



## GSHH Not So Bummer Summer

Ready for some summer fun? Each week, with adult supervision, try the seven activities below to earn your Not So Bummer Summer fun-patch! To order your patch email [jhanley@girlscoutshh.org](mailto:jhanley@girlscoutshh.org) Patches \$1.25 each.

### 1. Make Your Own Bubble Solution



You will need:

- 5 cups of water
- 2 cups of dish soap
- $\frac{3}{4}$  cups of corn syrup
- Container for mixing and storing your bubbles

Steps:

1. Fill up your container with water
2. Add the corn syrup to the water and stir them together
3. Add the dish soap to your mixture. Stir them together (don't shake, otherwise you'll get tiny, foamy bubbles)
4. Your bubbles are ready to go!

## 2. Rainbow Popsicle Stick Magnet



You will need:

- 7 popsicle sticks
- A marker for each color of the rainbow
- 2 googly eyes
- A sheet of white construction paper
- Liquid glue
- Magnet

Steps:

- 1) Color each popsicle stick a color of the rainbow
- 2) Make a cloud on your construction paper and cut it out
- 3) Put some glue on the back of the cloud and glue your sticks on one at a time to make the rainbow
- 4) Turn your rainbow cloud over, so now the popsicle sticks are on the back. Glue the googly eyes onto your cloud and draw on a mouth
- 5) Let it dry and then put on the magnet.
- 6) Hang your new magnet on your refrigerator!

### 3. Activities to do with a Jump Rope

1. **Bunny Hops:** Hop on one foot while you jump
2. **Flashback:** Swing the rope in the other direction, jumping backward
3. **Run it:** Run or jog forward as you jump
4. **Firecrackers:** Jump as fast as you can
5. **Jump Rope Jack:** Jump with feet together then feet apart
6. **Twister:** Twist body to one side and then the other when jumping
7. **Skier:** Spread the rope on the floor and jump side to side over it
8. **Up and Back:** Spread the rope on the floor and jump forward and backward over it
9. **Criss-cross:** Criss-cross legs on every other jump
10. **Crossovers:** Cross arms on every other jump
11. **Donut Jumps:** Make the rope into a circle on the ground, jump into the circle then out

## 4. DIY Slime

You will need:

- ½ tablespoon of baking soda
- 1 ¼ tablespoons of contact solution
- 4 oz bottle of Elmer's glue or ½ a cup
- Your choice of food coloring
- Any seasonings or scents you would like
- You can also add things like beads or glitter
- Small container to keep your slime in



Steps:

- 1) Pour all of your glue into a bowl
- 2) Add ½ tablespoon of baking soda and mix together
- 3) After mixing, add your food coloring and add/mix together until you get your desired color.
- 4) Add your seasonings or scents
- 5) Add 1 ¼ tablespoon of contact solution and mix until slimy
- 6) Enjoy!

## 5. Play Dough Recipe

You will need:

- 1 cup of flour
- 1/4 cup of salt
- 3/4 cup of water
- 3 tablespoons of lemon juice
- 1 tablespoon of vegetable oil
- Food coloring
- Any seasonings or scents you would like
- Small container to keep your playdough in



Steps:

- 1) Mix together the flour, salt and water.
- 2) Add the lemon juice and vegetable oil and mix.
- 3) Add your food coloring and mix until you get your desired color.
- 4) Once it starts to form into a big clump of dough, take it out of the bowl and add your seasonings or scents.
- 5) Once it's all blended together, enjoy your playdough!



## 6. Sidewalk Chalk Paint

You will need:

- Broken or small pieces of chalk (you can let them sit in a little water to make it easier to crush them)
- 1 quart freezer bags
- A rubber mallet or hammer
- Water
- Muffin tin or small containers
- Paintbrushes



Steps:

- 1) Collect the chalk - if you don't have small pieces, you can use larger pieces
- 2) Separate them by color into your tin or bowls
- 3) Crush the sidewalk chalk - you can place each color into your freezer bags, wrap the bags in a towel & break up the pieces using your rubber mallet or hammer until the chalk is powdery
- 4) Pour each color into your tin or bowls
- 5) Slowly pour water into each tin or bowl and stir with your paintbrush - the mixture should resemble cake batter. If it's too thin, add more chalk
- 6) Allow your mixture to sit for about 30 minutes
- 7) Go outside & paint!

\*Keep a small cup of water nearby in case the paint starts to dry up\*





## 7. Original Girl Scout Cookies Recipe



You will need:

- 1 cup of butter or butter substitute
- 1 cup of sugar
- 2 tablespoons of milk
- 2 eggs or egg substitute
- 1 teaspoon of vanilla
- 2 cups of flour
- 2 teaspoons of baking powder

Steps:

- 1) Preheat the oven to 375°
- 2) Cream together the butter and sugar
- 3) Add the well-beaten eggs, milk and vanilla. Mix them together.
- 4) Then add the flour and baking powder. Mix until the dough forms.
- 5) Refrigerate batter for at least one hour before rolling and cutting cookies.
- 6) Roll the dough so it's thin and then cut out circles using a cookie cutter. If you have a Girl Scouts trefoil cookie cutter, you can use that or any small fun shaped cookie cutter.
- 7) Repeat until you've used all the dough.
- 8) Bake in the oven for 8 to 10 minutes or until the edges begin to brown.
- 9) Remove them from the baking sheet and onto a cooling rack
- 10) Allow them to cool and then enjoy!

\*This recipe makes six to seven dozen cookies\*