



Wild Wonders GSACPC provides girls and troops a way to engage with the outdoors. Participants can earn multiple charms while increasing their outdoor skills proficiency. To earn the Wild Wonders charms, participants must first earn the Wild Wonders patch by completing the "basic" outdoor skills (listed below). Once completed, participants can begin to earn the additional charms as they choose.

**Troops and adult volunteers may need TCC1 and TCC2 Certification to earn some charms.** Adults participating in this program are not "certified" in skills. If adults would like to become certified in select outdoor skills, trainings are available and listed on the Activity Calendar at [girlscoutsaz.org/activities](https://girlscoutsaz.org/activities). Live Zoom (virtual) events will also be listed on the Activities Calendar to complete a portion of the charm or an entire charm program.

## SELF-GUIDED ACTIVITIES

To earn the Wild Wonders Outdoor Experience Patch, participants must complete the basic outdoor experiences as follows:

1. **Sense of Place** – Learn more about your home outdoor environment, your local watershed, and the beings in your neighborhood.
  - Make a nature journal or use a journal you already have.
  - Learn more about your neighborhood by drawing a map. Draw your house in the middle of the one page in your journal. What does it include? Buildings, streets, roads, parks, etc.
    - Find and visit a "sit spot" (either looking outside your window, in your yard, or a nearby park).
    - Use a journal and take notes of your time spent in your sit spot.
    - Try to visit your "sit spot" for 10-20 minutes at least 3 times per week.
    - Get comfortable and be aware of the environment and use your senses to notice what you see, hear, smell.
    - Notice the behavior of wild animals such as birds and how they react to your presence over time.
2. **Practice good outdoor manners** – Learn how to have the minimum amount of impact on your environment when in the outdoors.
  - Girl Scouts practice "Leave No Trace" outdoor ethics. The 7 Principles of "Leave No Trace" are: Plan ahead & prepare, Hike and camp on durable surfaces, Respect wildlife, dispose of waste properly, Leave what you find, Minimize campfire impacts, and be Considerate of other visitors. [Visit the Leave No Trace website to learn more.](#)
  - Describe your outdoor environment. What does it include? What kinds of plants grow there? Do you see or hear any evidence of wild animals? Describe the soil around you.
  - Discuss with your troop or family, what good outdoor manners mean.
    - Leaving your litter behind is not considerate to other visitors and it is hazardous to animals. For instance, chewing gum can get stuck in fur and cans or bottles can cut animals. Can you think of other hazards?
    - The outdoors is home to many of our animal friends. We may watch them and not disturb them or destroy their homes. Choose one of your favorite animals and describe how it might feel if the animal and its habitat were disturbed. Imagine what it would say (example: a bee was swatted



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because the human was afraid of it even though it was not threatening the human).

- Include an area clean-up time at the end of your activity.
- **OPTIONAL:** Review and use the resources included from Leave No Trace when exploring the outdoors: <https://lnt.org/our-work/youth-education/things-to-do/>

***A Girl Scout always leaves a place better than she found it!*** Understand and practice this concept every time. It's a Girl Scout tradition and practiced in all we do.

- 3. Proper Clothing** – With your troop or family, decide on the proper clothing for various outings.
  - How do you dress for different situations: a day at the beach, a rainy hike, a windy bike ride, a summer picnic, etc.? How about planning clothing for an overnight? How would the clothes be different for different places you might spend the night?
  - Discuss sunscreen, proper shoes, sleeve length and hats. Why are these items important? Be sure you know the appropriate attire for different activities- closed toe shoes, longer shorts or pants, etc. and the reasons we wear these. Understanding the safety reasons will help you remember the rules.
- 4. Knots** – Have a basic understanding of knots and their uses. Why are they important?
  - An [overhand knot](#) is a stop knot. Find out how it is used. Have you ever used one? (Hint: if you've tied your shoes, you have!)
  - A [square knot](#) is used to join two ropes of the same thickness. Practice tying and releasing the knot until you can do it fast.
  - Learn how to [hank](#) your ropes after use to keep them untangled.
- 5. Pocket knives** – Understand how to keep safe when using a knife or other sharp object. Knives are tools and have a sharp edge. Take care of how you handle the knife. Consider using a protected knife glove if needed.
  - An “Arc of Safety” or “Safety Circle” is keeping an arm’s length away from anyone or anything. Measure this arc before having a knife in hand. Keep safety in mind when using a cutting tool of any kind. Have a knowledgeable adult demonstrate this, then try it yourself.
  - It is always important to follow the safety rules when using paring knives in cooking and food preparation. No matter the size, all knives should be handled safely.
  - Cut away from your body and always use a cutting board. For younger girls or first timers, practice cutting softer foods like mushrooms or strawberries. This may seem simple, but it’s important to build your confidence with a knife for more difficult tasks later.
  - **K-3RD GRADERS:** you may not be strong enough to open a pocketknife, but you should learn to handle it correctly. Making a [paper knife](#) can be a good way for to practice pocketknife safety without accidents. Ask an adult for assistance if necessary.
- 6. Camp Fire** – Know basic fire safety rules. This will assist you when you are building fires and cooking. Fire safety should be second nature to all Girl Scouts.
  - When choosing and preparing fire building sites, keep these points in mind:
    - Check for fire permit requirements and fire restrictions.
    - Have a bucket of water next to your fire, a sprinkalater, a shovel and a rake before lighting the first match.
    - Use an established campfire ring, fire pit or fireplace.
    - Rake out 15 feet from the fire area, in all directions, down to the mineral level. That means no leaves, dry grass, twigs, pine needles, etc. – just dirt and/or sand.
    - Tie back long hair.
    - Check yourself and your friends for loose clothing. Drawstrings on hoodies should be tucked in, scarves should be removed, shirts or sweatshirts shouldn't be tied around your waist, and long sleeves should be fitted or rolled up.
    - Be sure no branches are hanging overhead.
    - Always have an adult supervising who has completed “Troop Camp Certification 2.”

- NEVER leave a fire unattended.
  - Pile firewood on the windward side of the fire, well away from the flames.
  - Do not use lighter fluid.
  - No horseplay or running around the campfire
- Know the three parts of a fire and their positions.
    - **Tinder** – the “fluffy stuff” is what will catch fire and burn quickly. Usually it consists of dry grass, pine needles, or leaves. Tinder is on the bottom/center. Tinder is around the size of your pinky finger and should NOT BE LONGER than your outstretched hand.
    - **Kindling** – small sticks, and what the tinder lights. The job of kindling is to burn the fuel. When your kindling catches fire, your fire is burning. Kindling needs to touch the tinder and the fuel. Kindling is no thicker than a thumb and should no longer than elbow to wrist.
    - **Fuel** – Fuel is larger wood and logs. These will burn a long time and will be where the bulk of the heat from your fire comes from. Fuel in contact with the kindling. Fuel is at minimum as thick as a wrist and not longer than elbow to fingertips.
7. **Cooking** – Learn and establish good habits regarding safe, sanitary and meal preparation.
- The importance of handwashing. To avoid illness, it is important to wash your hands before preparing food, before eating, and after using the restroom.
  - Why should fruits and vegetables be washed before eating?
  - Discuss food allergies. Why is it important to know if someone cannot have a certain type of food? Does anyone in your troop or family have an allergy. How might this affect your planning of meetings, outings, and trips?
  - Learn how a bandana can be helpful in food preparation (tying back hair, use as a napkin, etc.).
  - Understand food groups, which ones provide more energy during a camping trip, and the importance of having snacks during a hike, overnight or trip.
  - Consider weather when planning meals and what kind of equipment is needed for preparation.
  - Make a no-cook meal
    - Oatmeal and dry fruit is a classic camping and backpacking breakfast. It’s hearty and simple to make.
    - Individual sandwiches or one big sub cut it into individual servings.
    - Friendship salad, where each person brings a fruit to be cut up and added.
    - Pudding cones, instant pudding in a plastic bag for a no-mess desert.
8. **Staying Safe** – Learn the importance of preventing accidents and what should be included in a basic first-aid kit.
- With your troop or family, talk about safety and why we have rules. “Walking in camp” is a good safety rule because running can lead to falls and scraped knees. It is important to keep all rules in the positive, so everyone is aware of the behavior you are looking for. Ex: “Watch wildlife from a distance.” vs. “Don’t touch wild animals!” The former is proactive; the latter is reactive.
  - Learn about the buddy system and how it keeps everyone safe.
  - Soap and water washing will take care of most minor cuts and skinned knees. Even bee stings can feel better once they’ve been cleaned with soap and water.
  - Start assembling a basic first-aid kit for each person’s backpack. Everyone will feel better knowing they have the tools they need to care for their own scrapes.
  - This is a great time to have a certified first-aider or medical professional talk to your troop or family about safety.
9. **Navigation** – Understand how to read the landscape and your surroundings, learn the basic cardinal directions, draw a map of your own neighborhood, and read a map when hiking.
- Know what to do when lost.
    - ALWAYS bring a whistle and know the whistle signal code when in the outdoors.
    - If going out for a day trip, identify a meeting spot if someone gets lost. Memorize the phone

- number of your family/caregiver in case you get separated from the group and need to call for help.
- Discuss what to do if someone is separated from the group. With your troop or family, role play what to do if you're lost. This can help everyone understand the reasons behind the rules.
- Understand what not to do when you are lost (continue walking, ignoring people calling for you, etc.).
- Discuss the four cardinal directions. What are different ways to find North? Why is "finding north" important when you're lost?
- Look at a map of your neighborhood and compare it to the actual environment. See if you can orient the map to the cardinal directions.
- Understand different ways that you can orient yourself in nature.

## PATCHES MAY BE ORDERED THROUGH THE GSACPC COUNCIL SHOP

Now you're ready to earn some charms.

- SWAPS (K-12 + ADULTS)
- Girl Scout Traditions (K-12 + ADULTS)
- Water (K-12 + ADULTS)
- Leave No Trace (K-12 + ADULTS)
- First Aid (K-12 + ADULTS)
- Cabin Camping (K-12 + ADULTS)
- Tent Camping (K-12 + ADULTS)
- Navigation (K-12 + ADULTS)
- Sense of Place (K-12 + ADULTS)
- Knots (K-12 + ADULTS)
- Fire (K-12 + ADULTS)

### TO BE RELEASED...

- Geocaching (4-12 + ADULTS)
- Knives (2-12 + ADULTS)
- Hiking (K-12 + ADULTS)
- Outdoor Cooking (K-12 + ADULTS)
- Lashing (4-12 + ADULTS)
- Archery (2-12 + ADULTS)
- Slingshots (K-12 + ADULTS)
- Code Morse and more (4-12 + ADULTS)
- Backpacking (4-12 + ADULTS)
- Wildlife Tracking (4-12 + ADULTS)
- Citizen Science – Macroinvertebrates (4-12 + ADULTS)
- Fishing (K-12 + ADULTS)

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