

MAKE THE EARTH A BETTER PLACE

Girl Scouts San Diego Eco Patch Challenge



Earth is a place of many wonders from vast oceans to little beautiful butterflies. Getting out to explore natural spaces is fun, educational, and healing. But who will lead the way in healing our planet? Girl Scouts!

Take the **Make the Earth a Better Place Patch Challenge** by choosing activities from the list below. You can take action in nature, around town, in your own home, or virtually! Share your achievements using hashtag #ecochallenge to inspire others.

Learn about [composting](#) with the Solana Center.

Create your own worm or [compost bin](#).

[Start a new plant](#) from food leftovers or scraps (e.g., avocado, pineapple, onion, tomato).

Plant an [herb garden](#).

Make [your own pesticide](#)—one that is safer for the Earth than store products.

Concoct a homemade, natural weed killer with this recipe:

- 1 gallon white vinegar
- 1 cup salt
- 1 tablespoon liquid dish soap

Plant a tree.

Support local farmers by shopping at a farmers market or signing up for a community-supported agriculture (CSA) box.

Grow something you can eat.

Catch your home's "energy vampires."

Make an informed purchase: is there a product better for the Earth? Do you really need it?

Have a toy or book exchange.

Check your [recycling](#). Are the right things going in? Find out what's recyclable in your area.

Make your own [reusable grocery bags](#) from reclaimed materials (e.g., plastic, fabric, paper).

Opt for reusable water bottles instead single-use plastic ones.

Planning a party? Decorate without using single-use party décor items like balloons, glitter, or fresh flowers.

Buy in bulk instead of choosing pre-packaged goods at the grocery store.

Challenge another family to take the Make the Earth a Better Place challenge.

Read a book about someone who has helped the environment: [Water Princess](#), [Rachel Carson Changed the World](#), [Seeds of Change](#), [Jane Goodalls Life](#)

Visit a nature space and draw what you want it to look like in 20 years.

Play a [game](#) with your family to learn more about recycling.

Explore the seven [Leave No Trace](#) (LNT) principles. What do they mean to you? How can you be LNT in your life?

Examine your neighborhood. What things could be useful to make it more LNT-focused?

Make your own [soap](#).

Use [alternative food storage](#) options to avoid plastic wraps and single-use plastics.

Swap out shower gel for a bar of soap.

Make your own [wax wraps](#) and covers to store leftover food in.

Create a [pet toy](#) out of old fabric or rope.

Use compostable baggies to dispose of your pet's poop.

Build your own [native pollinator](#) garden. Research best habitats for native bees, hummingbirds, and/or butterflies.

Choose reusable cutlery over single-use plastic cutlery.

Complete the required number of actions or more to earn the Make the Earth a Better Place Challenge patch.

DAISY = 15	Cadette = 30
BROWNIE = 20	Senior and
JUNIOR = 25	Ambassador = 35

girl scouts
san diego

Line dry a load of laundry.

Start taking five-minute showers.

Refill your water bottle from the tap.

Send a thank-you note to someone who helps the planet for their job.

Learn three ways your grandparents or great grandparents saved resources—then try one out!

Learn all [about recycling](#) and its importance.

Learn how [plastics](#) are affecting sea animals by playing this word search game.

Plan a day trip hike and/or an overnight camping trip. What materials would you need? How can you make them LNT?

Go further with your advocacy and encourage a local business to provide refillable water stations.

When shopping at the grocery store, opt for reusable produce bags instead of the plastic ones that are usually provided.

Make the switch to reusable or paper straws.

Make your own natural disinfectant spray:

- 1 part water
- 1 part vinegar
- 5-15 drops of 100% essential oil of your choice

Plan and execute a meal that produces zero waste.

Repurpose candle jar as a glass or storage container.

Get rid of things you don't need by rehoming or donating them.

Make a list of things you need to live vs things you want to live.

Cut something out of your daily or weekly routine to save resources and money.

Go screen-free for three days.

Enjoy an electricity-free day.

Choose to bike instead of riding in a car.

Walk to your destination rather than getting a car ride.

Go further with your advocacy and encourage a local business to provide refillable water stations.

Learn about production and consumption patterns by watching [The Story of Stuff](#).

Reduce your carbon footprint by cutting down or eliminating your meat consumption for a day.

Eat [in-season](#) produce.

Plant bee and/or butterfly friendly native plants, such as milkweed for monarchs.

Take a Netflix break and read a book.

Learn how to [conserve](#) and enhance our environment by attending a webinar with I love a Clean San Diego.

Become a [citizen scientist](#) with San Diego Zoo Global and help identify local burrowing owls.

Pick up litter around your neighborhood.

Make a meal from all local food.

Pick up trash at a park or beach.

Organize a clean-up with others at a park or beach.

Create [art](#) from materials that can't be composted or recycled.

Build a [robot](#) out of recycled items

Turn recycled aluminum [cans](#) into art.

Make [cool crafts](#) from drink cartons.

Transform [cardboard](#) into an artistic masterpiece.

Create a [craft out of plastic](#).

Take a look at a utility bill with your family. What three habits can make it lower?

Create a sign to post in a window or outside your house to encourage Earth-friendly action.

Identify your nearest [endangered](#) habitat and make a pledge to help protect it.

Take a virtual [field trip](#) to a material recovery facility or landfill.

Learn the [LNT hand signals](#), then create your own song to go with it!

Create a [birdseed feeder](#) with materials at home!



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