



Walk this Way Patch Program

An At-Home Patch Program

Girl Scouts of California's Central Coast Walk this Way Patch Program



- This patch program provides girls, troops, and families a fun and interesting way to engage in the health benefits of an active lifestyle. Walking is the simplest form of exercise and it is right at our feet! “Walk this Way” and join other girls, troops, and families as they virtually walk from the Girl Scouts of California’s Central Coast (GSCCC) headquarters in Ventura to the birthplace of Juliette Gordon Low in Savannah, Georgia.

The patch program is for Girl Scouts of all levels and their families. The patch is for girls only.

- This is already a “Council’s Own Patch”
 - This variation has been modified for at-home programming.
- Everyone must complete the first 5 activities.
 - Daisies and Brownies must complete 2 additional activities from the list below.
 - Juniors and Cadettes must complete 3 additional activities from the list below.
 - Seniors and Ambassadors must complete 4 additional activities from the list below.

Program Outline:

Everyone must complete the following 5 requirements:

1. Set a monthly walking goal for yourself, your troop, or your family. How many steps/miles will you commit to reaching? (The walking can be done around your house, yard, neighborhood, etc.) For example: if your goal is to walk at least 4, 000 steps in a day, after 30 days this would be 120,000 steps, You would be 60 miles closer to Juliette Gordon Low's hometown, Savannah, Georgia.

What is your monthly goal? _____

2. Research stretching exercises that you can use before walking. Find at least three you can do easily each time before you walk.

What exercises will you do? _____

3. Research the health benefits of walking. Discuss these with your troop and/or family.

Which benefit do you think will help you the most? _____

4. Review the route you would take to get to Juliette Gordon Low's house in Savannah, Georgia. Locate and research two stops along the way that you would enjoy exploring.

What are those locations? _____

Why are they of interest to you, your troop, or your family? _____

5. Research the area around Juliette Gordon Low's birthplace. Find two things you, your troop, or your family would like to do while in Savannah that you could walk to from Juliette Gordon Low's birthplace.

What are those activities? _____

How many steps will you take to get to those locations? _____

Additional Activities

Daisies and Brownies must complete 2 additional activities from the list below.

Juniors and Cadettes must complete 3 additional activities from the list below.

Seniors and Ambassadors must complete 4 additional activities from the list below.

1. Create a step tracker poster to show how far you, your troop, or family have traveled. Get creative! Use a map of the U.S. and show others the route you, your troop, or your family traveled and where you stopped on your way.
2. Challenge yourself, take a hike somewhere new. **(Make sure to follow CDC guidelines for social distancing)**
3. Convince a family member to join you on this walking challenge.
4. Walk somewhere and have a picnic with your family.
5. Have a family member create a scavenger hunt of things that can be found around the house, inside and out. As you are completing the scavenger hunt count how many steps it takes to find each item and record your results.
6. Participate in a virtual “race” <https://www.virtualstrides.com/races/>
7. If possible, take at least 4 walks with your family in one week. Track your steps on each walk, did the step total surprise you? How many times would you have to complete that route to equal a mile?
8. 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, 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 later 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.

Thank you for completing this patch program, now please visit

<https://www.cognitofoms.com/GSCAsCentralCoast/GSCCCWalkThisWayPatchProgram> **to fill out a form and then purchase your patch here:**

https://girlscoutsgccc.doubleknot.com/orgstore/store/store_viewitem.asp?idProduct=43041&prom
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