



Council-Owned Badges

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For Cadettes, Seniors & Ambassadors
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Girl Scouts of Virginia Skyline Council
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Climate Change

Complete two activities in the Skill Builders section, one activity in each of the other three sections, and two other activities in any section you choose.

Skill Builders

- 1) Learn about climate, weather, greenhouse gases, climate change, global warming, the Intergovernmental Panel on Climate Change, fossil fuels, renewable energy, and carbon dioxide emissions. Understand the connections between them all and draw a diagram to show how they all relate. Knowing these connections, discuss why climate change is a problem and what can be done about it.
- 2) Complete a “Discover” activity from the Girl Scout Climate Change Action Guide (coming soon).
- 3) Complete a “Connect” activity from the Girl Scout Climate Change Action Guide (coming soon).
- 4) Invite a speaker from the Climate Project to visit your troop meeting to talk about climate change. If this is not possible, watch a documentary such as *An Inconvenient Truth*, *The 11th Hour*, *Planet in Peril*, or others available for checkout from Girl Scouts of Virginia Skyline Council.
- 5) Visit a local weather station and learn how they determine patterns in climate and weather. How do they measure humidity, temperature, wind speed, and rainfall and make weather predictions?
- 6) Read a book or several chapters about climate change. Below is a list of suggested books, which are all available for checkout from Girl Scouts of Virginia Skyline Council.
 - *50 Simple Steps to Save the Earth from Global Warming*, The Green Patriot Working Group, 2008
 - *Fight Global Warming Now: The Handbook for Taking Action in Your Community*, Bill McKibben, 2007
 - *Fighting for Love in the Century of Extinction*, Eban Goodstein, 2007
 - *Ignition: What You Can Do to Fight Global Warming and Spark a Movement*, Jonathan Isham and Sissel Waage, 2007
 - *Red Sky at Morning: America and the Crisis of the Global Environment*, James Gustave Speth, 2005
 - *The Weather Makers: How Man Is Changing the Climate and What It Means for Life on Earth*, Tim Flannery, 2005
 - *Thin Ice: Unlocking the Secrets of Climate in the World’s Highest Mountains*, Mark Bowen, 2005
 - *Six Degrees: Our Future on a Hotter Planet*, Mark Lynas, 2008
 - *Stop Global Warming: The Solution Is You*, Laurie David, 2006

Technology

- 1) Learn about alternative energy such as solar power, wind power, geothermal energy, and hydropower. How do these technologies help reduce climate change? Find out if any of these technologies exist within your community.
- 2) Play PowerUp, IBM’s new interactive and educational climate change game. Save the planet “Helios” from ecological disaster!
- 3) Go to a department or hardware store to learn about products that are more energy efficient. How will energy efficiency help reduce electricity use and global warming? How could you use these new technologies in your home? If you switched to more energy-efficient appliances and products, how much money and energy could you save? Think about how much less pollution would be created.
- 4) Learn about the United States Green Building Council and Leadership in Energy Efficiency and Design (LEED). What is LEED certification? Either visit a LEED building or research one on the Internet. Learn about why the building is LEED certified and how it helps reduce the impacts of climate change.
- 5) Use the Internet to explore climate change, the Intergovernmental Panel on Climate Change, and the Kyoto Protocol. Read at least three online articles about climate change.

Service Projects

- 1) Participate in the ITSCOOL to Light Up the World Compact Fluorescent Light Bulb Program and Sale.
- 2) Help teach younger girls about climate change and how they can make a difference. You can fulfill this requirement by becoming an ITSCOOL educator.
- 3) Visit the mayor of your city or town or write to other local government officials with suggestions for improving alternative transportation within the community.
- 4) Work to have your school, church, or another community building purchase green power.
- 5) Take the official Girl Scout Climate Change Cadette/Senior Pledge (coming soon). Learn about each action of the pledge, sign it, and submit it to Girl Scouts of the USA.
- 6) Complete a "Take Action" activity from the Girl Scout Climate Change Action Guide (coming soon).

Career Exploration

- 1) Learn about different college majors related to climate change. These could relate to the environment, science, technology, engineering, public policy, community organizing, etc. Talk to a college student in one of these fields.
- 2) Visit a climate change youth advocate group such as Focus the Nation, Step It Up, SustainUS, or the Student Environmental Action Coalition. Talk to a student involved in one of these organizations and find out how it has affected her or his career goals.
- 3) Research people who have made a significant difference for climate change and the environment. How did they get involved in this area? What inspired them? Some examples are Al Gore, Rachel Carson, Jane Goodall, and Olya Melen.
- 4) Shadow a person in the environmental field for the day. See how she or he impacts the environment and works to make the world a better place
- 5) Become an intern at a local environmental group working with climate change. Such organizations include the Climate Project, Sierra Club, National Audubon Society, Kiwanis, Nature Conservancy, National Park Service, World Wildlife Fund, Fish and Wildlife Service, Environmental Protection Agency, and so many more!



Developed by:

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(Approved by board of directors: March 2008)



Hiking the Appalachian Trail



Complete two activities in the Skill Builders section, one activity in each of the other three sections, and two other activities in any section you choose.

Skill Builders

- 1) List what you need to carry with you on a day hike or an overnight hike along the Appalachian Trail and be able to tell why each item is important. Help plan and participate in three day hikes or one overnight hike. Be sure to practice minimal-impact ethics during your hikes. Keep a journal of your experiences.
- 2) Learn about trail nutrition. How much water do you need for your hike? Check *Safety Wise* and know how to purify water for drinking. Plan and prepare a nutritious, well-balanced meal that requires no cooking and no refrigeration. Eat this meal on one of your day hikes. Remember to include emergency rations.
- 3) Know how to give first aid for the following: cuts, scrapes, sprains, bee stings, hypothermia, frostbite, burns, heat exhaustion, and heatstroke. Assemble a small hiking first aid kit to carry with you.
- 4) Carry out an overnight hike. Follow *Safety-Wise* guidelines. Obtain permission for the trip and submit a written plan that describes the route and includes emergency procedures and contact information. Establish group safety rules. Learn the rules of fire building along the Appalachian Trail and practice other minimal-impact camping skills, including proper disposal of trash. Carry the necessary equipment, plan menus, and ensure that you have an ample water supply. Upon your return, evaluate your trip and make appropriate changes before your next outing.
- 5) Identify and record in your journal the names of animals you see along the Appalachian Trail. Sketch and/or photograph them. You may want to carry a field guide to help you. Learn to recognize animal tracks and be able to identify at least three.
- 6) Identify 10 species of trees along the Appalachian Trail. Be able to identify them by leaf, twig, and/or fruit samples. Name the ways each tree is used by humans and/or wildlife. Record these in your journal using photographs, sketches, or descriptions.

Technology

- 1) Design a hike to observe birds. Record the name of each bird, the date and location where it was seen, weather conditions, bird companions, and whether or not this may have been a rare sighting. Find out about binoculars. Which ones are best for watching birds? Practice using binoculars to locate perched birds and birds in flight.
- 2) Use a computer to help you learn how to read a weather map. Be prepared for changing weather with proper clothing and equipment. Two days before your hike, record the weather and try to predict the weather conditions for your hike. Then record the conditions during the trip in your journal and compare them with your predictions.
- 3) Learn how to use a compass with a topographical map. Be able to use these skills on your hike to navigate the terrain. Know how to read the map you will be using on your hike. Learn how a compass is constructed and what to consider when purchasing a compass.
- 4) The Appalachian Trail has a history that includes Native Americans and the Civil War. Using the Internet, find out some of the history of the Appalachian Trail.
- 5) The Appalachian Trail is approximately 2,000 miles long and runs from Maine to Georgia. Connect with another Girl Scout troop either by mail, through the Internet, or in person and share your experiences on the Appalachian Trail. Exchange journal entries, drawings, photographs, videos, etc., of your hikes on the trail.
- 6) Visit an outdoor equipment store or look at the website for one of these stores. Find out about the materials used in packs, tents, sleeping bags, boots, and other outdoor gear, including safety equipment. How has technology helped us to improve the equipment used when hiking?

Service Projects

- 1) Plan and carry out an outdoor skills survival game for a Junior troop or Cadette/Senior troop.
- 2) Contact a search and rescue group. Volunteer to provide service hours or train to become a member.
- 3) Organize a trail maintenance or campsite cleanup effort.
- 4) Take photographs of your hike and organize them in a scrapbook. Donate your scrapbook to a nursing home, rehabilitation center, or childcare center or share it with another troop.

Career Exploration

- 1) Brainstorm careers that involve protecting the environment. Choose three of these careers and find out what skills, education, and experience are necessary for them.
- 2) Design your own outdoor business. Give your business a name, sketch out advertising, develop your products, etc.
- 3) Design a brochure complete with your own photographs, a slideshow, or a video advertising hiking on the Appalachian Trail. Show your presentation to at least two other groups (they may be Girl Scout or community groups). Be prepared to answer questions.
- 4) Discuss with your troop how your interest in outdoor education and survival could direct girls toward a different path (such as writing, photography, teaching, research, business, medicine, law enforcement, or sales) and invite someone in one of these fields to speak to your troop.
- 5) Research the latest techniques used by firefighters in fighting wildfires. Invite a firefighter to speak to your troop or visit the local fire station. Find out what training is necessary to become a firefighter.

Resources:

www.appalachiantrail.org/about/history/index.html

www.aldha.org/advice.htm

www.patc.net/index.html

www.fred.net/kathy/at.html



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