



Summer Day & Evening Camps 2020 July 6-17 Activity Packet

Happy summer! We hope these activities will add some camp magic to your summer days. Now, get started creating your own camp adventure!



Virtual Camp - Weekly Live Sessions

Join the Camping Department every week through August 14 for free live virtual events! Every Tuesday at 11 AM we'll hold a live virtual event for Girl Scout Daisies, Brownies, & Juniors. Every Thursday at 4 PM we'll hold a live virtual event for Girl Scout Cadettes, Seniors, and Ambassadors. Visit

www.gscnc.org/en/council/about-us/girl-scouts-at-home.html#Camping

every Thursday to find registration information for the next week.



Special Event! Girl Scouts Nation's Capital's Virtual Campout

Join the Camping Department for a free virtual evening of camp fun for your whole family on Saturday, July 11th from 4 PM - 9 PM! For more information and how to register, visit

www.gscnc.org/en/council/about-us/girl-scouts-at-home.html#Camping.

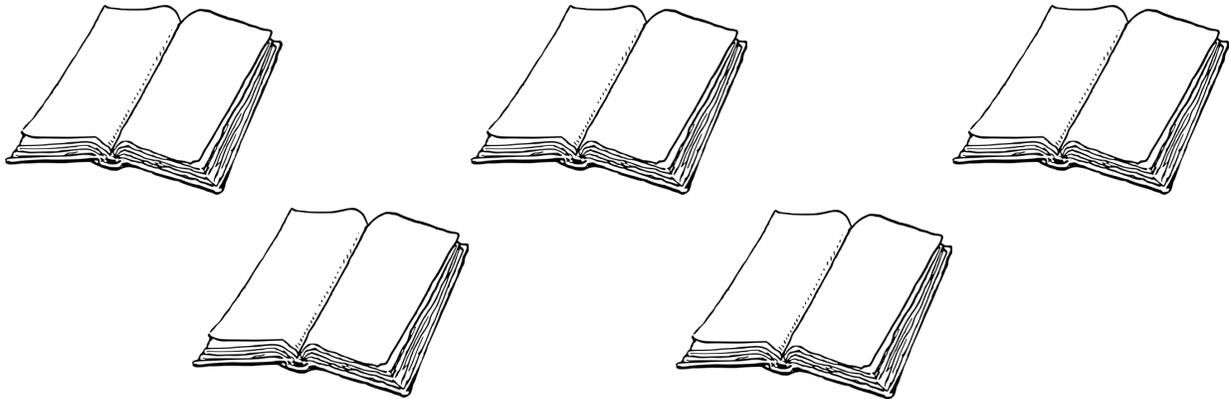




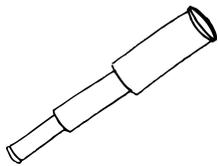
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Activity 1: Reading Tracker

Summer is a great time to curl up with a book and read, especially on super hot days. Challenge yourself to take some time for five days to read for at least 30 minutes. Each time you complete a reading session, color in a book below. For more fun, share your reading recommendations with a friend or draw a character, place, or object from the book you read!



Activity 2: Explore the Night Sky



Get ready to find two planets in the night sky this month! On the night of July 14th, Jupiter will reach opposition with the sun - the closest it gets to Earth during its orbit around the sun. You'll be able to see Jupiter above the southern horizon and it won't blink like a star. Then, on the night of July 20th, Saturn will also reach opposition with the sun and there will be a new moon. Saturn, to the left of Jupiter, will be very clear to see due to the new moon. If you want to see more constellations or you can't get outside to look at the night sky, check out a free computer planetarium at <https://stellarium.org> or download a July 2020 night sky map: <http://www.skymaps.com/downloads.html>

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Activity 3: First Aid & Leave No Trace Fortune Tellers



First Aid and Leave No Trace are both important to learn about before going camping, so that you can be prepared to enjoy nature safely and responsibly. Download and print the [First Aid Fortune Teller](#) and the [Leave No Trace Fortune Teller](#). See if you can memorize all seven Leave No Trace Principles and become an expert on First Aid!



Activity 4: Madison's Messages

Yoga is a great way to destress. Join Girl Scout Senior Madison (aide at Camp Claude Moore and Camp Summer Magic) to learn about and try yoga and meditation. Visit <https://bit.ly/MadisonsMessagesYoga> to see all her classes. Help Madison earn her Take Action project by submitting a photo of you following along with her videos to khancock@gscnc.org.



Activity 5: Ice Cream in a Bag

One of the best summer treats is ice cream - and making it yourself is half the fun because it involves science! We'll be combining salt and ice to chill and make our ice cream.

Why do we add salt, though? Salt lowers the freezing point of ice, which is why salt mixtures are added to roads and sidewalks to prevent snow from turning into ice. By lowering the freezing point, it helps the ice and ice cream mixture get colder faster. For more fun - become an ice cream scientist and try adding different amounts or types of salt to find out what makes the best ice cream in a bag!





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Ice Cream In A Bag Recipe

Ingredients: 1 cup half and half (or a dairy/lactose free milk), 1½ teaspoon vanilla extract, 1 tablespoon sugar, ice, ¼ cup salt (rock salt works best for ice cream in a bag because it comes in larger pieces, so it takes longer to dissolve than table salt)

Supplies: 1 large plastic bag, 1 small plastic bag, and duct tape. Strong plastic bags work best for this, such as freezer bags. You might also want to have gloves/mittens or a large bucket or pot for shaking the ice cream.

Directions

1. First, prepare the ice cream mixture. In the small plastic bag, combine the half and half, vanilla extract, and sugar. Seal the bag, and then seal the opening again by using duct tape.
2. In the large plastic bag, add a handful of ice and the salt. Place the entire duct tape-sealed small mixture bag into the large bag. Add another handful of ice on top. Seal the larger bag and reinforce it with duct tape.
3. Shake the large plastic bag for at least 6 minutes. You can use gloves to hold it, because it will make your hands cold, or toss it back and forth with another person. You could also put the large plastic bag inside a bucket or pot and shake that.
4. After 6 minutes, remove the smaller mixture bag from the larger ice bag. You can cut the large bag open with scissors, but be sure to not open the smaller mixture bag just yet. Before opening the smaller mixture bag, gently rinse the bag in cold water, especially near the opening, or wipe with a damp paper towel to remove any salt. Open the small mixture bag and split the ice cream into two bowls.
5. Add any toppings like sprinkles or chocolate chips, and enjoy!