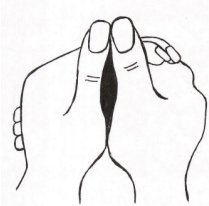


Activities

Once all the kapers are competed, it's time for some real fun. There are lots of activities that you can do at camp. You can go on nature hikes, work on badge requirements, make crafts, play games, watch wildlife. You may be Camp Coles Trip and planning on learning how to kayak or sail on the river.

Cry of the Loon



One of the things that's a lot of fun to do is to make nature noises. You can make a sound like a loon really easily. Hold your hands together loosely as if just starting to clap. Keep an air pocket between your pals, but cup your hand tightly so the air pocket is surrounded. Press your thumbs together so your thumbnails face you. Bend the thumb joints down against your cupped hand. There should be a space below your thumb joints and above the base of your thumb.

Now put the thump joints to your lips, leaving the hole below the joints free to the air. Hold your lips loosely, as if getting ready to whistle. Hold back your tongue a little bit and blow silently onto the thumb joints slowly. Adjust the position of your lips until the sound is full and mournful. Release outer fingers to change notes. If you hear a loon, return the loon call. The loon may "talk" back, and may come closer to investigate. Then you'll be able to see what movements the loon makes to create its call.

Call of the Wild

You can make a birdcall with 2 Popsicle sticks, a blade of grass and a rubber band. Make sure the Popsicle sticks are dry. Sandwich a blade of dry grass between the two sticks. Secure one end ob wrapping the rubber band around it. Pinch the open end, and blow through the caller as if playing a harmonica. To attract wildlife, sit quietly and blow into the caller repeatedly, at the same rhythm and pitch as a bay crying, "Waaa waaa waaa." See what it attracts. Blue jays and chickadees may come first. Keep it up and you may spot a fox or hawk.



Telling the Temperature



A cricket chirps depending on the heat: it chirps more when it's hotter. You can tell the temperature by counting the number of chirps heard. All that's needed is a watch and a chirping cricket. Here's what to do: Count the number of cricket chirps heard in fifteen seconds. Add forty to this number. The answer is the temperature in degrees Fahrenheit. Suppose it's hot outside, and there are forty chirps in fifteen seconds. $40 + 40 = 80$ degrees Fahrenheit. Now that's heat with a beat!

Art in Nature

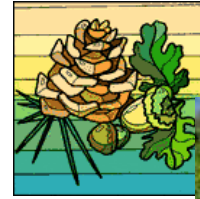
Sunlight dances among the tree leaves. Mountains rise majestically. Nature has inspired artists for centuries. Let its beauty help you express your own artistic talent. Get a study clipboard and some basic art materials together. Then head outside and have fun sketching or painting with any or all of these media: charcoal, colored pencils, crayons, pastels, watercolor paints, or oil paints.

Natural Weather Reports

Dandelions can forecast the weather. On sunny days, the dandelion flower is open, but before it rains, the dandelion closes tightly so that none of its pollen gets wet. There are other ways you can tell the weather with nature.

Fair weather coming:

- geese, brows and swallows flight high
- fishing is poor
- ants scurry
- pinecones open
- dandelions open
- marigolds open



Foul weather coming:

- birds flow low and line up on wires
- fish bite
- flies bite
- ants travel in lines
- pinecones close
- dandelions close
- milkweed pods close



Become aware of clouds. If you notice the sky beginning to darken, you may also notice that everything smells more strongly. If you're near a campfire, the smoke may have been bothering your eyes. The storm is still a few minutes away if birds are noisy, active and restless and if insects are busy biting. But when the birds suddenly disappear and all is strangely quiet, take immediate shelter. You know the saying, it's always quieter before the storm. Make sure your rain fly has been put on your tent. If the storm will be really severe, move into the cabin or lodge if you have one available, or into the car. If there is a tornado watch, you may want to leave the campsite to find safer areas.

Nature Photography

If you don't know how your camera works, learn about it before the trip. If it's one that uses film, know how to load it and make sure you have enough film for the campout. Remember to hold the camera steady and snap the shutter without "camera shake." You'll be outside, so be sure to protect your camera. Use the wrist or neck strap to avoid dropping it and keep it dry by bringing along a waterproof camera bag. Take pictures of what appeals to you. Here are some ideas:

Plants - take photos to show the range of plants in an area. Another idea is to focus your photo session on just one plant. Photograph it from different perspectives.

Wildlife - see how many animals you can snap with your camera. Tread softly so you don't scare off your subject.

Water - crashing waves, babbling brooks and a mirror-like lake are all great photo subjects.

Sunrise and sunset - Check the newspaper in advance to see what time the sun will rise or set. Then get to your spot early so you won't miss the moment.

Take a Hike!



One of the best things on a camp out is taking hikes. To make it a little more interesting, a number of different hikes are listed here for you to try. Remember to dress appropriately and don't forget your trail mix and water.

ABC Hike - The unit is divided into groups which attempt to find natural objects beginning with each letter of the alphabet. The group finding the most wins.

Blind Hike - Pair campers with buddy & blindfold one - the other will carefully lead her on your prepared trail. Activities on this type of hike use senses of touching, smelling, & hearing.

Compass Hike - Learn to follow directions with a compass to find your way in the woods.

Cookout Hike - Go hobo style with all equipment packed in large bandannas hanging from sticks.

Evening Hike - Find North by stars. Learn to recognize some constellations.

Looking, Listening, Feeling, Smelling & Describing Your Environment - There are many ways of sensing our environment which help tune in our brains & help us perceive more & remember more. These focusing techniques also make us more aware of things we would normally walk by without noticing. Try a few of these on your next outdoor experience. Use them constantly to heighten your awareness. One caution: Know the poisonous plants & animals in your area & what they look like in all seasons!

Map hike - Divide into two groups - one then maps a trail then has the other follow it.

Nature Hike - Purpose for watching or finding birds, insects, wild plants, trees, bushes, water, and animals.



Night Hike - OF COURSE!! Use red plastic over flashlight lenses - if the group is quiet, animals will remain nearby.

Rain Hike - Take a rain hike & notice the differences in the environment.

Sunrise Hike - Some girls may never have thought of getting up while it is still dark in order to see the sun rise over the hills or the treetops. There is something fun about planning this. You might have someone read a poem, or sing a song, or maybe just quietly watch. You may want to talk about different conditions, like the meaning of a red sunrise. A sunrise hike with breakfast is a good opportunity to use buddy burners.

Trail Sign - One group leaves first & lays a trail using rocks or sticks & other groups follow the signs. Be sure to not disturb nature & to return the "trail signs" when finished.

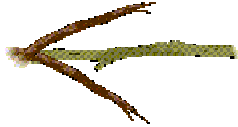
Water - Follow a stream or brook. Look for all sorts of water life such as a "skater", tadpoles and fish.

Trail Signs

For your hikes, it's fun to have one group mark a trail with trail signs. Once the first group completed its task and returns to camp, the second group follows the trail signs. Here are some examples of trail signs.



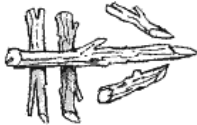
Straight ahead or
Keep going



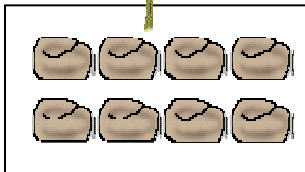
Turn left



Turn right



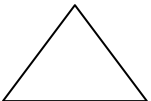
Obstacle ahead



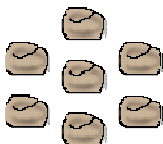
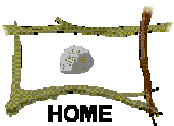
Go (8) steps this way



Stop - go the other way



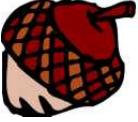














Danger



Home or End of Trail

Tree Bingo

On tree safaris in your neighborhood and on campouts, you can play this game. As each activity is completed, cross out that square. When you get 5 in a row going up and down, sideways or diagonally (crisscross), you've got a Bingo!

<p>Find the seeds of a tree.</p> 	 <p>Find birds in a tree.</p>	 <p>Draw a picture of a tree.</p>	<p>Hug a tree</p> 	 <p>Watch trees sway in wind.</p>
<p>Sing a song about a tree.</p> 	 <p>Find an animal that lives in a tree.</p>	 <p>Collect seeds from a tree.</p>	<p>Read a poem about a tree.</p> 	<p>Eat a food that comes from a tree.</p> 
 <p>Find a tree shaped by humans and a tree shaped by nature.</p>	 <p>Find a tree with fruit.</p>	 <p>Free space</p>	<p>Do a leaf rubbing.</p> 	<p>Plant a tree and care for it.</p> 
<p>Write a poem about a tree.</p> 	 <p>Find a nest in a tree.</p>	<p>Find a tree with animals in it.</p> 	 <p>Do something to help a tree.</p>	 <p>Learn to identify three different types of trees.</p>
<p>Name three things that a tree needs in order to grow.</p> 	 <p>Find a tree with flowers.</p>	<p>Find evidence that a tree has repaired its injury.</p> 	 <p>Find an old and a young tree.</p>	 <p>Take a tree photograph.</p>

Games

Back-to-Back Tag - A girl is chosen to be "it" and can tag anyone not standing back-to-back with another girl. No one may stand by the same person longer than five seconds. When a girl is tagged, she becomes "it."

Blindfold Test - Divide girls into pairs. Each pair needs a blindfold and practice rope. One girl is blindfolded, and her partner names a knot to tie and times her. Girls reverse roles each round.

Boil, Water, Boil - On signal, each team searches for the sizes of wood needed to build a small fire. Teams return to a selected site; each team builds a fire and sets a pot of water on it. You can use actual pots, or empty coffee cans to hold the water. The first team to boil water wins. (Be sure to stress safety and minimal impact and be sure the fire sites are well cleared before lighting)

Compass Hunt - You need a compass for each girl or team, paper, and pencil. Girls must know how to use the compass and how to use paces to determine distance. Each team is charged with layering a compass trail for the other team. They should give degree readings and paces or distances from one station to the next. When teams have laid their trails, have them follow each other's trail.

Flashlight Tag - This game must be played in an area with well-defined boundaries, with flashlights for each "hider" and each team of "seekers". "Hiders" are given a head start to elude "seekers." They must flash their lights once every minute (they have the option of changing hiding places between flashes). Teams of "seekers" go in search of "hiders" and tag them when they find them. Teams must stay together in the dark. Captured "hiders" can run and hide after being tagged. The winning team is the one with the most number of tags for the game.

Knot Relay - You need a piece of rope for each team, a list of knots girls can tie, a short stick (for such knots as the clove hitch). Divide into teams of equal size and count off. Each team sits or stands in a circle, with the No. 1 player holding the piece of rope. At a given signal, along with announcing the name of the knot, the No. 1 player runs around the circle and returns to her place. She must then tie the knot correctly. She passes the rope to the player on her left, who must untie the knot before starting around the circle. Each girl takes a turn until the rope has come back to the No. 1 player and she has untied the knot. The game leader can announce a different knot to be tied.

Mixed Messages - Give each girl a pencil and two pieces of paper. Have her write a question beginning with the word "why." Collect the questions. Have each girl write an answer to her question that begins with the word "because". Collect the answers. Shuffle each stack of questions and answers and give each player one answer and one question. Have each girl read the question and the answer that she has aloud to the group. After reading the mixed messages, have the girls match the questions and answers.

Pyramid Soccer - You need three to five plastic bottles and one soccer or kick ball. Arrange the bottles to form a pyramid in the middle of a circle. One girl is designated "goalie" and must defend the pyramid. The girls forming the circle kick the ball toward the center and try to knock the pyramid down. The girl who knocks the pyramid down becomes the new "goalie."

Sealed Orders - Before beginning the game, the leader must write out orders based on the current interest of the group, then seal them in an envelope. There should be one set for each team of girls. Divide the group of girls into teams, each with a captain. Each team numbers off and is given a name and its sealed orders. On a signal, the captains open the orders and the teams begin to carry them out. The No 1 play carries out the NO 1 order, and so on. As each order is carried out, the player reports to the captain of her team. The team that finishes its orders first wins. For example, orders for the ten girls with a backpack tent: 1) Select a tent site. 2) Roll out tent. 3) Put together poles. 4) Put in tent pegs. 5) Put in tent pegs. 6) Help stand up tent. 7) Help stand up tent. 8) Put on tent fly. 9) Put on tent fly. 10) Pretend you are hitting the hay! To make it more challenging you can carry out the orders without talking.

Silent Steal - This game can be played either in a very dark room, or with blindfolds. Divide the group into two groups: protectors and stealers. The protectors must wear blindfolds unless they are playing in a dark room. Place the protectors around a soft object (like a ball) about three feet apart. The stealers must sneak by the protectors to get the object. The protectors are to tag the stealers if they sense or hear them. If the stealers are too good, you can add some things to the ground (like leaves or wads of paper) for them to navigate around.

Simon Says: Knots - You need a three-foot length of rope for each participant, a list of knots everyone knows, and "Simon". Every time "Simon says" to tie a certain knot, each girl must do it. If the command doesn't start with "Simon says," girls do nothing. A girl misses if she doesn't tie the knot correctly, ties the wrong knot, or ties one at the wrong time. After three misses, a girl is out.

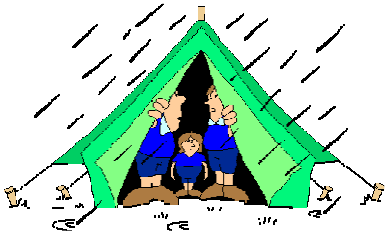
Song Pictures - Girls sit in a circle (this can be played around a campfire as well). Each girl has a numbered paper plate or paper on which to draw a picture, a crayon or marker, and a piece of paper for writing. Allow five minutes for drawing a picture that illustrates a song title. When the time limit is up, each girl passes her plate to the girl on her right, who writes the number of the plate and the name of the song on her slip of paper. Allow a few minutes for this, then pass the plates to the right again, until all girls have had a chance to see every picture. The girl who has the largest number of correct song titles on her list wins.

Stalking the Leader - Divide the group into teams. The total group stands in a circle facing outward, with a leader standing in the center of the circle. Girls advance about 50 yards and stop. On signal, they start to creep back toward the leader. They try to get as close as possible to the leader without being seen. The leader may turn around but may not move from the center. If the leader sees a girl moving, that girl must return to her original starting point and begin again. When a girl is motionless, she is "invisible". On signal, the girls must stand up wherever they are. The girls nearest the leader score points for their teams.

Water Balloon Toss - This is great fun on a really hot day. Have partners line up facing each other in two parallel lines. Each pair needs a balloon filled halfway with water and tied. The game begins by having girls in one line toss balloons to their partners. As the balloon is caught, each partner must take one step back. The object is not to be the one to miss the balloon. The last team to have a water balloon in the air is the winner.

Camping in the Rain

If you've gone camping a lot, you know that there will be times that it will rain. Don't be upset because there are still a lot of things you can do to make your camp out fun. During one of our campouts, it rained the entire weekend. We took advantage of that and worked on some of the badge requirements for "Looking Your Best." We tried new hairstyles and talked about how to take care of our skin and healthy foods. Then we learned new songs, like "Land of the Silver Birch" and even in 3 part harmony. By the time we were ready for our campfire, it was beautiful because we not only had new songs to sing but it was in 3 part harmony.



There are also a number of games and skits that you can do that are a lot of fun. Have the leader/advisor take a paper bag and put about 5 or 6 unrelated items in it. Then the bag is handed to a group to act out a skit using the items in the bag. Some of them can be pretty funny.

If disaster strikes and it pours with rain and you have access to some form of wet-weather shelter, here are some ideas to try besides your craft activities:

Always have a game book in your campout box so that you can try out new games. It's always interesting to have this available for teen groups because they have the most fun playing Brownie games. One of our favorite is "Mr. Bear, Are You Awake?"

Cooking out was also easy to do. We were lucky enough to be in a cabin one weekend that had an overhang and an area with picnic tables and fireplace outside for cooking. Rather than cooking inside on the stove, we were able to do our food preparation under the overhang and then cook our food on the on the outside fireplace. Remember, always use outdoor cook stoves and charcoal grills in well ventilated areas and never, never inside a tent or cabin.

After we had finished lunch and cleaning up, we were all prepared with our rain gear or we put on our rain pants and raincoats and ponchos along with our extra pair of sturdy shoes that had gotten wet when we first arrived and off we went for our hike. It's really different in this kind of weather because many other kinds of animals come out.

Take advantage of the time you have and discuss plans for an upcoming event or think about what kinds of activities you want to do either later in the year, or if this is your spring campout, it's not too soon to start planning out next year's calendar.