



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Shelter Challenge

Step

1

Shelter in Place

There are a lot of new words and phrases you might be hearing on the news or around your dinner table. One of them is “Shelter in Place,” or self-quarantine. But what does that mean? And why do we need to do it?

Shelter in place means finding a safe location indoors and staying there until you are given an “all clear”. With the COVID-19 outbreak our country and the world is facing, some people are choosing to shelter in place, while others have been told to do so by their state or local governments.

There is scientific evidence that sheltering in place, self-quarantine, and physical distancing can help limit the spread of COVID-19. While doctors are not sure why younger people do not seem to be affected as severely as older people, it’s important for us to do our part in not only protecting our families, but also protecting those around us who are more vulnerable to the virus.

Hearing the words Shelter in Place might seem a little scary, but let’s look at some ways to make it fun.

Step

2

Build Your Own Shelter

Alone or with your siblings, create your very own shelter inside your home.

Using your best Girl Scout Innovator skills, design your perfect shelter. What type of structure do you want? Will it be big enough for one? Or more? Will it be your private space? Or will you share? Will it be a place for the daytime? Or will you want to “campout” in your shelter? Put some thought into the purpose for your shelter.

Your next decision is where to build your shelter. In your bedroom? Family room?

Garage? Backyard?

Now you need to decide on your building materials. Will blankets and chairs work? Set up a tent indoors? Or outside? Or do you need something else?

Once you have built your shelter, just like your family is doing, you will need to provision your shelter. How will you make it cozy and inviting? What supplies will you need? A pillow? A book? Snacks? Sleeping bag?

Order your Zombie rocker sets online at the [Girl Scouts of Western Washington store](#).



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Shelter Challenge

Step

3

Make a Schedule

Psychologically and emotionally, it is important to have a schedule. While school is out, this is not a vacation. When our routines are thrown off, like having a substitute teacher or missing a snack, we can get grumpy.

Start a conversation with your family about building a schedule.

Decide when you will get up. When will meals be? Do you have school work or learning to do? Choose a time for that. Make sure to set time aside for creativity,

fun, and play as well. Remember, play time is your time! Set up a virtual play date online with your friends. Don't forget to get outside, too! Set a limit for screen time. Also set aside some family time, play card or board games, read a book out loud. If family is not with you, schedule a phone call or Face Time chat every day or so. And don't forget to schedule sleep.

Build your family and/or personal schedule. Try it out for a day. Did it work? Does it need some tweaking? Make changes as you need.

Step

4

Be a Boredom Buster

As a G.I.R.L.—Go Getter, Innovator, Risk-Taker, and Leader, you have the power within you to be a Boredom Buster! What will you do when someone in your house says, "I'm Bored"? Yes, being stuck at home is a challenge and it can be hard to find a new routine, but you have skills and talents that can help your family. **Become your family's very own Program Aide! Create a list of games and songs that you can lead and/or teach. Set up a special place in your home for play only. Organize your card and board games. Create your own games.** Here are some ideas:

- Build a toy washing station with large

plastic tubs to help keep toys clean and sanitized.

- Flatten a box and draw a road with markers for toy trucks and cars to drive on.
- Go through your recycling. Make sure everything is clean. Make an art project.
- **Take a virtual tour** of the International Space Station, Stonehenge, street art in Paris, and so much more.
- Host a campfire. If you don't have a fireplace, make your own fake fire pit with colored paper.
- Go outside and play a game. You will probably need to change the rules to adhere to physical distancing guidelines.