

Safety Water Counter Craft (8oz. of water per bead)

Supplies needed per person: 1 cardstock Safety printout, 1 safety pin, 10 beads (10 x 8oz. Water cup), and 1 piece of yarn/thin ribbon at least 20".

Instructions: Knot your yarn halfway through the pin loop. Using one string loop the green bead, then use the untouched string and loop from the other side the green bead (think beaded lizard), leaving about 1/2" of empty yarn at the top. Follow the same process using the remaining beads in the color order. At the end leave 1/2" of empty yarn before tying off with a final knot.

Objective: Can be used to count the amount of water you drink on your outing, just move the beads up for every 8oz. of water you drink. You have 10 beads to cover outings on hot days.

For Adults:	For Girls:
Green - Self: For You, the wonderful adult that puts it all in motion and makes it GO! You attend the training, plan and go on the trip.	Green – Hug A Tree: If you are lost stay put unless you are in danger. Hug a tree until someone finds you. If in the woods and you have a whistle this is a good time to use it!
Red – First Aid: At least one adult has first aid training. Emergency procedures are posted, and a fire drill is practiced at the site.	Red – Stranger Danger: Report any suspicious strangers to an adult.
Gold – Girl Planning: Because girl planning is a golden rule!	Gold – Golden Rule: One should treat others as one would like others to treat oneself.
Orange – Caution: Be prepared, be safe. Consult Volunteer Essentials and Safety Activity Checkpoints and include the girls in following Council and Troop rules to ensure their safety.	Orange – Troop Rules: Help make and follow Troop rules.
White – Forms: Permission Slips, signed approval, contracts, extra insurance, etc. are prepared ahead of time and carried with you.	White – Adult in View: Stay within sight of an adult.
Blue – Health: Drink enough water so you can keep on going!	Blue – Health: Drink enough water so you don't feel sick!
Silver – Transportation: Seatbelts are worn, one for each passenger, emergency forms are kept in the vehicle with girls, medications are also within access (asthma inhaler, epi-pens, etc.)	Silver – Buddy System: Always have a buddy.
Yellow – Ratios: At least 2 unrelated adults) one of whom is female) must be on overnights, how many adults depend on how many girls attend.	Yellow – Plants and Animals: Learn what are dangerous plants and animals before you go.
Purple – Creative: Because if you are flexible you will all be happier! And if something goes wrong you will turn it into a learning experience ensuring a successful trip!	Purple – Self: Do your best at learning, sharing and having fun! Be a good friend and include everyone!
Pink – Kindness and Patience: Because you are AWESOME and will be there to comfort those in need and give that extra hug!	Pink – Thanks: Say Thank you, Be grateful and nice to your adults if you want to go again!

