Senior Trail Adventure Badge—Meeting 2

**Badge Purpose:** Seniors begin preparing for a 3-mile trail run or a trail hiking challenge that includes a trail covering significant elevation challenges, a trail covering a great distance, and a trail on a new type of a terrain.

**Activity Plan Length:** 1.5-2 hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 minutes</td>
<td>Getting Started</td>
<td>□ (Optional) Girl Scout Promise and Law poster</td>
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<tr>
<td></td>
<td>• Girls recite the Girl Scout Promise + Law</td>
<td>□ (Optional) Girl Scout Daisy song lyrics poster</td>
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<tr>
<td>15 Minutes</td>
<td>Warm-up</td>
<td>□ none</td>
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<tr>
<td></td>
<td>• Girls warm-up their bodies to prepare for their trail adventure</td>
<td></td>
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<tr>
<td>Time Varies</td>
<td>Trail Adventure Hike</td>
<td>□ Anything needed for the girls' outdoor adventure (water bottles, sun protection, etc.)</td>
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<td></td>
<td>• Girls explore and hike</td>
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<tr>
<td>20 Minutes</td>
<td>Senior Trail Adventure Award</td>
<td>□ Senior Trail Adventure badge, one for each girl</td>
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<tr>
<td></td>
<td>• Girls receive their Trail Adventure Award</td>
<td></td>
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</tbody>
</table>

**Note to Leaders/Adults**

Girl Scouts River Valleys has developed in-person meeting and activity guidance for troops and service units in the midst of COVID-19. We understand that allowing in-person meetings and events to resume may bring up many emotions. Some may feel excited and ready to get back together, while others may not feel as ready, but we empower you to connect with your families and volunteers to decide what is best for you and your group. Be sure to review Girl Scouts River Valleys’ In-Person Activity Guidance before any troop meeting or activity, available on our Coronavirus (COVID-19) Updates page.

During all activities, girls and adults should maintain physical distance (at least six feet) from each other. You can mark spots for each girl using tape, cones, hula hoops, etc. Be sure to follow mask guidance from Girl Scouts River Valleys and any state/local mask requirements.

It is best if troop members do not share materials and supplies. If the troop provides the materials, bring enough for each girl to use or own or sanitize between uses. You may also choose to have girls bring materials from home (ex: bringing their own pencils and markers).

Girls will need to go on a trail run or day hikes in order to earn this badge. Make proper accommodations prior to working on this badge.

**Welcome**

Time: 15 Minutes
Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

**Activity #1: Warm Up!**  
Time: 20 Minutes

Badge Connection: Step 4 – Set a goal and train for your adventure

1. Find an open space when you arrive at your hiking/backpacking/trail run location.
2. Stand in a large circle and have each person take turns leading a warm-up exercise.

**Activity #2: Trail Adventure**  
Time: Time Varies

Badge Connection: Step 5 – Go on your outdoor adventure  
Materials Needed: Anything needed for the girls' outdoor adventure (water bottles, sun protection, etc.)

1. Go on your trail adventure!
2. As you go on your trail adventure, take breaks every 15-20 minutes for water.
3. Halfway through your trail adventure, take a snack and reflection break.
4. During your reflection break, have everyone participate in a 10-minute solo sit.
   a. Girls should be spread out by themselves but close enough to the group that you can appropriately supervise them.
   b. The solo sit should be silent (or as silent as possible) and encourage everyone to focus in on their senses in the surroundings. What can you hear? What can you see? What can you smell? What can your touch near where you are sitting?
   c. Girls may also use their Adventure Journal for reflection during the solo sit.
   d. After the solo sit is complete, have the group come together while still maintaining 6 ft a part. Ask the group about their senses and what they noticed.
5. Continue your hiking adventure stopping for breaks as needed for hydration, rest, and exploration.

**Wrapping Up: Senior Trail Adventure Award**  
Time: 20 Minutes

Materials needed: Senior Trail Adventure badge, one for each girl

1. Gather in a circle to receive their Senior Trail Adventure badges.
2. As a group discuss the following debrief questions:
   a. What did you find the most challenging?
   b. Did you accomplish your goal? If so, do you have a new one you want to try?
   c. What did you like most about earning this badge?
   d. Talk a little bit about the girls' specific experience, noting anything that stands out—particularly any challenges they overcame or personal growth you observed. Make sure each girl has a chance to talk about her experience.
3. Congratulate the girls on earning their Senior Trail Adventure badge, and hand one badge out to each girl.