

Bonn Troops -

Bring your completed **#hitpause** points sheet to the Ice Cream Social in August and receive your fun patch.

Moving from Bonn this summer?

Located outside the Bonn area?

Want to purchase our fun patch?

Contact: [bonngstroop05@gmail.com](mailto:bonngstroop05@gmail.com)



## Meet Troop 05!

We are a group of Overseas Girl Scout Cadettes in Bonn, Germany. The girls in our troop represent five different nationalities.

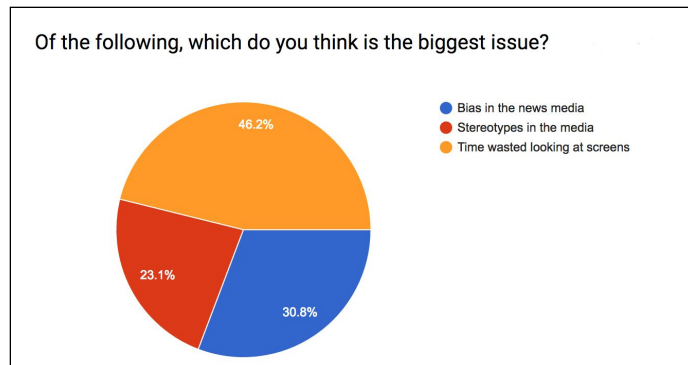


Bonn Troop 05 at Beethoven's House



We are working on our MEdia Journey and created this fun patch program to influence and inspire people to spend more of their free time without technology.

To learn what people's main concerns about technology are, we sent out a survey to our parents, friends, teachers, and classmates. This was just one of the questions:



Using the information from our poll, we realized the biggest concern of the people we surveyed was the amount of time that is wasted looking at screens. From this data, we decided to create a fun patch program and compiled this booklet to give you ideas of ways to spend your time offline.

## ANNA

One of my favorite activities to do offline is to bake. It's fun and easy, plus you have a great treat to eat at the end.

- First, find a recipe you like (an easy chocolate chip cookie recipe is listed down below).
- Then, find all the ingredients you need.
- After that, start mixing and baking.
- Lastly, enjoy the awesome treat you have created!

Here is a recipe for my all-time favorite chocolate chip cookies:

## Ingredients

- 1/2 c. butter, melted
- 3/4 c. brown sugar
- 3/4 c. sugar
- 2 eggs
- 1 t. pure vanilla
- 1 (12-ounce) bag chocolate chips
- 2 1/4 c. flour
- 3/4 t. baking soda
- 1 t. salt



## Directions

Mix the sugars, eggs, butter and vanilla together. Stir the flour, baking soda and salt together in another bowl. Add the dry ingredients to the wet ingredients; stir with wooden spoon. Mix in the chocolate chips or chunks.

Scoop tablespoons of the dough, and with damp hands, roll into balls then space cookies about 2-inches apart on baking sheet. Bake at 375 degrees, 12 to 16 minutes. Cool & serve.



## SHAMIN

My favorite outside activity is waveboarding. I love to wave downhill and feel the wind in my hair.



### Important things to remember:

- Always wear proper shoes, like sneakers to have more grip so you don't slip off the board.
- If you are a beginner, start with something in front of you (like a wall) so if you fall you can lean forward and catch yourself.
- The best ground to waveboard on is flat and smooth to prevent your wheels hanging up on stones and cracks.

### Ready to go?

Your board is like a car: the front, pointy part is your steering wheel and the back, larger part is your gas.

Aim the front, pointy part of your board in the direction you want to move.

Step onto the board.

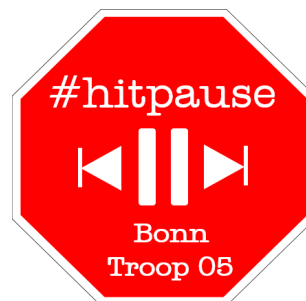
Move your feet to the front and back in the motion of a wave.

Continue the wave motions, and you should now move forward.

As you are more sure of what you are doing, try it without something in front of you.

If you feel like you are falling, remember to stand up straight.

When you want to stop, lean forward and jump off - but watch where you are jumping!



The lasting impact we hope to have is that when you finish this fun patch program, you will continue to participate in non-screen activities. Our goal is to influence you to spend less time on technology and more time with friends and family doing fun activities like those we propose in this booklet.



### Try making a “Talking Pillow”!

Repurpose an old graphic t-shirt into a pillow.

Turn the t-shirt inside out.

Cutting through both layers, trim into your desired shape -

Remember to cut 1 cm bigger than your final size.

Stitch 3 ½ sides together.

Turn right side out.



Fill with stuffing.

Then stitch the opening closed.

## OLIVIA

My favorite thing to do that doesn't involve a screen is knitting. I first learned to knit about 7 years ago and I still knit a lot! It's very easy to learn to knit and it's really fun once you get the hang of it! You just need yarn and needles. Use the tutorials at this site to learn how to knit: <https://tinyurl.com/knit-tutorial>

This pattern is one of the simplest and coolest I've found:

<p><b>Mini Elephant</b></p>  <p><b>Size:</b> Approx. 2.5 inches long.</p> <p><b>Materials:</b> 2.75mm needles Oddments of double knitting yarn in light blue, and some black to embroider the face Darning needle Polyester stuffing</p> <p><b>Gauge:</b> 7 sts and 10 rows to 1 inch, or close to this. You want nice tight knitting that the stuffing won't show through.</p> <p><b>Glossary:</b> k - knit; p - purl; st(s) - stitch(es); st-st - stocking stitch; kfb - increase by knitting into the front and back of the next st; k2tog - decrease by knitting the next 2 sts together; kfbf - increase by 2 extra sts by knitting into the front and back, and then front again of the next st; yrn - yarn round needle.</p> <p><b>Body and Head:</b> Using light blue, cast on 10 sts. Row1: (kfb) into every st - 20 sts. Row2: p Row3: (kfb) into every st - 40 sts Rows 4-26: st-st, beginning p (23 rows) Row27: (k2tog) to end - 20 sts. Row28: p Row29: (k2tog) to end - 10 sts. Rows 30-46: st-st, beg p (17 rows) Row47: (k2tog) to end - 5 sts. Break off a long length of yarn, thread through the remaining sts, pull up tightly and fasten off. Seam row edges, leaving about 1 cm open at the cast on edge. Stuff body and head firmly. Close remaining seam. Gather round cast on sts, pull up tightly and fasten off.</p>	<p><b>Legs (make 4):</b> Using light blue, cast on 14 sts. Rows 1-6: st-st, beg k Row7: (k2tog) to end - 7 sts. Break off a long length of yarn, thread through remaining sts, pull up tightly and fasten off. Seam row edges. Stuff well. Position 4 legs on base of body, taking care to ensure that lion can stand unaided, and sew in place.</p> <p><b>Ears (make 2):</b> Using light blue, cast on 16 sts. Row1: k Rows 2-5: st-st, beg k Row6: (k2tog) to end - 8 sts. Break off a long length of yarn, thread through remaining sts, pull up tightly and fasten off. Position ears on head with row edges touching the head, using photo as a guide, and sew in place.</p> <p><b>Tail:</b> Using light blue, cast on 16 sts. Cast off. Sew one row edge of tail just above the gathered cast on sts at the back of the body. Sew a few loops to the other end of the tail using yellow yarn.</p> <p><b>Face:</b> Use black yarn to embroider two eyes, using the photo as a guide for placement.</p> 
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## NATALIE

One of my favorite hobbies is gardening.

All plants are different, so if you have never gardened before here are some easy plants to grow:

- Tomatoes
- Peas
- Nasturtiums
- Sunflowers
- Bulb flowers
- Herbs

Herbs are probably the easiest since you can grow them inside in a window or outside in a garden or a pot.

When planting herb seeds, like basil, spread out the seeds in a pot of soil until there is a small, even layer. Cover the seeds with about ½ cm of dirt. Keep the pot in a warm place and water daily until the seeds sprout, then keep them in a sunny area with daily watering. Use the leaves whenever you want.

Once the herb has died out, you can sprout more seeds and repeat the process all year round. Be sure to read the seed packet to follow specific details about that type of herb.





## ILLONA

I like drawing because it calms me down and makes my creativity flow. Drawing makes me happy.

Try some of these ideas:

- Try drawing on different surfaces - a paper plate, a paper towel, styrofoam, permanent markers on foil, white crayon on black paper....what else can you find?
- Get a paper towel tube and look through it - draw an extreme close up of something you see: your shoe, a favorite toy, a table leg, or a plant. Have your family guess what it is.
- On a LARGE paper, trace your hands and feet, then make a self-portrait. You'll look like you are flying backwards. Where are you? Add a background.
- Fill an entire page with a drawing of an empty jar. Think about what you would keep in a jar and draw your idea(s) inside it.
- Draw something using only straight lines.
- Use an inkpad or washable marker to make fingerprints. Turn your fingerprints into characters or objects.
- Draw your own special birthday cake!



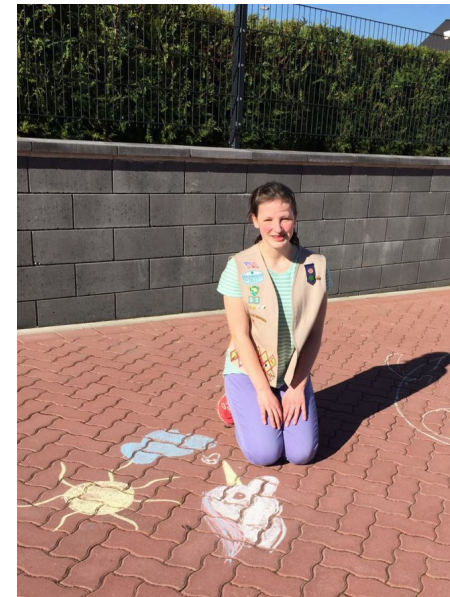
Let your creativity guide you!

## ELEN

I like to draw on the sidewalks in the spring/summer. All you need is some chalk. It's really easy and fun to do because you can just let your imagination take over.

Have a friend over and you could draw together or draw each other.

I picked this activity because I love to just sit on the sidewalk and colour it. It always makes it look prettier and more interesting.



Try drawing some of these things:

- The weather
- Your favorite animal
- Your favorite book character
- Create a background and make yourself part of the picture!

## #hitpause

Put down your electronic devices and try some of these ideas.



SUGGESTED ACTIVITIES	POINTS POSSIBLE	POINTS EARNED
Write an article or story	50	
Write a letter to somebody you look up to	50	
Read a book	50	
Bake a treat and share	50	
Clean something (closet, room, garage, etc.)	50	
Make a craft and give it to someone	50	
Volunteer in your community	100	
Cook an international dish	50	
Spend 8 daylight hours outside	100	
Build a fort and camp out	100	
Play board games	50	
Check out a "how to draw" book from the library and practice	50	
Make a friendship bracelet	50	
Create sidewalk chalk art	50	
Climb a tree	50	
Shoot baskets	50	
Visit a museum	100	

Play a new sport	50	
Tell stories around a campfire	50	
Make a new friend	100	
Build a kite and fly it	50	
Take care of a plant	50	
Research your family history and make a family tree	100	
Have a family game night	100	
Spend time with a special family member	50	
Make a meal for your family	50	
Earn a Girl Scout badge	100	
Make breakfast for your parents	50	
Go to the zoo	100	
Make up your own tech-free activity	50	
Blow bubbles	50	
Go on a picnic	100	
Take a family bike ride	100	
Go to the park	100	
Draw a picture	50	
<b>TOTAL</b>		

**Earn 500 points and earn the fun patch!**

Questions? Want to purchase a fun patch? Contact: [bonngstroop05@gmail.com](mailto:bonngstroop05@gmail.com)