



## **Take USA Girl Scouts Overseas' #usagsooutdoors Challenge!**

### **Week 1: Go the Distance**

In celebration of the great outdoors, Girl Scouts is excited to host four weeks of exciting outdoor challenges in July. Follow along, have fun, then make sure to share your photos on Instagram using the hashtag #usagsooutdoors for a chance to win an awesome prize.

Girl Scouts will take you far in life, but how far you go during this week's outdoor adventure is totally up to you! The point is to get outside, breathe that fresh air, and have fun with friends and family. To participate, choose one of the activities below, set a goal for yourself, then get moving!

#### **July 1-7:**

##### **Go on a discovery walk or hike.**

Whether you take an after-dinner stroll around your neighborhood with your family or hike to the highest point in your area with friends, take the time to really look at your surroundings and appreciate the world around you. Bring a notebook to jot down details you'd like to read more about online when you get home. Maybe you can figure out what kinds of trees are planted on your street, or learn the name of a bird you encountered on your excursion.

##### **Run like the wind.**

Did you know that working up a sweat can actually boost your mood? It's true! Lace up those sneakers and hit the track or even just take a few laps around your block. There's no need to be the fastest or go the farthest—just put one foot in front of the other at your own pace. If it's especially warm where you live, try running in the morning or in the early evening before sunset.

##### **Get rolling.**

Hop on a bike, strap on some rollerblades, or hit the skate park with your board for an awesome afternoon out. Want to share the fun? Bring along a friend or younger family member who's been wanting to learn how to ride or skate.

**Don't forget to share pics of your adventure on Instagram with the hashtag #usagsooutdoors!**

For more great times, check out all the you can earn as a Girl Scout at [https://www.girlscouts.org/en/our-program/badges/badge\\_explorer.html](https://www.girlscouts.org/en/our-program/badges/badge_explorer.html) !