

Summer Olympics Patch Challenge



July 23, 2021 will be the first night of the 32nd Olympiad. The Summer Olympic Games are from July 23rd to August 8th in Tokyo, Japan. Complete 14 activities from the Summer Olympics Patch Challenge below by August 20th to help get into the spirit and earn the patch. Daisies and Brownies may need help with some activities.

You can purchase the patch in the shop for \$1.00 by going to:

<https://gsnc.wufoo.com/forms/shop-order-form/>

Share photos of your work with us at marketing@gsnc.org (include your name and troop number).

- Athletes competing in the Olympics make sure to stay hydrated. Why is it important to drink water? How much water do you drink a day? Create a water intake tracker.
- Build your own Olympic Stadium (<https://www.youtube.com/watch?v=DtrYLIbxKn4>)
- Cook or bake something using the US flag colors or another country's flag colors.
- Create a 30-second victory dance that an athlete would do when they won their competition.
- Create a flag that would represent you if you were competing in the Olympics.
- Create a food sculpture of an Olympic event or the Olympic rings
- Create a workout music playlist the kind an Olympic athlete might have.
- Create an Olympic watching schedule so you don't miss your favorite sport or athletes.
- Create your own Olympic torch
(<http://jdaniel4smom.com/2012/07/olympics-for-kids-olympic-torch.html>)
- Find out what the motto is for the 2021 summer's Olympics?
- Follow a recipe and cook a meal from a culture represented in the Olympics other than yours.
- Have an Olympic-themed baking contest with your family.
- How many different sports are in the summer Olympics?
- Just like Olympic athletes, get active and do some sort of physical activity such as bike riding, jumping rope, dancing, running, for 20 minutes over a five-day time period.
- List three countries other than your own that are participating in the summer 2021 Olympics.
- Look up the mascots for the 2020 Olympics and 2020 Paralympics. What are their names and super powers?
- Make your own Olympic winner olive leaf crown out of a paper plate.
(<https://www.youtube.com/watch?v=4D4YFDcYZOI>)
- Read a book or article about an Olympic sport or athlete.
- Research what types of food Olympic athletes eat. Why is it important for Athletes to eat healthy?
- Similar to an athlete, try stretching every morning for five minutes for a week time period.
- Take a free online exercise class such as Zumba or yoga.
- Take chalk and draw a gymnast balance beam (line). Try to stay on the line while walking, jumping, dancing, etc.
- What are the five values of Olympics?
- What are the different colors and meanings of the Olympic rings?
- What event would you compete in if you were in the Olympics?
- Where will the next summer Olympics take place?
- Who performed at the Olympic opening ceremony?