















# Girl Scouts of Silver Sage Rise and Thrive Challenge

Girl Scouts of Silver Sage challenges girls, their families and friends to stay active during this difficult time! Participants who do 25 of the 50 activities below, complete this form and turn it in will receive a Rise and Thrive Patch! Every member of the family that participates will earn this fun patch and a family certificate! Not a Girl Scout? Not a problem!

Participate in these fun activities with your whole family!

**Activities with a symbol represent steps towards completing Girl Scout Badges:**

 = Brownie My Family Story |  = Junior Digital Photographer |  = Junior Simple Meals |  = Senior Cross Training |  = Ambassador Dinner Party |  = Cadette New Cuisines |  = Daisy Mechanical Engineering Board Games

Create a family tree 	Engineer paper airplanes and have a contest	Create cards for loved ones	Skype a friend or family member that doesn't live with you	Create a pillow fort
Have family movie night	Learn how to make an origami crane	Make slime	Read a book as a family	Have a fashion show
Do the pepper germ experiment ( <a href="#">click here</a> )	Play a board game as a family	Prepare dinner together 	Have a picnic on the living room floor	Learn the Idaho State Song
Make homemade French fries	Go on a virtual museum tour	Create melted crayon art ( <a href="#">click here</a> )	Do yoga in your living room 	Create a menu for a dinner party 
Check/Learn to check a car's oil	Create a family dance	Play hide and seek	Learn and perform magic tricks	Collect and paint rocks
Take a nature walk	Dish up s'mores in the microwave	Play minute to win it games	Host show and tell	Color together as a family
Play Mad Libs	Make your own play dough	Learn to knit or crochet	Invent your own board game 	Design a scavenger hunt for your home
Set up a donation box and fill it	Play dress up and perform a play	Whip up a dinner dish from another country 	Plant an indoor or outdoor garden	Create chalk art on the sidewalks
Take silly family photos 	Design a sculpture out of recycled materials	Write a kind note to a family member	Come up with a new washing hands song.	Learn a greeting in 5 different languages
Draw and put together a flipbook	Create a collage with magazine pictures	Build a volcano and make it erupt	Play charades	Camp in your backyard



  
girl scouts  
of silver sage

**Challenge Runs March 23<sup>rd</sup> through May 31<sup>st</sup>**

Are you a registered Girl Scout?    Yes        No        If yes, Troop # \_\_\_\_\_ SU # \_\_\_\_\_ GS Level \_\_\_\_\_

How did you hear about the Rise and Thrive Challenge? \_\_\_\_\_

First & Last Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Phone Number \_\_\_\_\_ City \_\_\_\_\_ School \_\_\_\_\_

How many patches do you need for your family? \_\_\_\_\_

Form must be completed in full to receive patch

All participants in the Girl Scouts of Silver Sage Council area will receive this patch for FREE

All other participants [click here](#) to purchase the patch

All activities should be completed under close adult supervision

and with attention to safety of participants. Completed forms  
due no later than **June 8<sup>th</sup>, 2020.**

Turn in forms [here](#) or at [program@girlscouts-ssc.org](mailto:program@girlscouts-ssc.org)

