

Girl Scout Summer Screen Break Challenge!



How to Earn Your Patch:

1. Complete the required number of items. Check out our Pinterest page for ideas!

*Daisy-Junior: 10

*Cadette-Ambassador: 15

2. Show your completed form to your troop leader.

3. Go to your local Girl Scout Shop to buy your Screen Break patch!

Life Skills:

- Sew a button or learn to mend a rip.
- Learn how to set a table and host a tea party.
- Make Rock Candy.
- Make Homemade Playdough.
- Trail Mix is a classic snack to take on hikes. Invent your own WITHOUT using raisins, peanuts or chocolate chips.
- Make ice cream in a bag.
- Create peanut butter waffle cones.
- Make homemade watercolors.
- Create a container pizza garden with tomatoes and basil.
- Make homemade pizza.
- Farmer's Market Challenge - visit a farmer's market and have each family member choose a food product then create a meal from the purchased items.
- Take a pair of too short jeans and cut them into shorts - sew on a cute fringe!
- Grow your own mushrooms.
- Sew a constellation animal.
- Make a loaf of bread from scratch.
- Make Kool-Aid sherbet.

Outdoor:

- Create a structure out of ice cubes and salt on a sidewalk and watch it melt.
- Make reusable water balloons - have a water balloon fight!
- Paint with sunscreen.
- Create your best Jackson Pollack painting on an old sheet with fabric dye and squirt guns.
- Make stained glass chalk art.
- Go fishing.
- Make a flower press.
- Go bird watching - find the state birds of Iowa and Illinois. Take a picture!
- Play a game at night. Ex: Ghost in the Graveyard or Flashlight Tag.
- Start a nature journal and draw things you find outside.
- Learn how to compost.
- Search for animal tracks.
- Cast an animal track.
- Farmer's Market Scavenger Hunt.
- Visit a county fair.
- Go on a Wild Goose Chase.
- Create a bee house.

Scan to find inspiration on our Pinterest page!



Community Service:

- Weed a garden/flower bed for a neighbor.
- Donate to a Little Free Library.
- Make the world a cleaner place and collect a bag of garbage.
- Deliver flowers to nursing home residents.
- Collect 1 bag of food from your neighbors to donate to a food pantry.
- Tell a veteran “thank you for your service.”
- Make homemade cat or dog treats/toys and donate to a shelter.

- Do an act of kindness for someone.
- Help to carry in groceries.
- Write a letter to a relative and snail mail it.
- Water flowers or a garden.
- Donate gently used books, toys, or clothes.
- Care for a pet.



Just for Fun:

- Create your own board game.
- Make your own bubbles and bubble wands.
- Design/build a fort with couch cushions and blankets.
- Create your own crystals.
- Make a boat and test to see if it floats.
- Create a kite and make it fly.
- Do a themed photo shoot with your family.
- Learn a new card game.
- Create string art.

- Create a paper cactus.
- Ice dye a t-shirt.
- Do a Pop Rocks and soda experiment.
- Make some garden art.
- Make a reusable bag out of plastic bags.
- Create a pillow from an old sweater.

