

Frosty Fun

Got the winter blues? Think it's too cold to go outside? With this badge you can find tons of things to do this winter with your family and friends.



1. Dress Cool

Hold a fashion show to demonstrate a "cool" way to dress for the winter. Make sure the outfits show the proper way to layer clothing. Include fabrics that help you stay dry and items that protect the head, face, hands, and feet from the cold.

2. Snow Sculptures

Did you know that you can make wonderful snow sculptures by using different things to mold the snow? Try cookie cutters, margarine tubs, juice cartons—anything that will leave a shape in the snow. Show off your masterpiece, or have a snow sculpture contest with friends and family.

3. Flaky Fun

Are all snowflakes different? Find out by doing the following: Collect snowflakes on black cloth or paper, then take a close look at them with a magnifying glass. Show what you have learned by drawing at least six different snowflakes or by cutting their shapes out of paper.

4. Snow Painting

You don't need paper to paint in the winter—snow works just fine!

What You Need

- A plastic squeeze or spray bottle for each color
- Bottles of food coloring
- A refrigerator (optional)

What You Do

1. Fill each spray bottle with cold water.
2. Place a few drops of food coloring in the bottles (one color in each bottle). The more drops you add, the darker the color will be.
3. Place the spray bottles in the refrigerator to chill or leave outside for a few minutes. The water has to be cold so that it won't melt the snow.
4. Spray the colors on the snow to create your snow painting.



5. Serious Fun

Learn about hypothermia (low body temperature) and frostbite. For each condition, learn how to recognize it, avoid it, and how to help someone who has it. Using what you have learned, find a way to teach younger Girl Scouts about both conditions.

6. Snow Detective

Find three different animal tracks in the snow and figure out which animals made them. Can you tell what they were doing by the clues left in the snow?



7. Snow Travel Savvy

Prepare a snow-storm emergency kit to keep in your family's car during the winter. You'll need:

- Package of kitty litter or sand—this can help a tire move off snow or ice
- Shovel
- Flashlight with fresh batteries
- Sleeping bags or blankets to keep warm
- Food that won't spoil, such as crackers, granola bars, and peanut butter
- Matches in a waterproof container
- Candles to melt snow (have an adult help you)
- Clean can in which to melt snow
- Piece of brightly-colored cloth (such as a red bandana) to tie to the antenna

What else should you include? If your family has a cellular telephone, be sure its batteries are fully charged before you head out.

8. Ice Safety

Outdoor ice-skating, ice hockey, or ice fishing can be loads of fun if you do it safely. Before you walk onto a frozen pond, find out:

- How deep the ice must be for the activity you want to do
- How to dress
- What to take with you
- What to do if someone falls through the ice

To answer these questions, arrange to have someone from your local parks or fire department do an ice safety and ice rescue training for the girls in your troop.



9. Be a Sport

Keep in shape in the winter by learning and practicing a new winter sport, such as figure skating, snowshoeing, cross-country skiing, or snowboarding. Learn:

- What equipment you'll need
- How to choose the equipment for your size and skill level
- Three basic skills

Practice your chosen sport at least once a week for two to three weeks.

10. Natural Insulation

How do harbor seals, walruses, and polar bears keep warm in icy waters? They have a layer of blubber, or fat, that keeps them warm. Prove that fat can insulate by doing this:

- Place the same amount of water and ice cubes into two same-size containers.
- Thickly coat one finger of one hand with something that has a lot of fat, such as vegetable shortening or peanut butter.
- Place the fat-coated finger into one container of ice water. Now place a clean finger from your other hand into the other container of ice water for a few seconds. Which finger feels cold first?