

Urban Council Patch Program



Discover:

Daisies complete 2; Brownies complete 3; Juniors complete 4; Cadettes, Seniors and Ambassadors complete 5

- A. What is the definition of urban open space? Where in Utah might we have urban open space?
- B. Research the difference between local, State, and National Parks.
- C. Look up three parks that are close to your house. They can be National, State, or local parks.
Map out how you would travel to each location; i.e. walk, ride your bike, or drive.
- D. Discover one new thing that you like to do in the outdoors. For example, a neighborhood walk, frisbee in the park, soccer, flying a kite, laying in your backyard looking at the clouds, or noticing seasonal changes (leaves changing, new snow fall etc.)*
- E. On a computer, go to the Children and Nature Network and find an article that tells you why it is important for you to be outside.
- F. Discover the importance of fresh air. Research why trees and plants are important to our air.
- G. Research the difference between plants in the outdoors and plants that survive indoors. Pick a favorite outdoor plant and a favorite indoor plant.

Connect:

Daisies complete 1; Brownies complete 2; Juniors complete 3; Cadettes, Seniors and Ambassadors complete 4

- A. Share with a member of your friends, family, or Girl Scouts the research you found about urban open space.
- B. Plan a day to visit a local park with friends, family, or Girl Scouts and organize an activity (soccer game, kite flying, cloud watching, picnic, snow adventure, etc.)
- C. Sit down with friends, family, or Girl Scouts and map out your week. Write down how much time you spend indoors, how much time you spend in front of the TV, how much time you spend on the computer, and how much time do you spend outdoors. *
- D. With a family member, take note of the plants and trees that you have in your yard. Create a journal for the year and watch and record how they change throughout the seasons.
- E. With all of the new information that you have found, write a poem about the importance of the outdoors.

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Take Action:

Daisies complete 1; Brownies complete 1; Juniors complete 2; Cadettes, Seniors and Ambassadors complete 2

- A. Do a neighborhood awareness day and share the poem with your neighbors (complete step 5 in Connect). Have a family member or troop leader go with you. Inspire your neighborhood to get outside more.
- B. Create your own urban green space. Depending on the time of year, create a space in your garden that is yours to take care of or create a space in your house where you can have indoor plants. Visit a local nursery and find your favorite plant(s).
- C. Execute the day you planned at your local park (complete step 2 in Connect). Invite your friends, family, Girl Scouts, or your neighbors for an activity outdoors.
- D. Look at your weekly schedule and commit to spending at least 30 minutes a day outside (not including time at school you are outside, i.e. recess). Record and share how you feel after spending time outside for one month.

