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.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at [https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL](https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL) and we’ll ship it for free.

We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org. Include her name, troop# and the name of the badge she’s working on and we’ll feature her.

Questions? Contact [customercare@gssef.org](mailto:customercare@gssef.org)