✗ BBQ Grills
- > Picnic Tables
- × Numbered Campsites
- ➤ Has a campsite host

Where to cook?

Whether you're cooking over a fire or stove make sure that you are at least 100 feet away from your sleeping area.

Cook on flat, stable surfaces. The ground may not be ideal for comfort reasons but also to prevent dirt from getting in your food. If you use rocks or downed wood to create a makeshift table remember to deconstruct this and return those items to nature when you're done.

Alternatives to Fire Rings

- Fire pit in your backyard
- Fireplace in your house
- Fire pan or trashcan lid
- Mound fire

- Keyhole or trench fire
- Propane camp stove
- White fuel backpacking stove
- Pellet stove

Gathering Fire Wood

To burn a successful fire, you'll need three types fuel: tinder, kindling and firewood.

- <u>Tinder</u> includes small twigs, dry leaves, needles or forest duff.
- Kindling consists of small sticks, typically less than one inch around.
- Firewood is any larger piece of wood and is what will keep your fire going long into the night.

Campgrounds: Use only local firewood. Nearby stores often carry firewood, and sometimes campground hosts offer bundles of firewood or kindling for sale. Do not bring wood with you if you're traveling from more than 50 miles away. Campgrounds may even ban bring-your-own firewood regardless of the distance you travel. Why? To

avoid introducing troublesome insects into a forest. Call the campground or a local ranger office in advance for information and advice.

Backcountry: If you forage for firewood, gather only downed wood far from your site. Never cut live trees or break off branches from standing trees, even dead trees. Birds and wildlife make use of dead branches and snags. Do not gather or burn pieces thicker than an adult's wrist. This is because thick chunks of wood are rarely allowed to burn completely and are typically left behind as blackened, unsightly scraps.

Remember to follow Leave No Trace principles when gathering wood.

Building a Campfire

Kindling and firewood can be assembled in a number of different ways. Popular styles include the teepee, log cabin, and a-frame.

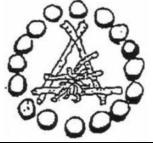
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Log cabin: Place two larger pieces of firewood parallel to each other and with some room in between to form the base of your structure. Then, turn 90 degrees and place two slightly smaller pieces on top and perpendicular to form a square. Place plenty of tinder inside the square. Continue adding a few more layers of firewood around the perimeter, getting a little bit smaller with each layer. Finish with a layer of kindling and tinder across the top. Remember to leave space between logs so the fire can get plenty of oxygen.



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Preparation

Before starting – things to think about

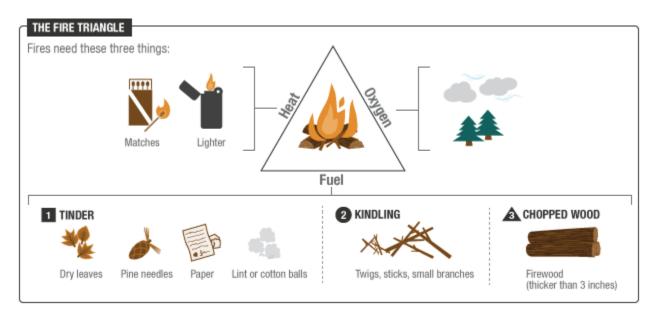
- 1. What is the purpose for the fire?
- 2. What size fire do you need too big is unnecessary and wasteful of fuel
- 3. What material is available? Found locally or need to bring it in?
- 4. What are the weather conditions?
- 5. What are the rules for fires? Where can fires be built?
- 6. Plan enough time for the fire to burn down and for appropriate clean-up

Lighting a Campfire

Light the tinder with a match or lighter. Using fire starter that is designed to easily ignite can help the tinder catch the flame. Only use liquid lighter fluid when working with charcoal.

After lighting the tinder, blow lightly at the base of the fire to provide oxygen, which will help increase the intensity of the flame and further ignite the wood.

As the fire burns, move embers to the center to burn them completely. Ideally, you should reduce them to white ash.



Fire Safety - Your Primary Concern

- → Keep hair tied back, remove loose or baggy clothing that might fall into the flames.
- Make sure that you are building your fire away from overhanging branches and leaf litter sweep or rake the area beforehand if needed
- --- Have a bucket of sand or water on hand before lighting the first match.
- → Keep a shovel or rake nearby for beating out sparks that fall to earth.
- --- Avoid putting leaves into the flame; bits of burning leaf float on hot air and may cause wildfire.
- Pile firewood on the windward side of the fire, well away from the flames.
- --> Do not pour lighter fluid onto an open campfire!
- → Use care and follow manufacturer's instructions when using cook stoves.
- Restrict the number of people around the stove or campfire.
- --> Keep matches away from the stove and the fuel.
- → Make sure the stove is stable and away from high traffic walking areas.
- Wear closed toed shoes around fires this helps prevent tripping and getting your toes burned
- --> Do a campfire orientation before lighting the fire
- --- Always walk around fires and lit stoves
- Do not sit on the ground directly next to a fire or lit stove you want to be able to get away as fast as possible if sparks flare up, something inside explodes, or the wind shifts (camp chairs are safe)
- --- Avoid putting pinecones in your fire they will make small explosions which may scatter ash or sparks

Won't light?

Odds are you've done one of these things:

- ➤ Used sticks that are too large, too wet, or too green
- X Tinder was too sparse or too tightly placed
- ➤ Held the match in the wrong place
- X Not had extra twigs on hand to feed the flame
- **x** Rebuild your fire and try again!

Extinguishing Your Campfire

Extinguish all fires by pouring a little water on them, stirring the ashes with a shovel or rake, and then applying more water. Repeat as often as needed. Ashes should be cool to the touch before you leave the site.

Be utterly certain a fire and its embers are out and cold before you depart. Test this by hovering your hand as close to the logs/coals/ash as possible and feeling for "hot spots". Keep watering and stirring until all hot spots are gone.

If there is smoke you're fire is NOT OUT.

Repeat it again and again: Never leave a campfire unattended!

Cleaning up Your Campfire

Burn trash items only if they can be fully consumed by fire and turned to ash. Do not attempt to burn plastic, cans or foil. If you do burn something that's not fully consumed, collect the remains when the fire is out and either pack it out or put it in a trash receptacle.

When you're in the backcountry, pack out any trash found in your pit. Extract any charcoal pieces left inside your ring, carry them away from your site, crush the chunks, then scatter the remnants and dust throughout a broad area. Dismantle any structure you might have built.

When camping in New Mexico (and check other states for their recommendations) **do not** burn food. We are a high bear and mountain lion risk area and the more we can do to keep food smells away from our sleeping area the better. If food falls into the fire while cooking make sure that it is completely consumed.

EASY DIY FIRE STARTERS

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 - a. Use small candle pieces and wrap them up in waxed paper. Twist both ends of the waxed paper to seal in the candle (looks like a salt water taffy candy.) Light an end when you are ready to start your fire.
- 3. "Egg Fire Starters":
 - a. Pack charcoal in paper egg cartons and tie shut. When ready to use, just light the carton.
 - b. Put a piece of charcoal in each section of a paper egg carton. Cover with melted wax. Tear apart and use as need ed. You can also use wood chips or shavings, dryer lint (cotton only) or pistachio shells instead of the charcoal.
- 4. "Cotton Fire Starters":
 - a. Take 100% cotton balls and thoroughly rub petroleum jelly into them. Keep in a zipper plastic baggie.

b. Cut a cotton cord into 1" lengths and soak in melted wax. Let dry and store in empty film container or zipper plastic baggie.

5. "Dentist's Fire Starter":

a. Bundle about 10-12 "strike-anywhere" wooden kitchen matches together with waxed dental floss. The heads of the matches should all be pointing in the same direction. Generously soak the bundle of matches (except heads) in melted paraffin wax to waterproof and to provide a long burn time. Dip heads lightly only to waterproof them. Simply strike on flat rock to ignite.

6. "Starter String Fire Starter":

a. Use cotton string about 3"-4" long, put in wax paper bathroom cup with about an inch hanging over the edge. Fill cup nearly to the top with saw dust and pour melted wax into the cup. The saw dust will compact and become waterproof. The extra string length is a wick to start burning the starter, but can also be tied to another starter string through a pack loop to carry outside your pack.

7. "The Last Resort Fire Starters:"

- a. Roll up a ball of wax paper.
- b. The contents of a bag of doritos, fritos, or ther greasy corn chips (do **not** burn the bag)

You can waterproof "Strike Anywhere" matches by dipping them in wax or coating them with clear nail polish. When you're ready to use them you'll need an emory board or piece of sandpaper to strike them on.

EDIBLE FIRE BUILDING ACTIVITY

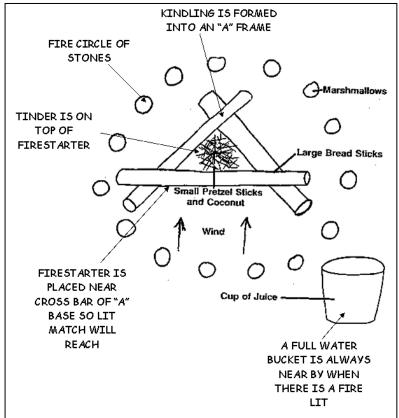
One essential skill in outdoor cooking is fire building. Before learning to cook or going on a cookout or troop camping experience, you should have practice in fire building and fire safety. A good fire can serve many uses: cooking, heat, light and protection. Remember, a fire that is improperly made or left unattended can quickly become a destructive force. Use this unique way to demonstrate fire building and fire safety at a troop meeting.

Each girl can build her own fire as fire building and fire safety is discussed. Then the girls can eat and enjoy an edible fire snack.

Ingredients:

- ★ Large bread sticks fuel
- ★ Shredded coconut tinder
- ★ Small cup full of juice water bucket
- ★ Paper towel or napkins for build fire on
- ★ Small pretzel sticks kindling
- ★ Small marshmallows stones for fire circle
- ★ Fire starters Raisins or M&M's

Each girl can build her own fire as you discuss fire building and fire safety.



Trash Pick Up Seek and Find Game

Can you find all of the trash in each of the pictures below?

Instructions

- 1. Print the pdf or play online!
- 2. The first four (4) pictures <u>each</u> contain FIVE pieces of trash in them. (Except #2 only has <u>four</u>)
- 3. When you think you're done, check your answers against the key









THE KEY IS AFTER THIS PAGE!

DON'T CHEAT!!:)







