



## Daisy Trail Adventure



## Badge Overview

Through earning this badge, Daisies will learn how to go for a jog in their neighborhood or play hiking games on an urban hike.

## Badge Components

### 1. Choose your adventure

Will it be a neighborhood jog or some hiking games on an urban hike?

- Act out both jogging in the neighborhood and a hiking game such as a color hike looking for colors then decide which is the right adventure for you.

### 2. Prepare for your adventure

Whichever you choose, you will need to prepare the same way for your adventure. When you hike, you should always have a first aid kit, water, and a snack.

- Create a hiking pack for your adventure.
- Secondly, you should always warm-up and stretch before exercising.
- Take a look at this [video](#) for some basic stretches.

### 3. Go on your adventure!

Go on your adventure. Time to go for your jog around the neighborhood or urban hike with a game. Your hiking game could be I Spy, looking for colors, or looking for things that start with each letter of the alphabet. Most important, have fun!

## Materials

- Access to internet
- Hiking supplies

## Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

**Click here** for more information on how Girl Scout Badge-work supports Florida's educational standards.



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