girl scouts of southeastern michigan

Girl Scouts At-Home Pillar Challenge: Life Skills

From May 1 to June 30, complete the number of activities for your Girl Scout level to earn a patch.

BE ACTIVE:

- ❑ Make a simple indoor exercise routine with 3 exercises
- ❑ Play with a pet
- ❑ Find three different shapes on a walk down your street
- ❑ Practice what to do if you have a cut, burn, or frostbite
- ❑ Pick a new skill to practice and practice daily for one week
- ❑ Organize something in your room that wasn't organized before
- ❑ Learn a new dance
- ❑ Make a relay race in your yard for your family to compete in
- ❑ Go for a walk in your neighborhood
- ❑ Make a map of your neighborhood
- ❑ Wash and fold the laundry
- ❑ Practice taking photos around your home with different light sources and subjects

CREATE:

- ❑ Make a piece of art using reused objects
- ❑ Learn how to make 2 healthy snacks
- ❑ Make a toy
- ❑ Make a bliss box full of things to cheer you up when you're feeling sad or unhappy
- ❑ Make a list of your values
- ❑ Make lip gloss
- ❑ Make an indoor garden
- ❑ Learn how to make your favorite breakfast
- ❑ Make a family portrait by drawing, collaging, or sculpting
- ❑ Make your own cleaning spray
- ❑ Create a resume, using experiences you have had in Girl Scouts

BE HELPFUL:

- ❑ Make an emergency plan with your family in case of a natural disaster
- ❑ Find out where your family keeps first aid supplies. Is there anything you need to add?
- ❑ Make a chore chart for your family
- ❑ Grocery shop for your elderly neighbors
- ❑ Send well wishes to a hospital for patients or staff
- ❑ Call a loved one to say hello
- ❑ Do a nice thing for a neighbor
- ❑ Do a nice thing for someone in your family
- ❑ Write a thank you letter to your troop leader and co leader
- ❑ Pick up litter in your neighborhood
- ❑ Water your lawn or garden
- ❑ Read a book to someone

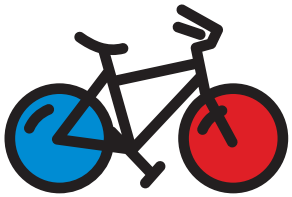
girl scouts of southeastern michigan

Girl Scouts At-Home Pillar Challenge: Life Skills

From May 1 to June 30, complete the number of activities for your Girl Scout level to earn a patch.

LEARN:

- ❑ Find something broken in your home and learn how to fix it
- ❑ Learn how to sew a running stitch, blanket stitch, or zigzag stitch
- ❑ Practice breaking a bad habit
- ❑ Sew a button on a piece of clothing
- ❑ What is your most valuable belonging? Learn how to take care of it over the course of its life so you can keep it in the best condition
- ❑ Learn how to inflate a bicycle tire and practice
- ❑ Learn what 5 different street signs mean
- ❑ Find out what kinds of regular maintenance a car needs
- ❑ Find a way to make a regular chore easier
- ❑ Keep a sleep journal for one week. Was there anything you did that made you sleep better?
- ❑ Keep a happiness journal for one week. What things make you happier?
- ❑ Create a family history tree
- ❑ Set the table for family dinner
- ❑ Learn to fill out a job application
- ❑ Learn the basis of insurance (car, rental, medical, etc.)
- ❑ Make an edible campfire
- ❑ Learn the different laundry symbols mean and then practice
- ❑ Learn what 3 basic tools do
- ❑ Learn how to put out a fire



NUMBER OF ACTIVITIES REQUIRED PER GRADE LEVEL					
Daisy	Brownie	Junior	Cadette	Senior	Ambassador
20	25	30	35	40	45