



Patch Curriculum

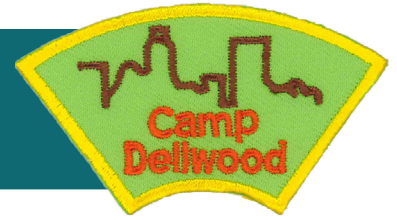
Preface

As a registered Girl Scout individual or Girl Scout troop you can earn the Camp Adventure Patch by visiting each of Girl Scouts of Central Indiana's five camps. You can buy the patch for that camp or wait and buy all five at once. All the patches are available at the Girl Scout shop in Indianapolis or call ahead to have them at your nearest pop-up shop.

As you prepare to visit the camp of your choice, make sure you look through the requirements for that camp before heading out. Some requirements may need items to be brought from home to be fulfilled.

You can also add in the requirements for each grade level to help you earn the "It's Your Planet Love It" Journey as you visit each camp. You can buy the Journey badges from the shop as well.

Camp Dellwood



7201 Girl Scout Lane Indianapolis, IN 46214

Just minutes away from the noise of the city, Camp Dellwood feels miles away from anywhere! With over 100 acres of woods, the camp offers plenty of room to explore while taking part in STEM (science, technology, engineering, math) activities, camping, hiking, archery, swimming, and much more!

- 1. Hike the Wildflower Trail.** The hike may take a couple of hours, so bring water and a snack.
- 2. The Brownie Tree.** As part of the wildflower trail, you'll encounter a memorial to the Brownie Tree. Read the plaque.
- 3. Walk along the Fitness Trail.** Challenge yourself to try each piece of equipment you come to! Which one was your favorite?
- 4. Visit the Old Settlers Cemetery.** Pick an activity from the Old Settlers Cemetery patch curriculum to do while your visit.
 - a. Example:** Rubbing of the headstone: Grab a piece of construction paper and a crayon. Place the paper on the front of a headstone. Take the crayon and gently rub the paper to capture the name and symbols on the headstone. Share with your troop your rubbings and explain why you chose that headstone.
- 5. Tree identification.** Look around camp and identify at least five different types of trees. Use a tree book to help you identify them.



There's A Patch For That!

Have more fun at Camp Dellwood by working towards the Dellwood Wildflower Trail, Dellwood History Trail, and the Old Settlers Cemetery fun patches. Visit our website to download the curriculum!



6. Learn the Dellwood song.

**So Rah Rah Camp Dellwood Dellwood
Rah Rah Camp Dellwood Dellwood
Rah Rah Camp Dellwood
Rah Rah Rah**

VERSE 1:

**There are camps to the left and camps to the right
But Dellwood girls are DYNAMITE!**

VERSE 2:

**There are camps up and above and camps down below
But Dellwood girls are the ONES YOU KNOW!**

VERSE 3:

**There are camps to the east and camps to the west
But Dellwood girls are the VERY BEST!**

VERSE 4:

**There are camps to the north and camps to the south
But Dellwood girls have the LOUDEST MOUTHS!**

Camp Gallahue



6857 Bear Creek Road Morgantown, IN 46160

Set in the rolling hills of southern Indiana, Camp Gallahue offers acres of woods to explore! Swim or canoe on the lake, hike in the woods, play games in the valley, ride horses at the barn, or practice archery at our range. Whether you love the great outdoors and the rugged camp life or prefer a little bit more luxury when it comes to camping, we have something for everyone!

- 1. Cook over a fire.** While you're at Camp Gallahue, make a dessert over the fire, like a dutch oven cobbler!
 - a. Dutch oven cobbler:** Place a can of pie filling in the bottom of a Dutch oven. Add a box of cake mix, (any flavor). Do not mix it with eggs, water or oil. Use it completely dry. Sprinkle pieces of butter on top. Place in the coals with lid on. Place coals on the lid to bake from both the top and bottom. Check after 15 minutes. Bake until brown and bubbling.
- 2. Visit each campsite.** Compare and contrast all of them. Why would each have a different theme?
- 3. Enjoy the beach.** If you have a lifeguard available, try canoeing at the lake, swimming, or just relaxing at the beach. If you don't, try and identify the different animals who rely on the lake (home, food, etc.).
- 4. Take a hike.** Try hiking the Hills of Gallahue, or parts of it. Create a plan! This hike is seven miles long so it can take several hours.
- 5. Visit the amphitheater.** Put on a skit, sing camp songs, or perform a dance!
- 6. Have a scenic picnic.** Pack a lunch and have a picnic on the dam. Can you identify the official name of the lake?



There's A Patch For That!

Have more fun at Camp Gallahue by working towards the Hills of Gallahue fun patch. Visit our website to download the curriculum!



Camp Ada



4731 W. CR 600 S. Spiceland, IN 47385

Set in east central Indiana the scenery is only topped by the fun we have! Troops love spending time at Camp Ada; it's the perfect place for young troops to learn the ropes of camping in a group setting. Outdoor cooking, crafts and more are waiting for you.

- 1. Through the woods.** Camp Ada has two sets of woods, the Big Woods and Small Woods. As you walk the trails through each one, note the many insects and animals you see and hear. Try to identify at least three new animals/insects.
- 2. Turkey Trot Trail.** Hike the trail established by Gold Award Girl Scout Annette Trinkle in 2000.
- 3. Let's play a game.** Try one of the games the camp has available: Gaga pit, team building course, and/or the rope runners.
- 4. Craft time.** Draw or paint a picture of a scene or object at Camp Ada. Use charcoal, water paints, or some other style.
- 5. A hike through history.** As you hike the Turkey Trot trail, you will learn about the history of the camp. In addition to following the Turkey Trot trail guide, stop and read some of the signs around the camp property that may go into more detail about the history of the property.
- 6. Tag, you're it!** Play freeze tag (or similar game) in the open field outside of Marcy's Manor.



There's A Patch For That!

Have more fun at Camp Ada by working towards the Turkey Trot Trail fun patch. Visit our website to download the curriculum!



Camp Sycamore Valley



8439 SR 26 E. Lafayette, IN 47905

Camp is not far from Lafayette but feels a world away when you see dip your toes into Wildcat Creek or hike beautiful trails that wind through the 160 acres of property. Troops and families will also make memories of a lifetime participating in activities like hatchet throwing, mini golf, zip lining, & swimming. You can do all of this and more at our day camps, mini overnight camps, and Lead Your Own Adventure (family camping weekends) events!

1. **Hike to the Mary Rutter Memorial.**

Take a lunch or snack to sit and look out over the hillside. Mary's husband Donald dedicated the memorial with these words:

"This quiet place we dedicate,
Her love for us we consecrate,
Her smile will creep into our mind,
She'll find peace if it's there to find,
Our Mary Aubrey Keeney Rutter."

2. **Try your footing on the rope bridge.**

Your troop can time each other and see who is the fastest to cross. Try different ways of walking across.

3. **Black hole slides.** Slide down the black hole slides between the Lodge and the A-Frames Unit.

4. **Hike the Hysong Trail.** This trail begins at the raised flower beds at the top of the hill. Find the suspension bridge. Walk across the suspension bridge and follow the nature trail to the Observation Deck. What do you see?

5. **Let's play a game.** Play mini golf, bocce ball, or ladder ball in the games area next to the pool.

6. **Take a hike.** Hike to Wild Cat Creek and explore the creek bed. Go creek stomping if the water is not too high.



Camp Na Wa Kwa



7865 E. CR 300 N. Poland, IN 47868

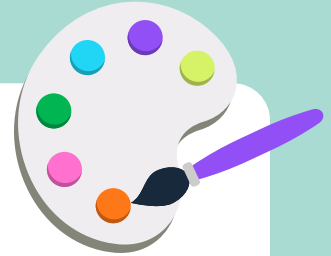
Just half way between Terre Haute and the Indianapolis airport, its calm green trees and running streams will make you feel part of the outdoors. On over 250 acres, troops and families will have the ability to explore the forest trails, canoe in the pond, and stomp in the creek!



- 1. Look for fossils.** Hike past the archery range, past the secret meeting place, and find the fossil creek bed.
- 2. Share a secret.** On your way to or from the fossil creek bed, stop by the secret meeting place and have a campfire or tell stories with your troop.
- 3. Hike Pio Trail.** Find the wooden bridge on Pio Trail and walk across it.
- 4. Visit Peanut Butter pond.** Hike the main trail (follow the gravel road) past primitive unit and visit Peanut Butter Pond. What animals can you see and hear?

Additional Activities

Make the most of your time at camp! Use the following activities along side the Camp Adventure requirements to work towards the “It’s You Planet Love It” Journey. Use the same activities at each camp and compare how the camps differ. For more information on any of these Journey badges check out the Volunteer Toolkit.



Daisy—Between Earth and Sky

- Take a hike through camp.
- Look for shapes in nature. As a group, decide on one shape or type of object to look for. When you are done, have everyone talk about their objects. Why did they pick it up?
- Explore colors in nature. Either take a free paint swatch from a paint store or have the girls color squares of their favorite colors on a piece of white paper. Use that to find the color in nature.
- Hike and look for seeds from trees and plants. Seeds sometimes stick to their clothes. Acorns and nuts are also types of seeds.
- Bark rubbings—use construction paper, a roll of masking tape, and crayons. Try different trees to get a variety of rubbings.
- Look for different textures. Soft, rough, hard, pointy, rounded, something that goes crunch, goes swoosh, smooth, shiny.

Brownie—Wonders of Water

- Check the faucets at camp to see if any have a leak.
- Measure your body weight in water weight. Weight in pounds X .65= your water weight.
- Eat a cool watery treat:
 - Watermelon cooler: 2 cups of watermelon chunks (no seeds), 1 cup of ice, $\frac{1}{2}$ C. of plain yogurt, $\frac{1}{2}$ Tablespoon honey, pinch of ginger, few drops of almond extract. Put all in a blender, blend until smooth.

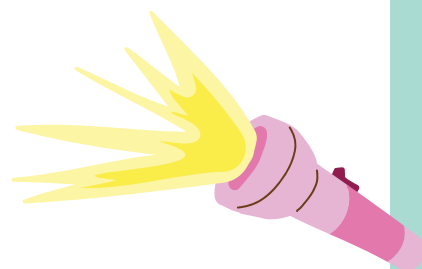
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- Peppermint iced tea
 - Put 2 peppermint tea bags in a pitcher, have an adult add 4 cups of boiling water. Let steep for 3 minutes. Stir in a teaspoon of honey, if desired. Refrigerate, when cool, pour over ice. OR on a sunny day, use cold water instead of the hot. Place the pitcher (glass) in the sun and let the tea brew for no more than 3 hours.
- Only use reusable water bottles. Don't use plastic.
- Explore the creeks at camp. Where does the water come from that flows through the creeks?
- Map your water of wonders. Make a map of our council, label the camps, and add in where the water is at each camp. Or take pictures and make a collage of the different camps and their water sources.



Girl Scout Juniors—Get Moving

- Try going off the grid for your stay at camp.
- Try carpooling, don't use electricity, and use reusable dishes and silverware. Use a flashlight or lantern, play games, or read in natural light or with a flashlight.
- Eat energizing foods. Try a walking apple salad: core an apple, mix peanut butter with chocolate chips, and put it in the cored apple. Eat some trail mix, mixed berries, or hot apple cider after a hike in the woods.
- Go star gazing. Explore the difference of light pollution at each camp.
- Make sure the area you're staying in is not wasting energy or water. Perform an energy audit at some of the camp buildings. Report your findings to the site manager.
- Observe animals in their natural habitat. How do they live and communicate? Can you compare animals with humans on conserving energy?
- Plan to wear clothes that'll keep you warm in the cool weather or cool in the hot weather. Figure out the best type of clothing for each season in the out-of-doors.



Girl Scout Cadettes—Breathe

- Be aware. Do an air log at each facility. Set up a station or make a poster to tell others who visit camp your findings.
- Sound of silence, can you tell which camp has more noise pollution? What is it like to go out in camp and make silent time for yourselves? Log your findings and feelings.
- Take a scent hike.
- Make campfire éclairs. Take a canned biscuit and wrap around a stick. Once cooked through, slide off stick, and fill with either pudding or whipped cream.
- Go bird watching. Watch how the birds fly in the air and how they use their wings differently. Can you tell what type of bird they are by their songs?
- Exam different types of lichen. How does it grow? What does it mean if it is growing in certain areas?
- *Only at Camp Na Wa Kwa*—Hike along the creek bed looking for fossils (the creek bed is past the old horse barn on the west side of camp). Discuss why we're hoping to use more wind as fuel than fossil fuel.



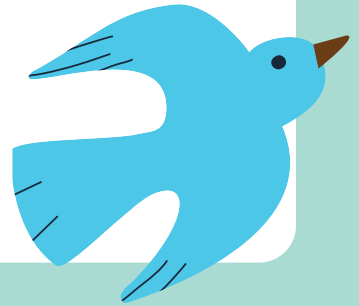
Girl Scout Seniors—Sow What

- Cook out with food grown locally.
- S'mores with a twist—Invent new s'mores or have a s'more off. Whose recipe has the lowest food print?
- Cook using a recipe from "Sow What."
- Have a mystery meal party at camp.
- Make a craft from nature, anything from a pinecone mobile to acorn ornaments.
- Go bird watching at each camp to see if there are different birds at each location. Do pesticides have any effect on the birds at certain camps than at others?



Girl Scout Ambassadors—Justice

- Go bird watching and compare flocks of birds to birds in single flight. What is it like to “fly” together with your friends or go solo?
- Try using the herb sage in a meal you cook at camp.
- Work with each camp to promote recycling. Make sure we don’t add more pollutants into our soil or water. Before you leave for a camp visit *scorecard.org* to enter the zip code of the camp you will be visiting. This site will tell you what environmental justice is in that area.
- Make sure you do not take plastic water bottles to camp. Use reusable bottles.
- Take a nature hike; agree to walk in silence for at least 15 minutes. Observe sights and sounds look for nature thriving despite difficulties.



Congrats on completing the Camp Adventure patch curriculum!

Patches are available at the Girl Scout Shop.

