



Daisy

Snow **OR Climbing Adventure**

**You
Choose!**



It's time to go on an adventure! Imagine whooshing down a snowy hill. Or bouldering on a rock-climbing wall! In this badge, you can choose which one you want to try. Then, give it your best and have fun!

Get started by talking to your Girl Scout friends or family members.

Steps

1. Choose your outdoor adventure
2. Prepare for your adventure
3. Go on your adventure

Purpose

When I've earned this badge, I will have done active and fun things in the snow or I will have learned how to boulder up a rock-climbing wall in an indoor gym.



Every step has two choices.
Do ONE choice to complete
each step. Inspired?
Do more!

STEP

1 Choose your outdoor adventure

Make a plan to play in the snow and do things like snowshoeing, tubing, sledding, ice-skating, or tobogganing. Or you can see how strong you are by bouldering up a rock climbing wall! Think about both ideas. Then choose the one you want to do.

ADVENTURE OPTIONS

- ▶ **Snow Play:** You will go outside in the snow and do something active. You can go snowshoeing, tubing, sledding, ice skating, or tobogganing. You don't have to do all these things. Just pick one or two that sound like fun to you!
- ▶ **Bouldering:** You will use your hands and feet to grab and stand on climbing holds. Then you will move up and across a rock face without a rope or harness. You will boulder on an artificial rock wall and go no higher than six feet. An adult will help guide you safely back down. This adult is called a spotter.

CHOICES—DO ONE:

- ☐ **Act out both adventures.** Stand in front of your friends or family and have them watch you move. Pretend you're walking on snowshoes through deep snow or ice skating on a frozen pond. Then pretend you are climbing high on a wall. Which one did you have more fun acting out?



OR

- ☐ **Draw two different adventure pictures.** Make one drawing of you doing something fun outside in the snow. Then do one of you climbing a rock. Which did you have more fun making? Which did you like imagining more? Choose one. Then tape the drawing somewhere you can see it every day, like on your refrigerator or next to your bed.





WORDS TO KNOW

Snow Play

- **Ice-skating:** Glide across ice while wearing ice skates, which are special shoes with a blade on the bottom.
- **Snowshoeing:** Wear snowshoes to help you walk on the snow when it's deep! Use ski poles to help you balance.
- **Sledding:** Slide down a snowy hill on a sled.
- **Tubing:** Hop on a snow tube and fly down a hill!
- **Tobogganing:** Take a spin on a long light sled. This sled is usually curved up at one end with places on the sides to hold.



WORDS TO KNOW

Bouldering

- **Down climbing:** Coming back down from a boulder or rock face using climbing holds along the way for your feet and hands
- **Edging:** When you use the edge of your climbing shoe to stand on a small ledge
- **Hold:** The place where you can grab or stand when you're climbing
- **Jug:** A large hold on a climbing wall that you can usually grab with both hands
- **Spotter:** A person who helps guide a climber safely back to the ground
- **Traverse:** When you move side to side over a section of a rock as you climb



STEP

2

Prepare for your adventure

Before your adventure, get ready by making one of these choices. Don't forget to train for your adventure too!

MAKE SURE TO:

- ▶ **Help create a plan with your family or Girl Scout friends.** Where and when will you go?
- ▶ **Find out what you need for your adventure.** With the help of an adult, find out what to bring or wear. For snow play, how will you stay warm? For bouldering, should you wear jeans or stretchy pants? What are the best shoes for climbing on rock? Bring extra water and a healthy snack with you.
- ▶ **Practice safety.** Always have an adult with you on your adventure. Make sure a different adult (one who won't be with you) knows where you'll be and when to expect you back.
- ▶ **Be charged up!** Make sure you are rested and get a good night's sleep before your adventure. Eat a good meal before you go.

CHOICES—DO ONE:

☐ Test out your clothing for your adventure.

- Snow play: Find out about the layers of clothing you should wear. (See the “Layering” box on page 8.) Don’t forget your socks, boots, gloves, and hat! Put it all on and go outside. Stand still: Are you cold? Run around: Are you too hot?
- Bouldering: Put on some play clothes and go to a playground or park with a trusted adult. Climb across the monkey bars, up and over a dome, up and down ladders, or on any safe climbing structure at a playground. Do your clothes feel comfortable? Is it easy to move your arms and legs?



OR

☐ Stretch and work your muscles. Play the “Partner Mirror” game (see the box) with a friend. Or if you’re on your own, do some stretches like these to get your body warmed up:

- Arm circles: Make circles with your arms at least ten times in each direction.
- Knee hugs: Walk across a room. With each step, bring your knee up to your belly or chest and hug it.
- Leg swings: Stand straight and swing one leg forward and backward five times. Hold on to a chair for help with balance if you need to! Then do the same with the other leg.

Partner Mirror

Stand facing your partner. Make sure you both have a few feet in all directions to move. Start doing moves and have your partner follow you. For example: Touch the ground, spin around, do jumping jacks, run in place, and reach for the sky. After 30 seconds, switch roles and follow your partner’s moves. Do this a few times until your body is warmed up and ready to go!



A woman and three children are walking through a snowy forest. The woman on the left is wearing a bright yellow puffy jacket, black pants, and a green beanie. She is smiling. Behind her are three children. The first child is a girl in a light pink jacket, black pants, and sunglasses. The second child is a boy in a light pink jacket, black pants, and a red beanie. The third child is a girl in a white jacket, black pants, and a blue beanie. They are all wearing snow boots and walking through deep snow. The background is a dense forest of snow-covered evergreen trees under a clear blue sky.

Layering

It's a good idea to wear layers because if you get warm, you can take something off. Then you can put it back on if you need it! Avoid wearing anything made from cotton. When cotton is wet, it gets heavy and dries slowly. Look for materials like polyester, nylon, wool, and fleece.

Base layer: This can be a long underwear top and pants. Purpose: To pull the sweat away from your skin and keep you dry

Warming layer: Wear a sweater or long-sleeve shirt and pants over your base layer. Purpose: To keep you warm

Waterproof layer: A rain jacket and rain pants, or snow jacket and snow pants. Make sure these are waterproof. Purpose: To keep you protected from the wind, rain, and snow



Snow Play

Build a Winter Animal Shelter

Animals need a warm, cozy place to live during the winter months. Build an animal shelter in the snow. Then, take two small cups of water and place one inside the animal shelter and one outside. After 15 minutes take the temperature of both and see how they compare. How can you make your animal shelter warmer?



Snowshoe and Tell

If you can walk, you can snowshoe! Here's what a snowshoe looks like:

- A Binding:** This attaches your boot to the snowshoe
- B Crampons:** Metal teeth on the bottom of the snowshoe that help grip the snow so you can walk through it
- C Frame:** Wood or aluminum outer edge of the snowshoe
- D Decking:** The flat surface of the snowshoe that makes it possible for you to walk on snow
- E Pivot Point:** Where the binding attaches to the snowshoe



STEP

3 Go on your adventure

The day of your adventure is here! Add one of these choices to make it even more special.

CHOICES—DO ONE:

- ☐ **Add a game to your adventure.** Think of a game you could play. For example, for snow play, drag a stick in the snow to make a trail for your friends to follow. For bouldering, use only certain colored rock holds for your hands.

OR

- ☐ **Show a friend.** Show your troop or a family member how to play in the snow or how to boulder.

The background of the page is a vibrant, textured climbing wall. It is covered with numerous colorful holds in various shapes and sizes, including red, orange, yellow, green, and blue. Some holds are circular, while others are more irregular. A large, thick, brown vine, resembling a beanstalk, winds its way diagonally across the wall from the bottom left towards the top right. At the base of this vine, there is a lush green plant with large leaves and several small purple flowers. A purple flower with a smiling face and blue eyes is prominently featured in the foreground, looking up towards the climbing wall. The overall scene is bright and cheerful, with a clear sky visible in the upper left corner.

Climbing Play

Hot Lava

Pretend that some holds of the bouldering wall are “hot lava.” Choose one color as the lava. Start at one end of the wall and move across to the other end without touching any “hot lava.”

Now that I've earned this badge,
I can give service by:

Showing my friends and family how to boulder or have fun in the snow

I'm inspired to:

This outdoor high adventure opportunity is brought to you by The North Face®.

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