

## 1st Grade Rainbow Skills



- Fire Safety Rules
- Tying Shoes
- Knife Safety
- Dressing for Weather
- Items for Day Camp
- Friendship Circle and Squeeze
- Teach a new song

### ITEMS for DAY CAMP

- Camp t-shirt
- Long pants, socks, close-toed shoes
- Long sleeved shirt or sweater
- Jacket
- Water bottle
- Sit upon
- Sack lunch, snack and drink (no glass)
- Day pack
- Hat
- Mess kit and dunk bag for cookout
- Nametag

### FIRE SAFETY

#### List of Safe Actions

- ❖ Be sure a grownup watches the campfire.
- ❖ Be sure the fire is out before leaving.
- ❖ Only a grownup should put out the campfire
- ❖ Clear a 10-foot circle of safety around the campfire
- ❖ Have water handy at the campfire.
- ❖ If you spot a wildfire, tell a grownup.
- ❖ Have a grownup build the campfire on level ground.
- ❖ Keep the campfire small.
- ❖ Give matches to a grownup.

#### List of Unsafe Actions

- ❖ Play near the campfire.
- ❖ Leave the campfire before it's out cold.
- ❖ Wear loose clothing near the campfire.
- ❖ Build the campfire under low branches.
- ❖ Build the campfire on a hillside.
- ❖ Let the fire go out by itself.

### KNIFE SAFETY

- Never play with knives
- Always pick up the knife by its handle.
- Always have a safety circle.
- Cut away from yourself.
- Use a fork to hold small pieces of food.
- Never walk around holding a knife.
- Cut by pressing, not by chopping.

**Tips for selecting the right clothes for an activity**  
from *Outdoor Education in Girl Scouting*

Wear clothing that allows for freedom of movement during strenuous activity.

Wear a hat in the winter to retain as much as 40% of your body heat; wear one in the summer to protect against the sun.

Avoid clothes that dangle or flap, especially around campfires and stoves. Do not wear flammable clothing (like a plastic raincoat) around a fire.

Be prepared by choosing waterproof raingear - a jacket and rain pants. Also wear it on cold days or when the wind will evaporate moisture from your skin.

Choose clothing that covers the arms and legs for protection from insects, ticks, poisonous plants, and sun.

For the summer, choose material like cotton that will breathe, but wear wool in the winter. If you cannot wear wool, choose material made especially for winter wear like polypropylene.

Shoes that fit and provide support are essential on rough ground. Shoes that have non-slip soles are important for boating.

**Ideas for Games:**

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**Ideas for Songs:**

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## 2nd Grade Rainbow Skills

- Fire Prep and Safety
- Edible A Frame Fire
- Proper Dishwashing
- Cutting Soft Food
- Roll a Sleeping Bag
- Plan/take Hike to Meadow
- Outdoor Manners/Conservation
- Lead a Song
- Play Game with Tagalongs
- Girl Scout Promise

### FIRE PREP and SAFETY

#### Types of Firewood:

Tinder - This is material that catches on fire easily and may be used to start a fire. Dried meadow grasses, dryer lint or twigs smaller than a pinkie finger are examples of tinder. To remember which type of firewood is smallest think of it was *tiny tinder*.

Kindling - Wood between tinder and fuel (pinkie to arm width) is kindling. This wood burns faster than fuel and produces more flames but great quantities are needed to sustain a fire.

Fuel - This is the thick wood that keeps a fire going, usually larger than arm width.

#### Tips for success:

- ❖ Start with a small fire and build up.
- ❖ Angle the fire so that any draft will blow under it.
- ❖ Light the tinder from underneath (keep in mind heat rises).
- ❖ Add kindling as tinder is started.
- ❖ Use dry, dead firewood.
- ❖ To test the wood, break it, if it snaps it should burn well.

### SAFETY

- ❖ Make sure everyone knows "Stop. Drop. Roll."
- ❖ Don't let young children play near the fire.
- ❖ Circle the pit with rocks or be sure it already has a metal fire ring.
- ❖ Clear a 10-foot area around the pit down to the soil.
- ❖ Make sure there are no tree branches hanging over the fire.
- ❖ Keep plenty of water handy and have a shovel for throwing dirt on the fire if it gets out of control.
- ❖ Keep a "critter" stick in the water bucket to stir the fire.
- ❖ Stack extra firewood upwind and away from the fire.
- ❖ When lighting or working with the fire, tie back long hair, don't wear loose clothing, and make sure nothing is dangling in the fire (such as nametag, bandana, or jewelry).
- ❖ When lighting or working with the fire you should have three points of contact with the ground (both feet and a hand; both knees and a hand; one foot, one knee, and a hand) so that you don't lose your balance and fall into the fire.
- ❖ Keep the campfire small. A good bed of coals or a small fire surrounded by rocks give plenty of heat.
- ❖ After lighting the fire, make sure your match is out cold. Either put it in the fire or drop into the water bucket.
- ❖ Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.
- ❖ When extinguishing the fire drown the fire with water. Make sure all embers, coals, and sticks are wet. Move rocks, there may be burning embers underneath. Stir the remains, add more water, and stir again.
- ❖ Move your bare hand over the wet wood to feel for hot spots. Make sure that no roots are burning. Do not bury your coals - they can smolder and break out.

- Paper plates/napkins
- Marshmallows
- Large pretzels or tootsie rolls
- Small pretzels
- Chinese noodles
- Red hots
- Small paper cups

1. Have girls tie back hair. Check for items that might dangle into fire and for nylon or synthetic fabrics.
2. Give out paper plates (fire circle) and lay marshmallows around the edges (rocks)
3. Place folded paper napkin by side of plate and make woodpile by stacking wood according to size (fuel: large pretzels or tootsie rolls, kindling: small pretzels, tinder: Chinese noodles) on napkin.
4. Pretend to fill cup with water. Check for wind direction (back should be to wind)
5. Lay down tinder.
6. Make an "A" with kindling in center of fire circle
7. Put match (toothpick) under top bar of "A" to light fire (Use 3 point stance)
8. Add flames (red hots)
9. Add fuel so oxygen can reach each piece.
10. Put flames out by pretend sprinkling from fire bucket. Eat everything up so you leave a clean fire site.

### **OUTDOOR CONSERVATION/MANNERS**

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| <ul style="list-style-type: none"> <li>• Have a first aid kit and someone who knows first aid with you.</li> <li>• Have adults along.</li> <li>• Plan where you're going and let someone know the plan.</li> <li>• Have a phone and phone numbers with you.</li> <li>• Have a plan for emergencies, if someone gets lost or separated, places to meet, signals, etc.</li> <li>• Take extra clothing, food and water.</li> <li>• Use the buddy system.</li> <li>• Keep money and wallet in a safe place.</li> </ul> | <ul style="list-style-type: none"> <li>• Do not drink out of natural water sources.</li> <li>• Be aware of poisonous or harmful plants or animals in the area.</li> <li>• Observe local fire rules.</li> <li>• Pack your waste back out.</li> <li>• Be considerate and courteous of others and keep your volume of voice appropriate to setting.</li> <li>• Be patient and tolerant with others.</li> <li>• Be respectful of others, their belongings and their privacy.</li> <li>• Conduct all ceremonies with dignity and respect.</li> </ul> |
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### **GIRL SCOUT PROMISE**

On my honor, I will try, to serve God and my country

To help people at all times, and to live by the Girl Scout law.

### **SONGS AND GAMES**

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