

# WELCOME

Welcome to the first-ever “Zombie Preparedness Survival Challenge: COVID 19 Edition” at [Girl Scouts Heart of Central California](#) (GSHCC)! We hope that this virtual experience gives girls and families a chance to connect with each other through a common love for helping their families and neighbors. This event aims for Girl Scouts to be prepared, not scared in the face of a natural disaster. The current COVID-19 pandemic is a natural disaster in its own right. That's why we've partnered with Girl Scouts Western Washington, and will have our own Zombie Survival Challenge to be applicable to the challenges Girl Scouts and their families are currently facing. Girl Scouts will learn how to be prepared for COVID-19 and will hopefully alleviate some anxiety in the process.

Emergency Preparedness is often approached from a place of fear. Let's face it, the subject can be daunting and scary. GSHCC wants to make this subject fun for girls and volunteers. It is the intent of this patch program to take the fear away and replace it with empowered Girl Scouts!

Virtual Experiences are a fundamental part of the Girl Scout Leadership Experience at GSHCC. Girls develop skills, confidence and competence, while inspiring a lifelong commitment to devolving future leaders. These experiences increase girls' understanding and curiosity about their world and shape girl leaders who are globally conscientious. It is always a great time to practice the skills they've learned — even at home!

We encourage you to share their Zombie Preparedness Survival Challenge: COVID 19 Edition experience on social media with the hashtag **#girlscoutshcc**. Whether you pitch a tent in the yard for the shelter challenge, craft s'mores in a solar cooker for the cooking challenge, construct a filter system for the water challenge, put together a “Go Bag”, or show what you put in in your emergency preparedness kit; your at-home challenge creations will inspire other girls across the world to try it out themselves! To learn more about Girl Scouts, visit [girlscoutshcc.org](https://www.girlscoutshcc.org).



While we are all staying safe and self- isolating, you can still get all the stuff you need from the Girl Scout Shop and have it delivered free. Orders can be placed at :

<https://www.girlscoutshop.com/search?keywords=zombie>

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RESPONSE TO COVID-19: We are making all efforts to process and deliver orders as best we can in light of COVID-19 (coronavirus). However, there may be delays up to several weeks. We will do our best to keep you informed. Thank you for your support. [Find out more »](#)



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# GIRL SCOUTS ZOMBIE PREPAREDNESS CHALLENGE TECHNOLOGY

## **Council-Led and Program Partner Activities**

GSHCC will be hosting outdoor skills webinars throughout the day of May 30, 2020. These webinars will be led by program partners or council staff.

YouTube Live is a live video format that allows you to watch and comment in real time. There will be a YouTube Live kickoff at 9:00 a.m., and it will also remain accessible on GSHCC's YouTube channel after the event ends.

Be sure to [follow GSHCC on Facebook](#), [Instagram](#) and [YouTube](#) so you don't miss any posts!

## **For Troops/Families to Virtually Meet**

If you wish to connect with your troop, friends or family during the Zombie Preparedness Challenge: COVID 19 Edition, we encourage adults to review these Best practices for video calls:

- Do a practice call before the event to sort out any tech issues.
- Use settings to require a password to enter the meeting, and share the password only with those you wish to attend.
- Change screen sharing to "Host Only."
- Use settings to make the group leader be the first person allowed to join the call (disable "Join Before Host" so people cannot join before you arrive).
- Enable "Co-Host" so you can assign a moderator.
- Disable "File Transfer" to prevent cyber virus sharing.
- Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.
- For help with specific platforms, find that platform's Frequently Asked Questions.

See [GSHCC's COVID-19 page](#) to read more about Virtual Troop and Service Unit Meeting Tools.

## **Social Media**

If you wish to share any part of your Girl Scouts Zombie Preparedness Challenge: COVID 19 Edition on social media, you can use the hashtag #girlscoutshcc to inspire others to build their outdoor skills, too.

# ZOMBIE PREPAREDNESS SCHEDULE:

Time	Activity & Age Level	On Your Own or Virtual	Description of Challenge (rocker badge)
<b>Saturday May 30th</b>			
9:00 a.m. to 9:10 a.m.	Welcome DBJCSA	YouTube Live on GSHCC's <a href="#">YouTube Channel</a> .	<ul style="list-style-type: none"> <li>• Tune in to <a href="#">GSHCC's YouTube channel</a> to kick off the day!</li> <li>• Download the information packet for additional information to complete each challenge</li> </ul>
9:15 a.m. to 9:45am	Center Badge Challenge DBJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>• Tune in to <a href="#">GSHCC's YouTube channel</a> to get started on earning your badges!</li> <li>• Go to GSHCC's YouTube channel and watch to learn what you need to do to earn and complete the Center badge challenge</li> </ul>
10:00 a.m to 11:15 a.m.	Pet Challenge DBJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>• Join GSHCC and a local pet sanctuary as we prepare our animal friends for times of change. Play with your pet, help a neighbor walk their dog, and create a list/journal of everything you need to take care of your pets.</li> </ul>
10:00 a.m. to 11:15 a.m	Food Challenge JCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>• The food module will teach girls how to pick protein rich foods, how to stock a pantry, build a menu, and create a family cookbook in preparation for an emergency.</li> </ul>
10:00am to 11:15 a.m.	First Aid Challenge JCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants	<ul style="list-style-type: none"> <li>• Throughout history, Girl Scouts have always played a role in first aid. In this interactive webinar, familiarize yourself with basic first aid so you can help those in your household before the need arises.</li> </ul>
10:00 a.m to 11:15 a.m.	The Pillow Case Project DBJ	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants	<ul style="list-style-type: none"> <li>• Identify the best ways to prevent and stay safe during a home fire. Use coping skills to help manage stress during emergencies and in everyday situations.</li> </ul>

Time	Activity & Age Level	On Your Own or Virtual	Description of Challenge (rocker badge)
11:20 a.m. to 11:30a.m	Session 1 Check-in  DBJCSA	Tune in to <a href="#">GSHCC's YouTube channel</a>	<ul style="list-style-type: none"> <li>Review what you've learned in your first session. Don't forget to share with your family and troop.</li> </ul>
11:45 a.m. to 1:00 p.m	Communication Challenge  BJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Discover how powerful and impactful communication can be during a pandemic, by keeping close contact with your loved ones, being neighborly, and how communication can look like in close quarters.</li> </ul>
11:45 a.m. to 1:00 p.m.	Water Challenge  DBJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>This precious resource can be found all around, but it needs to be properly treated so we do not get sick. Girls will learn how to treat their water to make sure it is safe for drinking.</li> </ul>
11:45 a.m. to 1:00 p.m.	Shelter Challenge  BJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Sheltering-in-place can be essential in times when we have to look out for the health and safety of ourselves and others. But how can we overcome boredom and design our best (and coziest!) possible shelter?</li> </ul>
11:45 a.m. to 1:00 p.m.	Disaster Preparedness "Go Bag"  DBJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Girls are encouraged to learn how to build resilience and become leaders to their family and neighbors. Girls will learn the three "Ps" of evacuation- Making a plan, preparing, and packing a go bag.</li> </ul>
11:45 a.m. to 1:00 p.m.	Knot Tying for Preparedness  DBJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>In this webinar we are going to learn all about knots for rock climbing! We will go over how to tie in to your harness, connect two pieces of rope, and how to rappel with THREE hands.</li> </ul>

Time	Activity & Age Level	On Your Own or Virtual	Description of Challenge (rocker badge)
1:10 p.m. to 1:20 p.m.	Session 2 Check-in  DBJCSA	Tune in to <a href="#">GSHCC's YouTube channel</a>	<ul style="list-style-type: none"> <li>Review what you've learned in your first session. Don't forget to share with your family and troop.</li> </ul>
<b>Lunch Break: 1:00 p.m. to 2:00 p.m.</b>			
2:15 p.m. to 3:30 p.m.	Cooking Challenge  BJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Cooking from the light of the sun. In this session, you will learn the three principals of how solar cooking works. Various methods of setting up a solar cooker and we will stir up a recipe that you can do right in your back yard with just a few supplies.</li> </ul>
2:15 p.m. to 3:30 p.m.	Light and Heat Challenge  BJCSA	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Depending on where you live, power outages may be common. Are you prepared? In this webinar we are going to take a look at how to prepare for light and heat during natural disasters and emergencies. Take a look at your thermostat, utility bill and when to layer up or layer off.</li> </ul>
2:15 p.m. to 3:30 p.m.	Zombie Preparedness Inventions  DBJ6th grade	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>In this activity, girls will create devices to get "that pesky itch in the center of your back." Girls will ideate and produce design schematics (sketches), and using a variety of everyday materials and recyclables, prototype their very own back-scratching devices</li> </ul>
2:15 p.m. to 3:30 p.m.	First Aid at Home  JC	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Do you know what goes into making the perfect First Aid Kit? What about knowing when to bring one with you? Join us for this interactive webinar with Sierra Nevada Journeys to create your own First Aid Kit from materials around your home!</li> </ul>
3:40 p.m. to 3:50 p.m.	Session 3 Check-in  DBJCSA	Tune in to <a href="#">GSHCC's YouTube channel</a>	<ul style="list-style-type: none"> <li>Review what you've learned in your first session. Don't forget to share with your family and troop.</li> </ul>

Time	Activity & Age Level	On Your Own or Virtual	Description of Challenge (rocker badge)
4:00 p.m.to 5:15 p.m.	Daisy/ Brownie talent Show	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Girls will showcase their special talents and share with other participants</li> </ul>
4:00 p.m. to 5:15 p.m.	Junior Talent Show	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Girls will showcase their special talents and share with other participants</li> </ul>
4:00 p.m. to 5:15 p.m.	Cadette/Senior/ Ambassador Talent Show	On your own or as a part of a virtual troop meeting. Visit <a href="#">Facebook</a> to share photos and comments with other participants.	<ul style="list-style-type: none"> <li>Girls will showcase their special talents and share with other participants</li> </ul>
5:30 p.m. to 5:45 p.m.	Closing Session	Tune in to <a href="#">GSHCC's YouTube channel</a>	Review what you've experienced for the day. Don't forget to share all that you've learned with your family and your troop!