

Girl Scout Cadette Creative Play Badge:

# Field Day



Marjorie Merriweather Post, who once lived at Hillwood, enjoyed an active, healthy lifestyle.

Today at Hillwood you will play a variety of games that will get you moving and having fun. Work with friends and create a bond brought on by friendly competition and team organization.

To earn your *Field Day* badge:

- Complete all the “Try This!” activities in this booklet.
- Keep track of the activities you complete by marking the checkbox on each page.
- Show your troop leader your completed packet and she can purchase the Field Day badge from the Girl Scout Council of the Nation’s Capital’s shop.

## Step #1 — Team up and dress up

Theme costumes.

Show your team spirit with matching uniforms! Creating unity between teammates helps promote healthy competition and good sportsmanship on and off the field. Uniforms come in all shapes and styles, from a game day jersey to a jeweled crown or a luxurious cape.

**Visit the Entry Hall** in Hillwood's mansion to find the large **portrait of Catherine the Great**, empress of Russia from 1762-96, to see what kind of clothing makes up a royal uniform. Like many kings and queens, Catherine has a crown, a cape and a special sash to show her position as ruler.



CROWN



CAPE



SASH

## Try This!

#1

Visit the **ART PROJECT** near Hillwood's **LUNAR LAWN** to create a portrait of you, or one of your team members, wearing a uniform designed for your field day competition.

Let your imagination run wild as you design your field day uniform! Think about how you want your uniform to represent your team. Will it include symbols that express your team's traits, such as strength, speed, or endurance? Will it include features that highlight favorite things, such as a favorite superhero, favorite food, or favorite color?

Discuss how your uniform helps you identify with your team. How does it create positive team spirit? What does it communicate to others?

## Step #2— Play a historical game

Make your event a blast from the past.

Marjorie Merriweather Post loved French arts and culture of the 1700s. She collected decorative arts from that time, such as furniture, tapestries and elegant boxes. You can see examples of these objects in the **French drawing room** in Hillwood's mansion.



## Try This!

#2

Visit the **GARDEN GAMES** on the **LUNAR LAWN** to play the Game of Graces.

The Game of Graces is thought to have originated in France and was popular in the 1800s. It was thought to promote graceful movement for girls.

### How to Play:

- Each player holds two sticks. Stand 10 to 15 feet apart.
- One player holds the sticks crossed in the middle with the hoop hanging near the cross. Pull the two sticks quickly apart, causing the hoop to fly up and over to the other player.
- The other player catches the hoop on her sticks and returns the hoop in the same way.
- You can keep score by counting who catches the hoop the most times.



## Step #3 — Play a scientific game

Exercise your brain.

Keep your body and your brain active as you enjoy your field day at Hillwood. Walk the garden paths, as Marjorie Post used to do for exercise, as you explore the gardens to discover the plants. Notice that the plants come in all shapes, sizes, colors, and textures. These are adaptations that help plants thrive in different environments. An adaptation is a feature that helps a living organism survive and function in its environment.

### Try This!

#3

#### GARDEN BINGO

Find plants in Hillwood's gardens that match descriptions on the squares of the garden bingo game board, below. When you find a plant that fits a description, mark that box with an **X**. To win, be the first team to complete a row, a column, or a diagonal on the bingo board. Or challenge yourself to find them all!

growing in the sun	smooth stem	large petals	rough bark
leaves like needles	multicolored flowers	red leaves	growing in water
ten or more leaves on one stem	purple flower	stem with thorns	growing in the shade
fuzzy leaves	growing on a trellis or wall	visible seeds	sweet smelling

Please remember: while in the gardens, stay on the paths and don't pick up flowers, plants, or stones.

## Step #4 — Find fun in fiction

From board to reality.

Marjorie Post sometimes played board games and card games with friends and family who came to visit. She owned a card table from the 1700s, which you can find displayed in the mansion's **second floor library**.

This card table has a hinged top that unfolds to display a playing surface with a needlework cover that depicts flowers, leaves, and playing cards.



## Try This!

#4

Turn a favorite board game into a field day sport. For example, can you figure out a way to play human checkers or a life-size version of Candyland?

Write the rules of your game below. If possible, try playing your game on Hillwood's **LUNAR LAWN** (have fun with the giant dice, jumbo playing cards, and other life-size game pieces on the lawn) or at home with your friends or family.

### **Make a Game Plan**

Name: \_\_\_\_\_

Rules: \_\_\_\_\_

Number of Players: \_\_\_\_\_

\_\_\_\_\_

Materials Needed: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Setup: \_\_\_\_\_

How to win: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Step #5 — Stage your grand finale!

Create a wacky pentathlon.

### Try This!

#5

For your field day grand finale, stage a crazy lawn game pentathlon. A pentathlon is an event made up of five different competitions.

Choose five of the **GARDEN GAMES** near Hillwood's **LUNAR LAWN** to put together your pentathlon. Try the classic versions of the games, or put a twist in your field day fun by creating relays and teams.

On the list below, put a check next to the five activities you included in your pentathlon:

- Putting on the Putting Green
- Jump Rope
- Hula Hoop
- Horseshoe Toss
- Hopscotch
- Croquet
- Badminton
- Other: \_\_\_\_\_