

GET READY
with Girl Scouts™

girl scouts 

Let's Go Outside!

Get moving, coloring, and crafting



movement • creativity • teamwork

Hi There, Girl Scout Family!

Time to take the fun outside!

Getting outside isn't just about fun and games—studies show it's important for mental and emotional well-being. You don't have to go to a forest, either. A trip around the block or to the playground makes a difference, too.

The activities in this book will help your Daisy thrive at home and in school. Look for callouts signaling key skills like movement, creativity, and teamwork.

As you explore these pages together, encourage curiosity and a spirit of exploration. Be flexible and enjoy the adventure.

Now, pack a snack, grab your sunscreen, and head outside for some epic Girl Scout fun!

Do these activities with your Daisy and look for this symbol for more tips!



Discover more ways to be involved with Girl Scouts



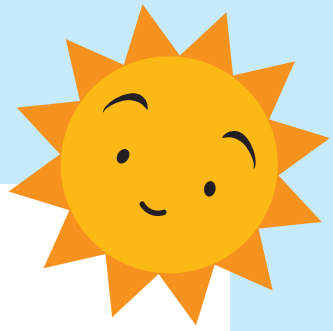
With gratitude to Girl Scouts of Central Indiana for inspiring this program.

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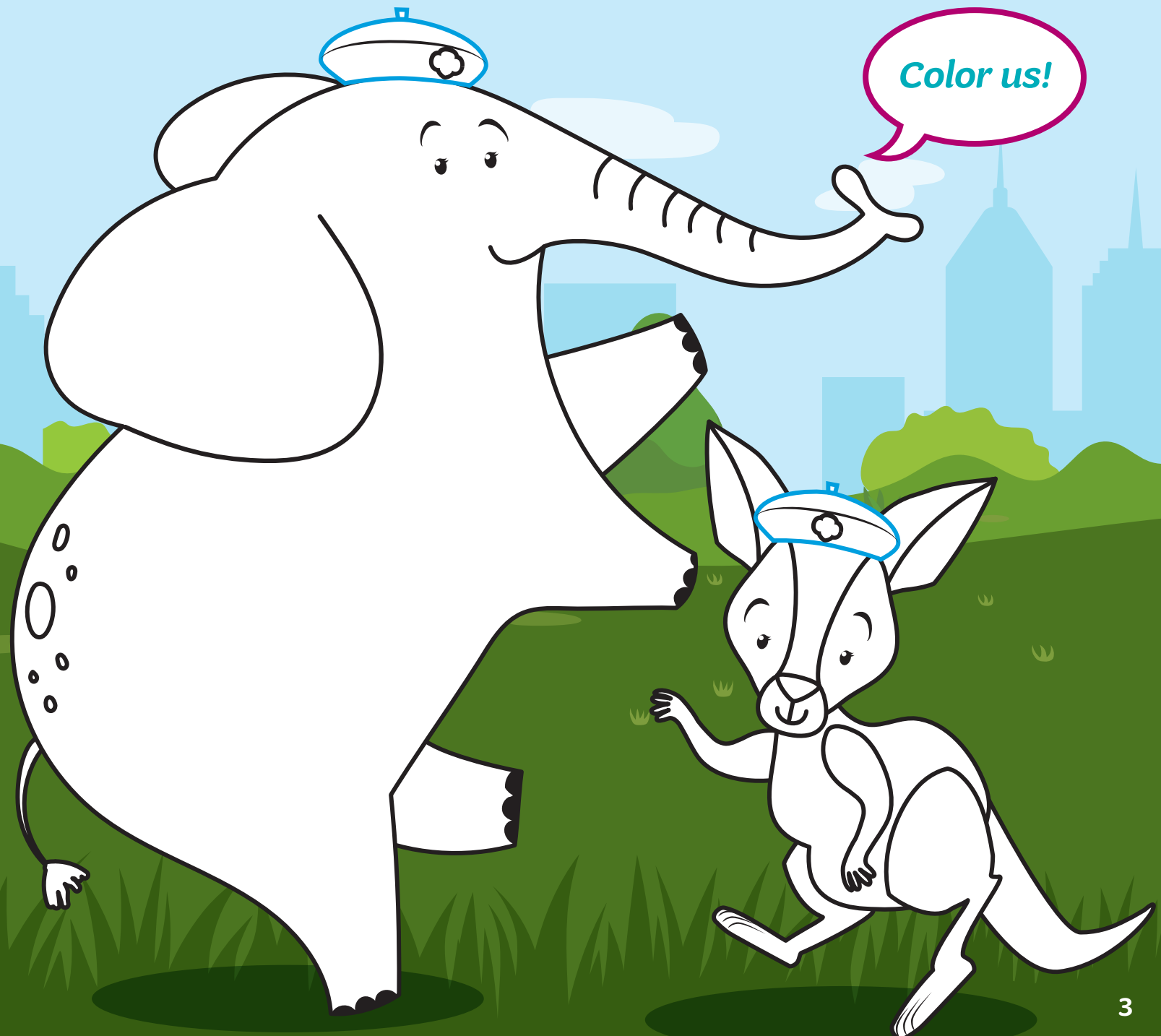
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I'm a Daisy Girl Scout

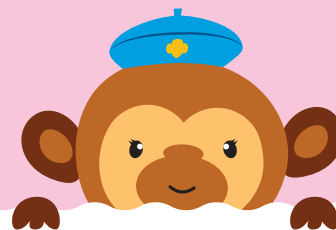


This activity book belongs to:

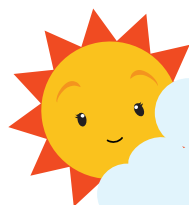
Color us!



What's Inside



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For more fun!

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Stuff You Need



- ☐ Pens and pencils
- ☐ Crayons, markers, or colored pencils
- ☐ Sliced bananas, strawberries, or kiwi; pieces of apples or pineapple
- ☐ Chocolate chips or blueberries (optional)
- ☐ Plate
- ☐ Cardboard egg carton
- ☐ Birdseed or sunflower seeds
- ☐ Scissors
- ☐ String

Ask a grown-up to help you check off items you have.



This list includes recommended supplies for each activity, but feel free to get creative and use items you already have at home. Adjust any activity as needed.

Your Happy Place

Being in nature can make you feel good. Find other words in the picture that say how being outside can make you feel.

Color using the key.

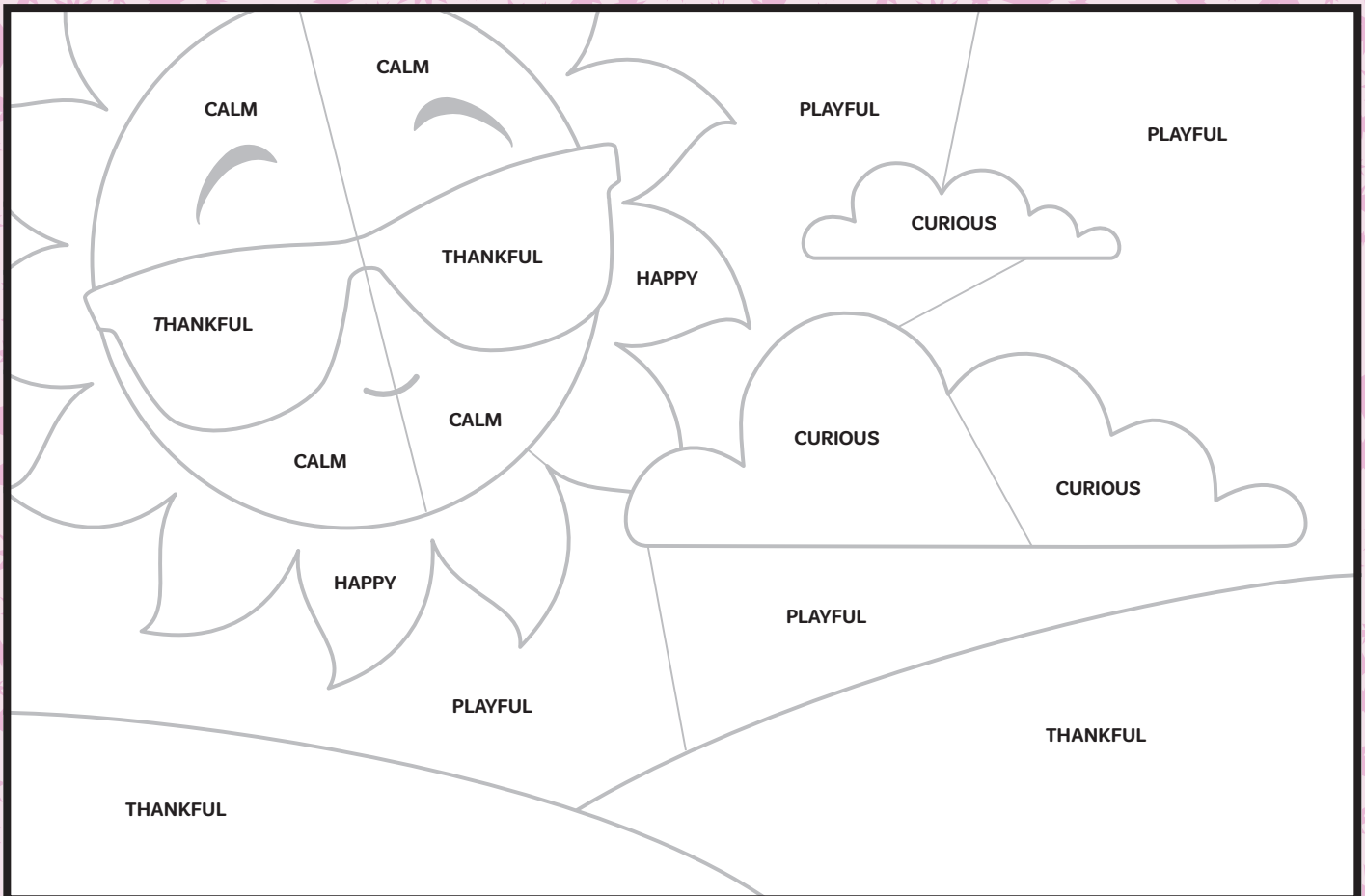
HAPPY

CURIOUS

THANKFUL

CALM

PLAYFUL



**Now, go outside with your grown-up. How do you feel?
Say three ways nature makes you happy.**



Learning to talk about feelings can help your Daisy express needs, learn empathy, and get along with others.

What's Outside?

Nature is full of things to smell, hear, feel, and see!

Find and circle these colors:

RED

YELLOW

BLUE

PINK



Now, head outside with your grown-up. Can you spot similar colors around you?



Let your Daisy take the lead and point things out to you. They might notice things you haven't!

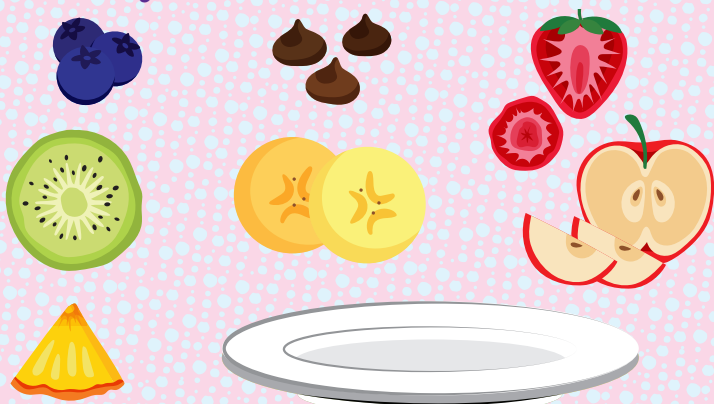
Caterpillar Sweetness

Look carefully and you might see very small animals outside—insects! A caterpillar is an insect that eats leaves and plants. Use your imagination to make your own.

Make a caterpillar fruit snack.

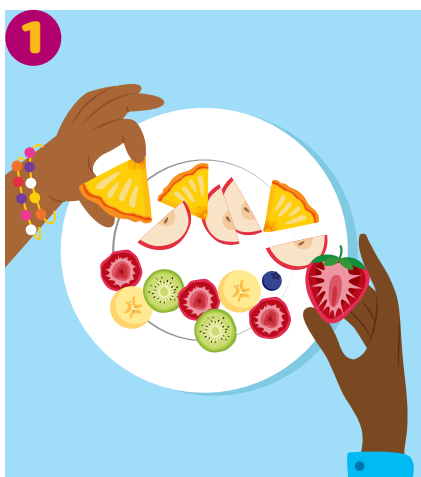
Wash your hands first!

Stuff you need:



Steps:

Adjust ingredients in case of any food allergies or other dietary restrictions.



Line up fruit pieces on your plate to make a caterpillar with your grown-up. Be creative!



Try different patterns, and use blueberries or chocolate chips for eyes.



While you enjoy your snack, imagine other animals you could make with fruit.



Butterfly Storytime

Read this story with a grown-up!

One day, a butterfly laid eggs on a leaf. Soon, a caterpillar hatched from one of the eggs. It ate leaves and grew bigger. Then, it made a snugly home for itself called a chrysalis. Finally, the chrysalis cracked open and out came a beautiful butterfly!

Number the pictures 1-3 to match the story.



Now draw a colorful butterfly!



Recognizing the start, middle, and end of stories helps kids organize their thoughts. It can help with reading skills, too.

It's a Bird Party!

Ask a grown-up to help!

Every good party has yummy snacks and good music! Birds already sing such sweet songs—all you have to do is provide the food, with a grown-up's help.

Let's make a bird feeder.

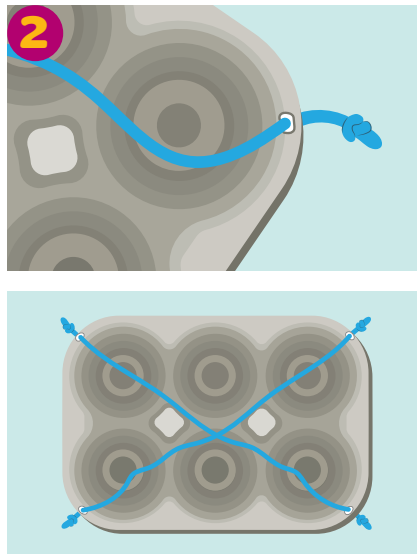
Stuff you need:



Steps:



Decorate the carton with markers or crayons. Carefully poke small holes in its four corners.



Make an X by threading string through the holes, then double-knot the ends at the corners.



Fill egg cups with birdseed or sunflower seeds and hang your feeder outside.



If tying knots is a new skill, practice together, then let your Daisy try again before stepping in. Teamwork takes patience and perseverance from everyone involved!

Let's Get Moving!

There are lots of ways to move. In yoga, you practice using your body and mind together. Many yoga movements or poses look like animals or other things in nature.

Try the poses, then trace the word.

Take deep breaths while you move!



Cow



Butterfly



Cobra



Mountain



Tree



Cactus



Practicing gross motor skills—the coordination of large muscle groups in movement—improve kids' balance and can boost their confidence.



*Girl Scout fun
is sweetest when
you enjoy it as
a family.*



Fun Summer Reading

Nothing's better than storytime with your little one. Celebrate them becoming a Daisy with a picture book from Girl Scouts! You'll both love the sweet messages and adorable illustrations. Learn more about this and other exciting Girl Scout books.



Fresh Daisy Looks

From stories and crafts to exploring outside, we'll keep your Daisy comfy every step of the way. Visit girlscoutshop.com or your local council store now—your official destination for all things Girl Scouts!

