

101 Patrol Meeting Ideas

1. **Airplanes:** Make rubber band-powered airplanes. Many kits available. Test airplanes in a gymnasium for the longest flight time.
2. **Art:** Work together as a Patrol to earn one of the 22 art badges identified in the Badge and Signs Handbook.
3. **Arboretum Tour:** Take free-guided winter walk at the Washington Arboretum Park.
4. **Astronomy:** Join the Seattle Astronomical Society for monthly astronomy viewing at Greenlake.
5. **Baby-sitting:** Attend baby-sitting class at Children's Medical Center to learn excellent child care skills.
6. **Badges:** Work as a Patrol to earn badges. Refer to the Junior Girl Scout Handbook and the Badgebook for 104 badge opportunities.
7. **Beach Comb:** Comb beaches at low tide. Alki, Shilshoe, Carkeek and Discovery Parks have nice beach access.
8. **Bellevue Parks Nature Walk:** Take free-guided walk through Lake Hills Greenbelt or Mercer Slough Nature Park.
9. **Bicycling:** Ride along Burke Gilman Trail or explore Magnuson Park.
10. **Bird Houses:** Build a bird house. Use completed project in back yard.
11. **Bird Watching:** Go with experienced bird watcher. See how many species you can find. U of W nature area good location.
12. **Blood Center:** Tour Blood Center, watch parents donate blood, eat cookies and drink hot chocolate in Canteen.
13. **Boeing Everett Plant:** Public tours available Monday through Friday.
14. **Bowling:** Bowl at U of W Hub. Convenient location and reasonable prices.
15. **Box Oven:** Make box oven from cardboard and aluminum foil and bake treats in backyard or at a campout.
16. **Burke Museum:** See a good collection of Northwest exhibits. Museum is close by with coffee shop at lower level.
17. **Cat Show:** Attend regional cat show and competition at Seattle Center. See a great collection of all types of felines.
18. **Christmas Light Tour:** Visit Coulon Park, Bellevue Botanical Gardens and selected neighborhoods for amazing displays.
19. **Cinnebon:** Visit University Village Cinnebon and learn to prepare cinnamon rolls. Make arrangements in advance.
20. **Citizenship:** Work together to earn one of the 18 world citizen badges identified in the Badges and Signs Handbook.
21. **Coast Guard Station:** Visit Coast Guard Station on Elliot Bay. See interesting slide show and radar control room.
22. **Concrete Mixing:** Mix and pour concrete into 18"x18" forms, provide decorative finish and save in yard as Girl Scout memento.
23. **CPR:** Learn CPR. Contact Red Cross for a class and certification.
24. **Cricket:** Learn a new game and a different way to use hitting, fielding and running skills.
25. **Croquet:** Set up and play multiple games at park or backyard.
26. **Cross Country Skiing:** Lessons, rentals and trails available at Snoqualmie Pass.
27. **Discovery Park:** Hike trails and beach. See great views of Puget Sound and the Olympic Peninsula.
28. **Dog Show:** Attend regional dog show and competition at Seattle Center. See a great collection of all types of canines.
29. **Dolls:** Visit the Rosalie Whyel Museum of Doll Art in Bellevue to see one of the best doll collections in the world.
30. **Downhill Skiing:** Lessons, rentals and slopes close by at Snoqualmie Pass.
31. **Downtown Walking Tour:** Take self-guided tour of Waterfront, Market, Pioneer Sq., International District and Freeway Park.
32. **Fins and Feathers:** Visit funky pet store in the University District with a great collection of tropical fish and reptiles.
33. **Fire Building:** Learn and practice fire-building skills. Volunteer to build and attend fire at Troop campout.
34. **Fire Station:** Tour fire station. 50th St. station near Roosevelt NE has a Medic Unit.
35. **Fisherman's Terminal:** Tour the docks. Identify different types of boats and their use.
36. **Fishing:** Greenlake, Elliot Bay and Lake Washington have public docks.
37. **Flag Ceremony:** Learn flag procedures and ceremony. Lead ceremony at Troop meeting.
38. **Food Bank:** Tour and help at local food bank. Bring food donations.
39. **Frisbee Golf:** Free course in north Seattle.
40. **Golf:** Practice golf at U of W driving range. Close by and reasonably priced.
41. **Health and Fitness:** Work together to earn one of the 18 health and fitness badges identified in the Badge and Signs Handbook.
42. **Hiram Chittenden Locks:** Tour the locks, information center, watch boats and visit the fish ladder.
43. **Homeless Help:** Make sack lunches, go downtown and deliver to homeless people.
44. **Horseback Riding:** Learn about and ride horses at a local stable. Check with Troop Leader about applicable Girl Scout rules.
45. **Ice Cream Party:** Churn homemade ice cream. Great activity for young girls full of energy.
46. **Ice Skating:** Rent skates and hit the ice at a local arena. Highland Ice Arena on Aurora Avenue has open skating periods.
47. **Issaquah Alps:** Hike Tiger Mountain. Many trails available.
48. **Jacks:** Learn and play jacks. Have Patrol tournament.
49. **Juanita Bay Nature Walk:** Take free-guided tour of Juanita Bay Park and wetland wildlife habitat.

50. **Kites:** Make kites then fly at Gas Works Park or the beach.
51. **Lake Washington:** Take boat tour of Lake Washington. Gaze at the mansions, bridges and parks from a water perspective.
52. **Marbles:** Learn and play marble games. Have Patrol tournament.
53. **Mariners Game:** Attend a Mariners game at the beautiful new Safeco Field.
54. **Museum of Flight:** First Thursday of month free.
55. **Museum of History and Industry:** See interesting displays about local area, history and State of Washington.
56. **Northwest Puppet Center:** Visit Puppet Center in northeast Seattle for weekend puppet shows.
57. **Northwest Trek:** Visit an impressive animal park. Take advantage of educational programs and special tours.
58. **Orienteering:** Visit local orienteering club for beginner instructions and participate in orienteering event.
59. **Outdoor Shelter:** Build an outdoor shelter of recycled materials in the backyard of a generous den member.
60. **Out-of-Doors:** Work together to earn one of the 18 exploring the out-of-doors badges identified in the Badge and Signs Handbook.
61. **Padilla Bay Estuary:** Travel to Everett to visit the only national estuarine research reserve in Washington.
62. **Patrol Family Picnic:** Meet with families for a picnic at park or pool.
63. **Patrol Flag:** Make flag to represent Patrol. Bring flag to Troop meetings.
64. **Patrol Sleep Over:** Eat pizza, play games, watch video. Don't expect much sleep.
65. **Performance Theater:** Attend a play. Seattle Children's Theater has many good children's productions.
66. **Photography Outing:** Review picture-taking techniques, use disposable cameras and exhibit results.
67. **Pizza Bake:** Make homemade pizza. Practice cooking and clean up skills and eat the results.
68. **Police Museum:** Visit Seattle Metropolitan Police Museum in Pioneer Square. Try on a uniform and sit at a communications center.
69. **Police Station:** Visit police station. Seattle Police Department North Precinct frequently provides tours.
70. **Racquetball:** Learn and play racquetball. Courts located at the WAC, YMCA and local racquet clubs.
71. **Radio Station:** Visit local radio station. Contact station for tour opportunities
72. **Religious Worship:** Attend a service at a church, temple or mosque of a different religion.
73. **Rhododendron Botanical Gardens:** Visit 22-acre garden of rare and exotic plants at Weyerhaeuser Headquarters in Federal Way.
74. **Sail:** Find generous sailboat owner for a sail on Lake Washington or Puget Sound.
75. **Science:** Work together to earn one of the 20 science and technology badges identified in the Badge and Sign Handbook.
76. **Science Center:** Tour science displays at Seattle Center. Contact Science Center for special programs.
77. **Seattle Aquarium:** Visit Aquarium at downtown waterfront. Contact Aquarium for special programs.
78. **Seattle Times / P.I.:** Tour newspaper offices or newspaper production facility.
79. **Seattle Underground Tour:** See old Seattle below street level. Tours start at Pioneer Square.
80. **Seattle Viewpoints:** Spectacular views from St. Marks, Gas Works, Kerry Park, Hamilton View Park (West Seattle). Best at night.
81. **Senior Girl Scouts:** Attend a meeting of Senior Girl Scouts to see the type of activities high school Girl Scouts participate in.
82. **Snoqualmie Falls:** Visit the falls, enjoy the overlook and hike to the bottom for great photos.
83. **Snowshoeing:** REI and local sports shops rent shoeshoes. Many areas to trek at Snoqualmie Pass.
84. **Songs:** Learn a song or songs along with hand gestures. Perform routine as a Patrol at the Troop Talent Show.
85. **St. Edward State Park:** Hike forested trails and waterfront. Swim at indoor public pool. Located close by near Kenmore.
86. **Swimming:** Meadowbrook Pool has regular open swims. Learn rules, show skills and earn a badge.
87. **Television Station:** Visit local TV station. Contact station for tour opportunities.
88. **Ten Essentials Kit:** Visit out-door supply store to buy the 10 essential supplies and make kit for day hikes.
89. **Ten Essentials Overnight:** Camp overnight using only the 10 essentials.
90. **Theater Tour:** Contact local performing arts theaters for tour opportunities.
91. **Tug boat:** Tour a tug boat. Check with Foss Tugs for tour opportunity.
92. **U of W Basketball:** Games played close by with inexpensive group rates available.
93. **U of W Soccer:** Both men and women's team have been nationally ranked and play at new field along Montlake.
94. **U of W Women's Softball:** Team has been nationally ranked and plays at new stadium behind football stadium.
95. **Ultimate Frisbee:** Learn and play this easy and fast moving game.
96. **University of Washington Campus:** Take self-guided walking tour and visit inside interesting buildings.
97. **Video:** Plan and film a video about the girls in the Patrol. Show video at a Patrol party with popcorn and lemonade.
98. **Volunteer Park:** Look at the beautiful plants in the 1912 Conservatory then climb the water tower for spectacular views. No charge.
99. **Volunteer:** Contact local charities for opportunities. Earn Community Service Recognition.
100. **Weyerhaeuser Aquatic Center:** Visit world-class swimming facility, watch swimmers and divers train, swim during public swim.
101. **Woodland Park Zoo:** Visit nationally ranked zoo. Consider signing up for Saturday morning tour or class.