



The Power of the Outdoors

When you have the opportunity, being outside is important. In this patch program, you will learn why you should spend time in nature.

Steps:

Learn about how spending time outside causes:

1. Improved Physical Health
2. Increased Connection to Nature
3. Ability to Develop Social Skills
4. Improved Wellbeing
5. Learn about Local Flora and Fauna
6. Reflect

Purpose:

When I've earned this patch, I'll understand the benefits that being outside provides.

Pre-Patch Completion

Survey.

(Each girl should complete a copy and circle the answers.)

1. Do you like playing outside?

Yes A little No

2. How often do you go outside to play?

A lot Sometimes Not much

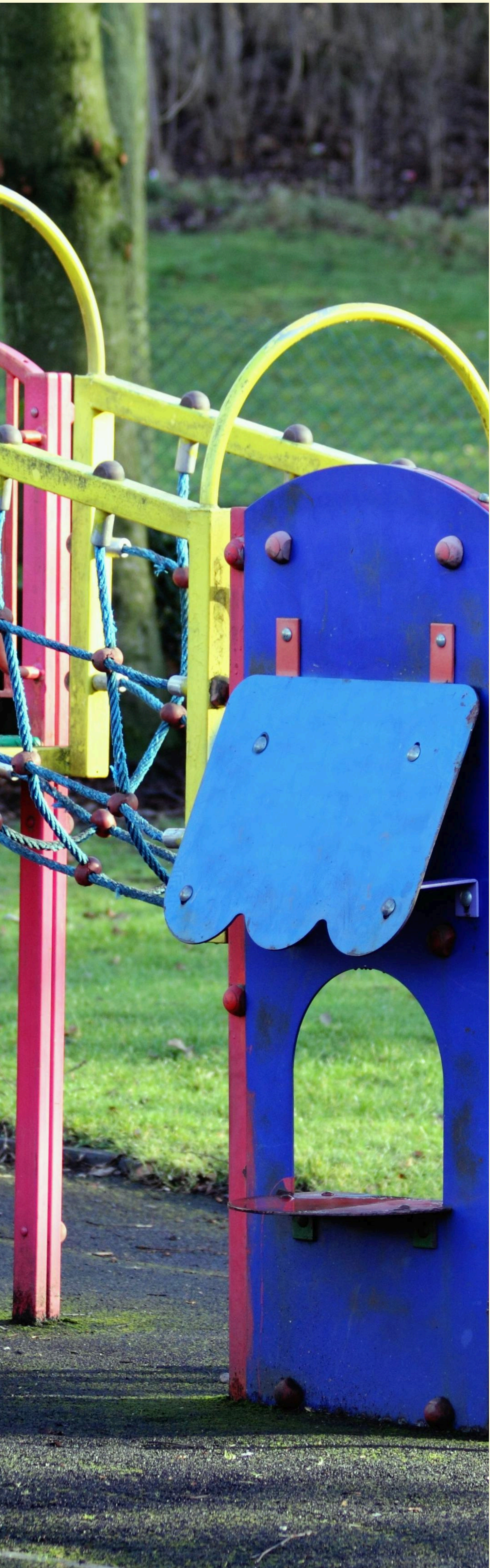
3. How do you feel about nature (trees, bugs, grass)?

I like it It's okay I don't like it

4. Do you like doing activities outside with other kids?

Yes Sometimes No

5. What is one thing you like about being outside?



Step **1** Improved Physical Health

It is important for children to be active so that they can maintain their health and promote growth.

CHOICES - DO ONE:

Go on a bike ride. Biking is a low-impact yet extremely beneficial physical activity. Cycling works out the cardiovascular muscles, which helps to keep children healthy.

OR

Play a game of kickball. Kickball is a combination of running, jumping, kicking, and sprinting. It is a great way for children to exercise and work together.

OR

Go to a playground and use the equipment there. Playgrounds are great places for children to improve cardiovascular health and muscle strength.

Step

2

Increased Connection to Nature

Having a connection to nature is crucial for children so that they can appreciate the natural world around them.

CHOICES - DO ONE:

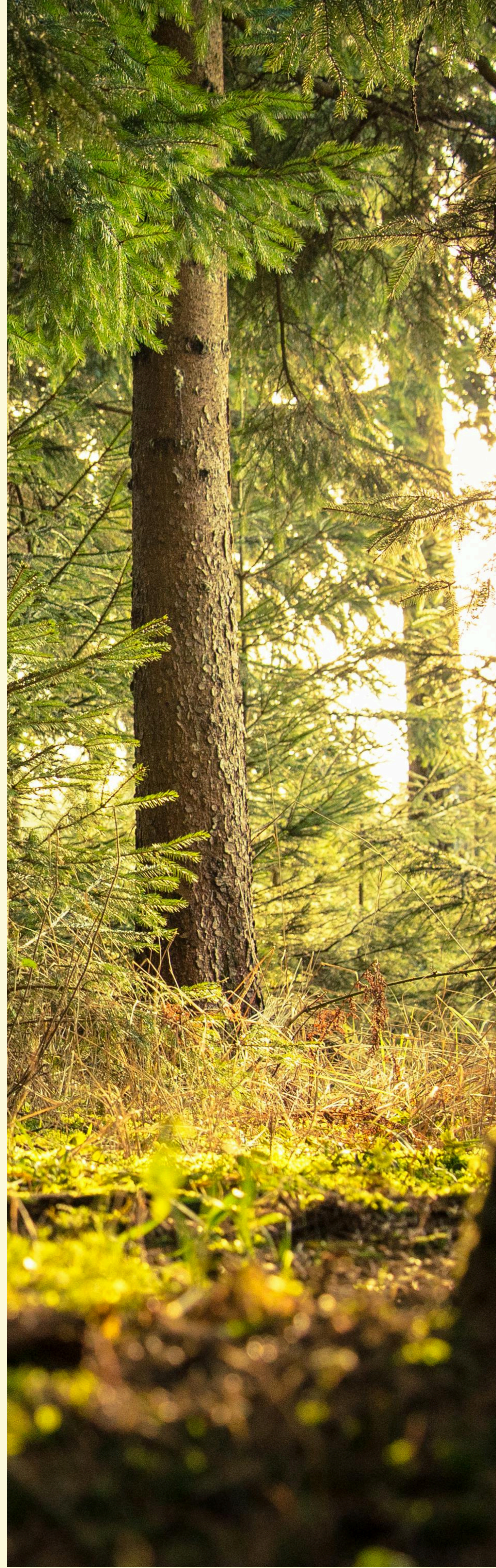
Go on a walk and complete a scavenger hunt of different animals and plants. Doing a scavenger hunt, including things like something smooth, something colorful, etc., can help children become more aware of their surroundings.

OR

Plant a garden together. Gardening gives kids an interactive experience to learn about nature. Planting seeds gives children the chance to learn about the life cycle of plants.

OR

Create art with nature found on the ground. Using nature that has already fallen can help to promote observation skills and appreciation for the natural world.





Step 3 Develop Social Skills

Developing social skills is necessary for children so that they can develop positive relationships as they mature.

CHOICES - DO ONE:

Play a group game such as hide-and-seek or tag. These games teach kids to take turns and follow rules. They also help kids with communication skills and the ability to build friendships.

OR

Create a talent show. Putting together the show helps kids learn to work together and share ideas. It also builds confidence and encourages them to support each other.

OR

Set up a backyard obstacle course. Obstacle courses help children build teamwork and communication skills while encouraging them to support each other and problem-solve together.

Step 4 Improved Well-being

Kids must have improved well-being to support their overall health and help them thrive.

CHOICES - DO ONE:

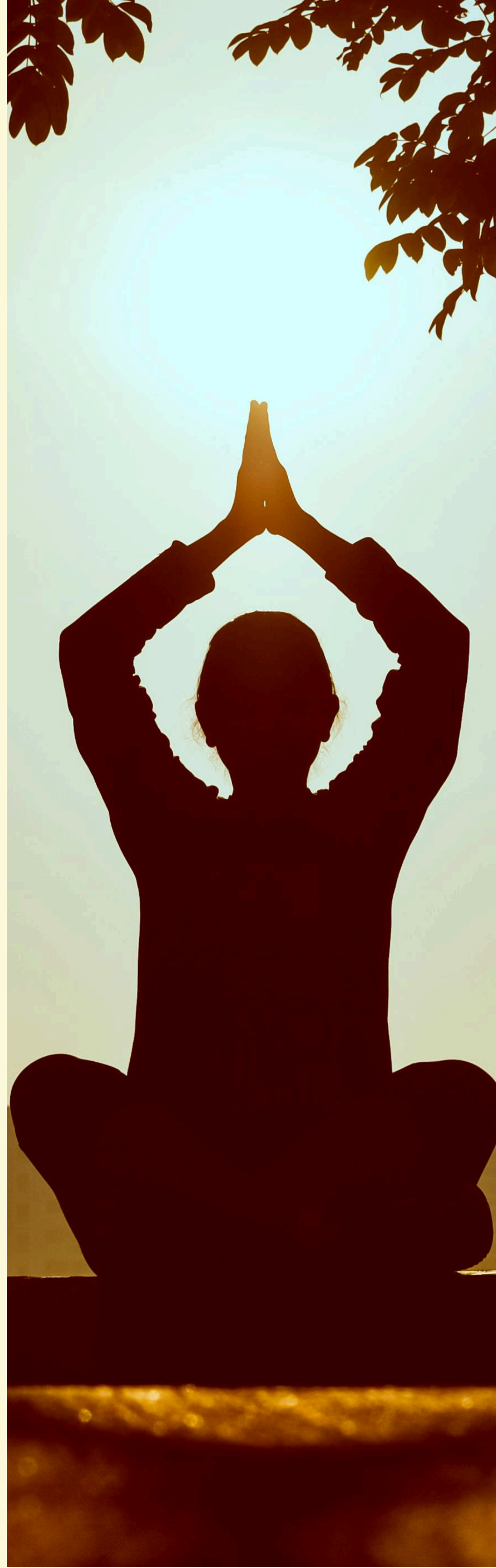
Take a yoga class outdoors. Yoga has several benefits that children can continue to utilize as they grow older. For instance, yoga can teach kids to manage stress with techniques like breathing.

OR

Use your senses. Go on a nature walk and identify 5 things you see, 4 things you hear, 3 things you touch, and 2 things you smell. Using senses can help children feel grounded and peaceful.

OR

Create a nature journal. Nature journals are books where children can record all the interesting things they notice in nature. Journaling can create a reflective space while encouraging creativity.





Step **5** Learn about local flora and fauna

Learning about local flora and fauna can help children develop an appreciation for nature and the environment.

CHOICES - DO ONE:

Go on a walk and identify 4 items of local flora and fauna. Having the ability to identify local flora and fauna is extremely important for children. This is because it can help kids understand and appreciate the natural world around them.

OR

Learn a bird call of one of the local birds. Learning and identifying bird calls can help kids enhance observation skills and strengthen their appreciation for nature.

OR

Build a bug hotel. Use sticks, rocks, and leaves (that are already on the ground) to create a home for local insects. Doing this can help kids improve their connection to the natural world.

Post-Patch Completion

Survey.

(Each girl should complete a copy and circle the answers.)

1. Did you enjoy today's outdoor activity?

Yes A little No

2. Do you want to spend more time outside now?

Yes Maybe No

3. How do you feel about nature now?

I like it more Same Still don't like it

4. Did you have fun working or playing with other kids outside?

Yes A little No

5. What was your favorite part of being outside today?

Step 6

Reflect

Complete the final survey to reflect and compare. At the beginning and end of the program, each scout will have completed a short, simple survey about their feelings toward the outdoors. The surveys help show growth in appreciation for nature while encouraging reflection on their experiences. Once completed, they demonstrate how the program has positively impacted each scout.

