



## *Olaf's In Summer Frozen Challenge*

Happy Summer! Let's have some Girl Scout fun doing what Frozen things do in summer with a special Olaf challenge! The rules are simple. Complete any 10 of the following Frozen themed activities listed below in any order over the summer and earn a special Olaf patch! We hope this fun challenge will make you a happy snowman this summer!

Choose any 10 Frozen activities to complete to earn your Olaf patch...

- \* **Love is an Open Door:** Practice being courteous and helpful by holding the door open for 5 (or more!) people over the summer when they need help.
- \* **Frozen Freeze Tag:** Play a game of freeze tag with a Frozen twist. Whoever is "it" plays the part of Elsa and can freeze people with her magical powers by tagging them. The other players in the game can unfreeze them with an Olaf inspired warm hug.
- \* **Icy Blast Crystal Painting:** Create a cool icy blast crystallized painting with Elsa's magic ice crystal powers. Mix equal parts Epsom salt and water (warm water works best to dissolve the Epsom salt, but let it cool before painting with it). Paint with the mixture on dark colored construction paper (dark blue or black work best) with a regular paint brush. The paint goes on as liquid, but watch how the cool magical crystals form as your designs dry.
- \* **Snow Up Against the Burning Sand:** Spend a day at the beach enjoying the wonders of summer. Don't forget your sunscreen or you'll get burnt rather than gorgeously tan like Olaf!
- \* **Winter in Summer:** Try a winter activity in summer like ice skating at a local ice rink.
- \* **Close Your Eyes and Imagine:** Olaf liked to close his eyes and imagine what summer would be like. Try dreaming of another season just like Olaf and make a list of the fun things you would like to try doing next winter.

- \* **Everyone's a Bit of a Fixer Upper:** Help with something that needs to be fixed around your house. Or visit one of the local hardware stores to attend a kids' building workshop (both Home Depot and Lowes offer kids' workshops over the summer that are listed on their web sites).
- \* **A Summer Drink in Your Hand:** Mix up a batch of lemonade and enjoy a cool drink on a hot summer day. For more of a challenge, try making the lemonade from scratch with fresh squeezed lemons.
- \* **The Past is in the Past:** Like many Disney movies, Frozen is based on a classic fairy tale from the past. Try reading *The Snow Queen* by Hans Christen Anderson which is the inspiration for Frozen or read another classic fairy tale from the past.
- \* **Frozen Fractals Candy:** Try making homemade rock candy that crystallizes like frozen fractals all around. This activity requires adult help and some patience. You'll need 1 cup of water, 4 cups of sugar, food coloring, a glass jar or container, wooden skewers or string (weighed down with something edible like a life saver). Boil the water and slowly add the sugar 1 cup at a time until completely dissolved. Continue boiling the sugar solution for 10-15 minutes until the sugar is completely dissolved. Add a few drops of food coloring or flavoring at this point if you want. Allow the sugar solution to cool for about 10 minutes. Pour the solution into your glass jar or container. Put the skewers into the container or tie the string to a pencil placed across the jar to suspend the weighted string into the sugar solution. The sugar crystals should start to form in about an hour, but if you wait several days, larger crystals will form. When your candy reaches the desired size, remove it from the solution, let it dry and enjoy your frozen fractals candy!
- \* **For the First Time in Forever:** Try something new this summer that you've never done before. It can be a new activity, visiting a new place or even trying a new food.
- \* **Talk to the Pictures on the Walls:** Visit a local art museum to enjoy all the pictures on the walls just like Anna does in the castle.
- \* **Finish Each Other's Sandwiches:** Make some sandwiches and enjoy a summer picnic lunch with your family or friends.
- \* **Send Some Warm Hugs:** Olaf loves warm hugs and so do your Girl Scout friends! Send your troop friends some warm hugs this summer. You can send an e-card, write a letter or send a postcard to a friend while you are on vacation.
- \* **Reindeer Are Better Than People:** Discover three interesting facts about reindeer. You can read a book about reindeer or do some research online too.

- \* **Your Own Personal Flurry:** Enjoy a frozen treat on a hot summer day! You can visit a local ice cream shop, have a snow cone or be creative making your own ice pops or other frozen treat.
- \* **Do You Want to Build a Snowman?:** Make a snowman like Olaf out of play doh or model magic clay.
- \* **Ride Our Bikes Around the Halls:** Go for a bike ride with your family or friends. Ok, maybe not around the halls of the castle though!
- \* **Who Knew We Owned 8000 Salad Plates?:** Visit the farmer's market or grocery store to get some fresh summer vegetables to make a delicious summer salad to enjoy for dinner with your family. For a bigger challenge, try making your own salad dressing to enjoy with it.
- \* **An Act of True Love:** Elsa and Anna needed an act of true love to unfreeze a frozen heart. Do something special for a member of your family to show them how much you love them. You can make them a card, help around the house, or anything you can think of to share your love for them.
- \* **Watching the Hours Tick By:** Anna watches the hours tick by in the castle, but have you ever wondered how many hours are in our summer vacation? Do the math to figure it out. For more of a challenge, figure out how many minutes or even seconds there are in our summer vacation.
- \* **Do Whatever Snow Does in Summer:** Have some fun with a science experiment about melting ice. You'll need several ice cubes about the same size and small dishes for each of them. Come up with some different variables for each one to try. Maybe place one in the sun and one in the shade. Or one inside and one outside. Or sprinkle salt on one, but not the other. Or try wrapping one in something like a piece of paper or foil. Which ice cube do you think will melt the fastest from your variables? See if your hypothesis was right by timing the ice cubes as they melt!
- \* **Last, but not least...** Let it go and sing along while watching the movie Frozen!