



Brownie Quest: Solo Scout

By The Badge Archive

Free Solo Scout Activity Booklet Disclaimer

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Your Quest: The Keys to Discovery & Connection

Brownie - Brownie Quest Journey

Welcome, Scout! You are about to go on a special mission. Even if you aren't with your troop right now, you are part of a huge family of Scouts all over the world. This booklet will help you find your "Superpowers," learn a secret code for being a great person, and help your world get healthy.

Grab some crayons, a pencil, and your sense of adventure. Let's go!



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Part 1: The Discover Key

To earn the Discover Key, you need to look inside yourself and at the people who care for you. You have special talents that nobody else has!

Activity 1: My Scout Superpowers

Everyone is good at something. Some Scouts are great at telling jokes, some are fast runners, and some are amazing at listening.

Your Challenge: In the space below (or on a piece of paper), draw yourself as a Superhero. Write three things you are really good at. These are your "Superpowers!"



- _____
- _____
- _____



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Activity 2: The Scout Law "Code"

Scouts live by a special set of rules called the Girl Scout Law. It is like a map that shows you how to be a good friend and a helpful citizen.

The Scout Law:

I will do my best to be:
Honest and fair,
Friendly and helpful,
Considerate and caring,
Courageous and strong, and
Responsible for what I say and do,
And to: Respect myself and others,
Respect authority,
Use resources wisely,
Make the world a better place, and
Be a sister to every Scout.

Your Challenge: Pick one line from the Law. For the next 24 hours, try your hardest to do that one thing. If you pick "Friendly and helpful," find one person at home or school to help without being asked!

What did you do? _____

Activity 3: Family Treasures

Families come in all shapes and sizes. Some have two parents, some have one, and some are made of grandparents, aunts, or even very close friends. Every family has "treasures." These aren't gold coins, but special things they value, like "honesty" or "having fun together."

Your Challenge: Interview one person in your family (or a close friend). Ask them: "What is one thing our family is really good at?"

- Maybe your family is great at cooking together.
- Maybe you are great at being loud and silly.
- Maybe you are great at being quiet and reading.
-

Write or draw that "Family Treasure" here: _____



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Discover



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Part 2: The Connect Key

To earn the Connect Key, you need to team up! Since you are working on this on your own, you are a "Team of One" connecting to the "Team of Everyone."

Activity 4: The Worldwide Team

Even when you are solo, you are part of a team. There are millions of Scouts!

Your Challenge: Make a "Team Handprint." Trace your hand on a piece of paper. Inside the palm, write your name. On each finger, write the name of a person who supports you (a parent, a teacher, a friend, or a pet!). This is your personal support team.



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Activity 5: The Healthy Discovery Game

Healthy living isn't just about eating broccoli! It's about how we fuel our bodies and keep them moving. Since every family is different, you can choose one of these "Secret Missions" to complete your Connect Key.

Pick the mission that fits your family best:

- **Mission A: The Ultimate Water Toast** Instead of changing what is for dinner, be the "Hydration Hero." Fill up everyone's glass with cold water. Before you eat, lead a "toast" to a great day. *Why?* Drinking water is one of the easiest ways to help our bodies work better!
- **Mission B: The Commercial Break Boogie** If your family is watching a show or a movie together, wait for a break or a pause. Challenge everyone to do the silliest dance or the longest stretch they can until the show starts again. *Why?* Just 2 or 3 minutes of moving gets your heart pumping and makes you feel more awake.
- **Mission C: The "What's That Ingredient?" Hunt** Grab a box or a can from the kitchen. With a family member, look at the label. Can you find a vitamin? Can you find how much sugar is inside? *Why?* Being a "[food detective](#)" helps you and your family know exactly what you are putting into your "human engines." (Go online at <https://tinyurl.com/rdmxvnij> for more information of what a food detective looks for and why.)

My Secret Mission was: _____

One thing my family liked (or thought was funny) was: _____

Activity 6: Community Scout Detective

Your community is the neighborhood where you live. What places are where people can be healthy?

Your Challenge: Be a "Healthy Detective" the next time you leave the house! You don't need a special trip. Just keep your eyes peeled while you are on the bus to school, walking to a friend's house, or riding in the car to the store.

Look for one of these 3 "Health Signs":

1. **A Move Zone:** A park, a playground, or a basketball court.
2. **A Fresh Fuel Stop:** A place that sells fresh fruit or veggies (like a grocery store, a corner market, or a farm stand).
3. **A Safe Path:** A sidewalk, a crosswalk, or a bike path where people can walk or ride safely.

The Triple-Check Challenge: If you can find all three of these "Health Signs" on your trip, give yourself Bonus Points! Mark them off below.

[] Move Zone [] Fresh Fuel Stop [] Safe Path

What if you don't see them? If you look closely and can't find one of these things, that is an important discovery! It means your community might need something new. Think of an idea to make your town healthier. Would a new park help? A community garden? Or maybe a "Slow Down" sign so people can walk safely?

My Detective Discovery: On my trip to _____,

I spotted a _____!

This helps people stay healthy because: _____



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Part 3: The Take Action Key

You have discovered your talents and connected with your team. Now, it is time to use your "Superpowers" to change the world! A Take Action Project (also called a TAP) is different from just helping out. It's about finding a problem and making a plan to fix it so the problem doesn't come back.

Collecting Peanut Butter and Jelly for the Food Bank is a great service. Create a pamphlet of peanut butter recipes that the food bank could place in each bag of food would be a Take Action.

Giving food and animal shampoos to an Animal Shelter helps fill a great need, but is considered service. Making toys or blankets or dog beds for the Animal Shelter to use over and over again would be a Take Action. But not all animal shelters accept homemade goods, so check before you try to make one!

Remember the Scout motto for this mission: **KISMIF (Keep It Simple, Make It Fun!)**

Activity 7: Being a Problem Detective

Look around your neighborhood, your school, or a local park. Is there something that could be better?

- Is there litter on the trail?
- Do the birds need a safe place to eat?
- Does a local library need bookmarks to remind people to be kind to books?

Your Challenge: Pick one place in your community that needs a little "Scout Magic."

I am going to take action at: _____

Having trouble thinking of where to take action at? For more ideas, you can go online at <https://tinyurl.com/4f4d8abm> for a list of ideas others have done for their TAP. Don't look for what sounds fun. Look for what your community needs.

Activity 8: The Action Plan

Now that you have a place, what will you do? Here are some simple ideas to spark your brain:

- Plant a small pot of flowers that bees love and put it in a public spot.
- Make "How-to-Care-for-Books" posters for a classroom.
- Build a simple bird feeder that can be used year after year.

Your Challenge: Write down your plan. What materials do you need? Who can help you (like a parent or a friend)?

My Plan is:

Take Action





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Activity 9: Putting Your Plan in Motion!

It is time to be a leader. Put on your scout vest or a bright shirt and go do your project! Take a photo while you are working, or draw a picture of yourself doing your project.

How I felt while helping: _____



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Part 4: The Brownie Quest Award

You have all three keys: Discover, Connect, and Take Action. These three keys fit together to unlock the Master Lock of leadership! To finish your Quest, you need to look back at your adventure.

Activity 10: The Review

Think about everything you did in for the Brownie Quest.

- You found your strengths.
- You learned about your family values.
- You helped your community get healthy.
- You finished a Take Action Project.

Your Challenge: If you could do your Take Action Project again, what is one thing you would do differently to make it even better?

My Improvement Idea: _____

Activity 11: Telling Your Story

A big part of being a leader is sharing what you learned so others can learn, too!

Your Challenge: Find a "listener." This can be a family member, a friend, or even your scout leader on the phone. Tell them:

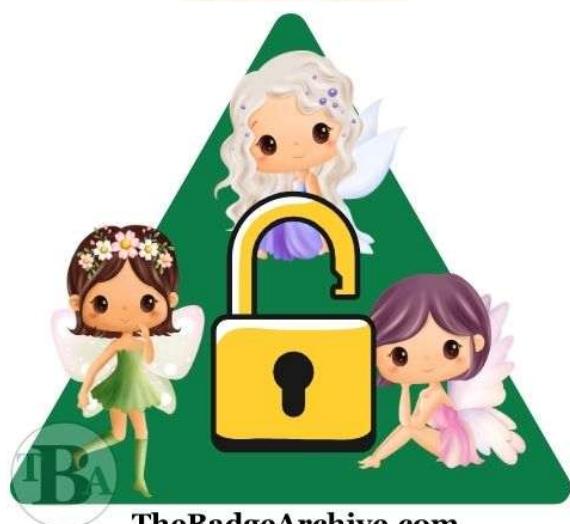
1. What your favorite part of the Quest was.
2. What you did for your Take Action Project.
3. Why it is important to follow the Scout Law.

Once you have shared your story, have your listener sign here:

(or write their name down if you had a phone conversation)

X _____ (Official Listener Signature)

Quest Complete



Mission Accomplished!

You have completed the Brownie Quest. You have shown that you can lead yourself, lead with your family, and lead in your community. Wear your new awards with pride!





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References

Disclaimer: The information published by The Badge Archive is built from the references listed below. These sources demonstrate that our content is grounded in facts and research, not opinion or speculation. Readers may consult them directly when looking for additional material.

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