

Marvelous Me!

Enjoy sharing some sweet thoughts and sweet treats together!

WHAT WILL I NEED?

- Some M&M's, Skittles, Smarties, or other candy with different colors.



WHERE SHOULD I GO?

This is a chill group activity that you can do anywhere!

PARENTS CORNER

Be ready to have some fun!

INSTRUCTIONS

- 1) Choose a candy such as M&M's or Skittles.
 - 2) Have everyone in the group grab 3-6 pieces to start out the game.
 - 3) For each candy piece, answer the question that matches the color.
 - 4) Let the next person share.
 - 5) Repeat until everyone in the group has answered a question for each piece of candy they had.
 - 6) Play again if you would like or come up with your own matching questions for your family.
- Red: Where is a place you would like to visit?
 - Blue: What is something you want to learn more about?
 - Yellow: Share a happy or funny real story.
 - Orange: What is something you would like to try one day? (New food, activity, or skill for example)
 - Green: What is your favorite movie? Why?
 - Brown: What famous/special person would you want to meet and why?



WHAT DID I LEARN?

1) What was most surprising about something you learned about each person you played with?

2) Did you have anything in common with someone else in the game?



STEAM: Marshmallow Launchers

3, 2, 1, Launch!
Marshmallows will fly in this activity where you design your own device

WHAT WILL I NEED?

- Marshmallows (Regular or small)
- Recycled materials found at home
- Craft supplies




WHERE SHOULD I GO?

These are best crafted inside, but then you can head outside for an epic marshmallow battle!

PARENTS CORNER

Be on the lookout for flying marshmallows from now on. Campers may want to look up types of launchers described.


girl scouts
of middle tennessee

WHAT DO I ALREADY KNOW?

1)What do you know about levers and simple machines?

2)Do you know what the following devices are?

- Air cannon, catapult, trebuchet
- If not, ask an adult to help you research these machines.



INSTRUCTIONS

Gather some recycled materials from around the house. (empty tissue roll or box, rubber bands, plastic spoons and cups, popsicle sticks, etc)

Brainstorm which type of structure you want to design (of the 3 terms listed on prior page).

- *Air cannon - uses a gust of air to push object

- *Catapult - throws object due to pull/release

- *Trebuchet - uses momentum from trigger or counter weight to fling object

Create your launcher and then measure how far you can send your marshmallow.

Can you aim well?

Does it travel high or far?

Adjust your design as many times as needed.

True engineers always test and redesign.



Fantastic Fort

Hear ye, Hear ye!
Calling all scouts to
fortify your home base!

WHAT WILL I NEED?

Use materials that you find in your home already. Boxes, tunnels, hula hoops, blankets, brooms, the list is endless!

Use your imagination to make new uses for what you have at home.



WHERE SHOULD I GO?

Create an epic fortress either inside or outside, based on weather in your area.

PARENTS CORNER

Warning: you may call in sick to work to relive your fort building days. Be prepared for engineering genius!


girl scouts
of middle tennessee

Apple Slice Cookies

Slice an apple like a cookie and pick your toppings! No baking required.



WHAT WILL I NEED?

- Apple
- Spread of Choice
- Toppings
- Knife and cutting board

WHERE SHOULD I GO?

Head to the kitchen with clean hands for this fun snack!

PARENTS CORNER

Some children will need help cutting apples into slices.


girl scouts
of middle tennessee

WHAT DO I ALREADY KNOW?

1) How many servings of fruit should you eat everyday?

2) What do you like to eat with an apple?

3) What does your adult like to eat with apples?



INSTRUCTIONS

- 1) Make sure that you wash your hands and have a clean space in the kitchen.
- 2) Gather all of your ingredients.
- 3) Wash and dry your apples. (peel if desired)
- 4) Carefully slice the apple horizontally. Cut out the core from each slice.
 - a) Optional: a spritz of lemon juice will prevent browning. Pat dry.
- 5) Top each slice with your spread of choice.
- 6) Finish by adding your favorite toppings!
- 7) Enjoy!

Spread Ideas:

Nut butter, cream cheese, apple butter, nutella, yogurt (regular or Greek), and more!

Topping Ideas:

Shredded coconut, dried fruit, berries, chocolate chips, raisins, chopped nuts, caramel sauce, crushed pretzels, and more!



Minute to Win It!

You've only got a minute for each game and the clock starts now!



WHAT WILL I NEED?

- Timer
- Cookies
- Plastic Egg
- Cardboard Piece
- Tape
- Plastic cups
- Ping Pong Balls
- Panty hose

WHERE SHOULD I GO?

You can head inside to an open space for these games.

PARENTS CORNER

This is going to be hilarious and exciting.

INSTRUCTIONS

You have only 60 seconds to try to complete each challenge. There are 3 times you may try again to complete a challenge successfully. Have someone keep track of the time.

Cookie Shuffle: Place a cookie in the center of your forehead. Once the timer starts you have 60 seconds to get the cookie to your mouth without using your hands or dropping the cookie.

Egg Roll: Take two pieces of tape and mark the floor 6 feet apart. Start with a plastic egg or ball behind one line. You have 60 seconds to fan the egg past the second line.

Puddle Jumper: Set three cups filled with water in a vertical line. Place a ping pong ball in the first cup. You have 60 seconds to blow the ball into the last cup. You may replace the ball into the first cup if it falls out.



INSTRUCTIONS (continued)

Egg in the Hole: You need an empty egg carton and 8 ping pong balls. Place an empty egg carton in the center of a table. You have 60 seconds to land all 8 balls in the carton.

Ball Drop: Place a plastic cup on the floor and hold 3 ping pong balls. Standing on a chair, you have 60 seconds to drop all three balls into the same cup. If the balls bounce out, or if the cup falls over, quickly pick it up before time runs out.

Elephant March: You will need 2 tennis balls and a pair of panty hose. Place one tennis ball into each leg of the hose and then place waste portion of hose over the crown of your head. 4 Plastic cups should be placed in a 3 foot by 3 foot square (use more cups if you want). You have 60 seconds to knock all of the cups over with your “trunk”



Boom Chicka Boom

I said a Boom Chicka Boom,

I said a Boom Chicka Boom,

I said a Boom Chicka Rocka Chica Rocka Chicka Boom,

Uh huh

Oh Yeah,

One more time,

_____ Style!

Other styles to fill in blank:

Valley Girl (I said like, a boom, like, chicka boom)

Race Car (I said a vroom, chicka vroom)

Underwater (use your finger across your lips to sound like you're underwater)

Astronaut (I said a shoot me to the moon!)

Janitor (I said a broom sweep a broom!)

Tennessee Wiggle Walk

I'm a Bowlegged Chicken,
I'm a knock knee hen.
Haven't been so happy
since I don't know when,
I walk with a wiggle and a
giggle and a squawk,
Doin' the Tennessee
wiggle walk.

Put your knees together
and your feet apart,
Snap your fingers and
you're ready to start,
Flap your elbows just for
luck,
And you wiggle and you
waddle like a baby duck.

Come dance with me
baby keep your toes in
time,
Haven't been so happy in
a long, long time,
Walk with a wiggle and a
giggle and a squawk
Doin' the Tennessee
Wiggle Walk...
Doin' the Tennessee
(huh) Wiggle Walk...

GREAT JOB

WANT TO SHARE YOUR GREAT WORK?

Have your parents upload all of your fabulous work to their Facebook or Instagram Pages and tag @GSMIDTN so all of your Girl Scout sisters can see too!



girl scouts
of middle tennessee