

Junior Basics:

A Resource for those working with Girl Scout Juniors



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THE GIRL SCOUT PROMISE

On my honor, I will try:

To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.



THE GIRL SCOUT LAW

I will do my best to be

honest and fair
friendly and helpful
considerate and caring
courageous and strong
responsible for what I say and do,

and to

respect myself and others,
respect authority
use resources wisely
make the world a better place, and
be a sister to every Girl Scout.

*Girl Scouts of the USA makes no attempt to define or interpret the word "God" in the Girl Scout Promise. It looks to individual members to establish for themselves the nature of their spiritual beliefs. When making the Girl Scout Promise, individuals may substitute wording appropriate to their own spiritual beliefs for the word "God."

Note: This disclaimer appears in the National Leadership Journey adult guides, but not in the girls' books. It is included here as a reminder to you, as a volunteer, that it's your responsibility to be sensitive to the spiritual beliefs of the girls in your group and to make sure that everyone in the group feels comfortable and included in Girl Scouting. Please feel free to share this information with girls' families.

Welcome!

Welcome to the start of Girl Scout Juniors! Here is your opportunity to help prepare your girls to seek their leadership potential. Our world is looking for a new kind of leader and through your guidance, you can help your girls discover their future place among those new leaders of the world, as well as, ways to connect with others who understand and value the collaborations that are critical in global society.

The girls' enthusiasm and excitement for new adventures will guide your troop/group to find new ways to do activities, new solutions to the challenges presented to them, and new energy along the way.

Juniors are beginning to flex their wings and gain independence. They want to please you, but they want to do it themselves. They want to complete the project – whatever the project is. They want to work together to accomplish their goals.

Juniors have a wide range of interests and their interests run the gamut! You may need to bring in new “experts” because the girls may know more than you do about certain areas of interest. Even if you do know a lot about the subject now is a prime opportunity to bring in new adults to work with the girls. This is a great time to help them learn new things and expand their horizons. Help them realize that they don't “know it all” and that they can learn more, too.

It can be empowering for them to learn from each other and share skills they have gained outside of their troop/group. A girl who attended camp over the summer may be able to teach the girls how to tie knots or how to roll up their sleeping bags, or how to cook a simple meal over a fire. We can *assist* them in gaining new experiences by providing a safe environment for them to succeed and to fail. *We* can also help them learn from their failures and to get up and try it again.

Juniors are developing their social skills. This may mean that you as their leader need a strong repertoire of conflict resolution skills. The girls will definitely hurt each other's feelings without intention; it happens. Girls are in the beginning stages of puberty – about to face the biggest changes to their bodies they have ever seen. Preparing them emotionally is a big part of leading them forward. Work with them to better respond to these changes by providing them with the knowledge and skills they may need. Remember to work within council policy and procedures for Sensitive Issues.

Enjoy your Juniors! Their adventures are greater and greater as they grow and stretch their new-found wings!



During Her Years as a Girl Scout Junior, Every Girl Should Have The Opportunity To ...



❖ Learn the Girl Scout way

- Know and understand the Girl Scout Promise and Law; be able to share their meanings
- Plan and participate in an Investiture, Rededication, and/or Court of Awards ceremony.
- Plan and participate in a Scout's Own ceremony.
- Know the history of Girl Scouting.
- Know Girl Scout traditions and participate in celebrating them.
- Understand the meaning of the World Trefoil Pin.
- Know the Girl Scout Motto and Girl Scout Slogan; use the Girl Scout handshake and quiet sign.

❖ Explore the meaning of citizenship

- Plan and participate in several indoor and outdoor flag ceremonies.
- Plan and participate in a community service project.
- Explore varied cultures, religions, and ways of living.

❖ Help manage her troop/group

- Take an active part in the Patrol system, Court of Honor and/or other forms of troop/group government.
- Participate in the selection of girl leadership for troop/group and/or patrol.
- Make decisions regarding dues, troop/group money, troop/group rules, and procedures.
- Receive support from leader regarding decisions.
- Develop and use a kaper chart for meetings and activities.

❖ Learn and achieve

- Learn new skills by earning Journey awards, skill-building badges, and/or other patches.
- Participate in activities to earn the Bronze Award.
- Participate in activities to earn the Junior Aide Patch.
- Help to plan and take trips to gain new experiences.
- Receive recognition for accomplishments.

❖ Explore the outdoors

Progression is key; girls will progress as their leaders gain skills and experience through their training; Out and About, Ready? Set? Go!, and Camping Adventures.

- Participate in many outdoor meetings/activities.
- Plan and participate in one or more camping experiences.
- Increase outdoor skill level – fire building, cooking, hiking, etc.
- Learn basic information about the natural world, its ecology and preservation.
- Complete the Horseback Riding Badge.

❖ Express her creativity

- Create art items for herself or others.
- Use dramatic or choral skills in a presentation.
- Learn songs and games; teach them to others.

❖ Share in the Girl Scout community

- Share activities with other Girl Scout Juniors.
- Share skills with younger Girl Scouts.
- Participate in bridging activities with Cadette troops/groups.
- Participate in Service Unit and/or council- sponsored events.

Girl Scout Leadership Experience

The Girl Scout Program – what girls do in Girl Scouting – is based on the Girl Scout Leadership Experience (GSLE), a national model that helps girls become leaders in their own lives and as they grow. No matter where girls live or what their age or background, as Girl Scouts, they are part of a powerful, national experience.

Girl Scouting has a practical approach to helping girls become leaders – the **Three Keys to Leadership**:

- Girls “**Discover**” and understand themselves and their values, using their knowledge, and skills to explore the world.
- Girls will “**Connect**” with each other to care about, inspire, and team with others locally and globally.
- Girls “**Take Action**” to make the world a better place.

In other words: **Discover + Connect + Take Action = Leadership**. And everything you do with girls in Girl Scouting is aimed at giving them the benefits of these Three Keys to Leadership.

So, how do you know that girls are having an effective leadership experience?

Age-appropriate signs during Girl Scout activities let adults know that girls are achieving the anticipated goals set forth in the **15 Leadership Outcomes*** or benefits of the leadership experience. While some are appropriate at all levels, some will better apply to Girl Scout Daisies and some to Girls Scout Ambassadors. As you review the 15 leadership outcomes, remember that the intention is not to complete all 15 in the first year but rather to spread them out over the girl’s career in Girl Scouting.

*For more information on the 15 Leadership Outcomes visit: gsocfct.org/content-files/File/transforming_leadership.pdf and gsocfct.org/content-files/File/transforming_leadership_continued.pdf

It’s not only what girls do, but how they are engaged that creates a high-quality experience. Girl Scout experiences are designed to use three **Girl Scout Processes** that make Girl Scouting unique from school and other extracurricular activities. When used together, these processes ensure quality of programming and promote the fun and friendship so essential to Girl Scouting.

- **Girl Led** - Girls play an active role in the what, where, when, how, and why of their activities. This starts in Daisies and progresses to Ambassadors, where the girls take a major part in the leadership role. This ensures that girls are engaged in their learning and experience leadership opportunities.
- **Learning by Doing** - As girls participate in meaningful hands-on activities and then reflect on them, girls get to explore their own questions, discover answers, gain new skills, and share ideas and observations with others. This is the way most adults learn, too. We need to touch and manipulate the materials to learn how they respond to the movement. Girls will also learn by getting their hands in the dirt and planting seeds, watching them grow, and mature.
- **Cooperative Learning** - Girls work together toward shared goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning. Cooperative learning allows the girls and adults to learn side by side and from each other. Everyone brings a variety of experiences to the troop/group and shares them differently. It can be a very moving experience to pretend we don’t know something and learn along with the girls. By encouraging this, and learning to work cooperatively, everyone – girls and adults, will gain valuable education. Encourage this! Allow the girls to work together toward a common goal.

The **Girl Scout Processes** help bind the **Three Keys to Leadership** and the **15 Leadership Outcomes** together to create the Girl Scout Leadership Experience. Making sure that girls are involved in the decision-making for the troop/group will accomplish much:

- The girls have ownership of their troop/group.
- The girls learn how the democratic process works.
- The girls learn to work together to make those decisions.

If you cannot think of a good reason to say “no,” don’t. Allow the girls to participate unrestricted when you can. Obviously there are times when this won’t work. Safety has to come first! Remember the girls are being loaned to us by their families. Share them well.

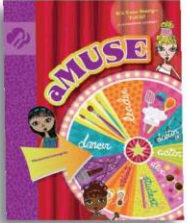
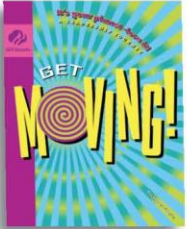
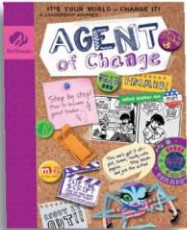
National Program Portfolio

The National Program Portfolio has two main parts – the National Leadership Journeys and *The Girl's Guide to Girl Scouting*. Complemented by the Girl Scout Product Sales Programs, Girl Scout travel and Girl Scout awards, the National Program Portfolio is designed to help girls develop as leaders and build confidence by learning new skills. It also ensures that Girl Scouts at every level are sharing a powerful, national experience—girls together changing the world!

What Juniors Do*

4TH - 5TH GRADE

Choose a Journey and earn the awards



Want to earn more Badges? Add the Badge sets

Agent of Change



GET MOVING!



aMUSE



Use them all with The Girl's Guide to Girl Scouting



* Remember to add in trips, outdoor adventures, the cookie sale and more! See ideas in all the girl's books.

What to pack for the journey!

Girl Scout leadership journeys invite girls to explore a theme through many experiences and from many perspectives—through the 3 keys to leadership: **Discover + Connect + Take Action**. All the joys of travel are built right in! So fill your suitcase with everything you need for an amazing trip that will change girls' lives!



The Girls' Book

Engaging stories, fun activities, recipes, and creative projects let girls ... meet new people, explore new things, make memories, gather keepsakes, and earn badges—all while exploring a theme through the 3 keys to leadership!

The Adult Guide

Easy activities to get girls thinking and doing while team-building, being creative, and boosting their sense of self—as they explore the 3 keys to leadership! Plus: healthful snacks, and loads of tips for engaging girls in leadership.

Your Wider Community

Reach out to local experts on ... storytelling and the arts. And to local partners: libraries, booksellers, and arts groups.

Your Enthusiasm

And your creativity, your partnership with girls and families, and, most important, your willingness to learn by doing, right alongside the girls!

Overview of the Junior Journeys Series*

It's Your World - Change it!

Agent of Change



Power: there's a whole spiral of it waiting for Girl Scout Juniors in this Journey. The Journey is filled with ceremonies and circles, real-life heroines, and special new characters, including the fashion-savvy spider named Dez. Along the way, girls learn how their own power combines into team power and then move out to become community power (kind of like how Dez weaves her web from the inside out).

The Journey's centerpiece is a comic story of girl heroines who will inspire the Juniors as they take action to improve their own community.

Journey Leadership Awards

This Junior Journey is filled with fun and friendship. From its start to its closing celebration, the girls will move from a deeper understanding of themselves to exploring how powerful they are as a team, to realizing the added strength they gain by reaching out in the wider community to take action with its members. *Agent of Change* offers girls a chance to earn three awards and record progress throughout the Journey in their own "Award Tracker."

- **The Power of One Award** - Girls will **Discover** and share the powerful story of a forgotten woman or girl from around the world who mobilized others and made a difference, discover all the ways their own strengths and powers help them create change in the world, and discover what the Girl Scout Law and true "heroines" have in common.
- **The Power of Team Award** - Girls **Connect** with their Girl Scout crew to create a "super girl" story in which the characters take one small situation they care about and strive for long-lasting community change. Girls will also make a team decision and write their team hopes for a Take Action Project that reaches into a community network to solve a problem together with community members
- **The Power of Community Award** - Girls **Take Action** on their plan, reach out, join others, and get them involved, and start something that snowballs into a change in their world. Girls join in their Girl Scout Junior circle to reflect on what they accomplished and celebrate it.

It's Your Planet -Love It!

Get Moving!



Juniors build their skills as leaders who Energize, Investigate, and Innovate. They earn these three prestigious leadership awards as they explore their own energy, the energy in their places and spaces (buildings), and the energy of getting from here to there (transportation).

Juniors have a new comic story, "Vamos Ya!" to inspire their action (walking school bus anyone?). Dez, the fashionista spider, is also back to add some wit to the journey as she tries to figure out life "off the grid." "How does this carbon footprint thing work?" she asks. "Do I get eight?" From their own paper-making experiment to making beads from newspapers and magazines, to forming a "perpetual human motion machine," Juniors will find that *GET MOVING!* is crammed full of energizing stuff to make and do!

Journey Leadership Awards

This Journey offers Juniors a chance to earn three Girl Scout leadership awards—Energize, Investigate, and Innovate. The girls can choose to earn one, two, or all three. If they earn all three, they'll see how the awards join together to create an energizing effect on their vest or sash.

- **Energize Award** – Girls make an Energy Pledge to reduce their energy use in one or more ways and try at least two other Energize activities suggested along the journey. They also research how other people are tackling energy issues.
- **Investigate Award** - Girls connect with their Girl Scout crew to learn about energy use in their buildings. They work with their families to make an energy improvement at home and investigate energy use in a community building suggesting ways to make it more energy-efficient.
- **Innovate Award** – Girls identify an energy issue in the community, research it, create a plan, and carry it out, all while reaching out to others to join in, too. Share the news, reflect on what they accomplished, and celebrate it.

It's Your Story - Tell It!

aMUSE



Juniors gain an understanding of just how limitless their potential can be as they try on a range of new roles – real and creative – that the world offers.

Juniors learn just how many roles are open to them in the world and the possibilities those roles open for them. Whether they want to fly a plane, lead a rock band, or win a gold medal, aMUSE helps girls take center stage and try out more roles than they ever thought possible, with a little help from Dez and the Muses.

As they find out there is more to their story, girls may feel stronger, walk taller, and gain confidence!

Journey Leadership Awards

This Journey presents Juniors the opportunity to earn three awards:

- **Reach Out! Award** - Juniors understand the many roles women and girls play in the world around them and the leadership skills used to play them.
- **Speak Out! Award** - Juniors are aware of how stereotypes could hold themselves, and others back from trying on roles, and they Take Action to help stop stereotypes.
- **Try Out! Award** - Juniors have the courage and confidence to try out new roles.

*Information taken from girlscouts.org



Journey Connections to State and National Curriculum Standards

The content of all Girl Scout National Proficiency Badges and Journeys have been correlated by grade level to national *Common Core Standards*, *21st Century Skill* standards, *Financial Literacy* education standards, and curriculum such as Health and PE, Language Arts, Math, Science, and Social Studies learning objectives for all 50 states and the District of Columbia.

To find out how the Proficiency Badges and Journeys support state and national curriculum standards go to girlscouts.org/en/adults/educators/curriculum-standards.html.

GSUSA Statement of Trust

Girl Scouts of the USA creates national program materials to serve our vast and diverse community of girls. To help bring topics "off the page and into life," we sometimes provide girls – and their volunteers – with suggestions about what people across the country and around the world are doing, as well as movies, books, music, web pages, and more that might spark girl interest.

At Girl Scouts of the USA, we know that not every example or suggestion we provide will work for every girl, family, volunteer, or community. In partnership with those who assist you with your Girl Scout group, including parents, faith groups, schools, and community organizations, we trust you to choose "real life topic experts" from your community, as well as movies, books, music, websites and other opportunities that are most appropriate for the girls in your area and that will enrich their Girl Scout activities.

Journeys

How to Start Your Journey

At the core of the GSLE are National Leadership Journeys, which are fun and challenging experiences grouped around a theme and spread over a series of sessions. Each Journey has all the important components of the GSLE incorporated into it. To guide girls on a great Journey, all you need is enthusiasm and a sense of adventure. Before you dive in, try these six simple tips:

1. **Check out the Journeys** at girlscouts.org/en/our-program/journeys.html. There, you can find information about the topics that each Journey covers, which you can share with girls. And you'll find even more fun traditions to complement your Journey in *The Girl's Guide to Girl Scouting*, a resource for each grade level of Girl Scouting.
2. **Choose a Journey.** Because Girl Scouting is girl-led, it's important to give girls the chance to pick the Journey they want to do. Talk to them about what each Journey for their grade level is about and let them choose one.
3. **Get to know the Journey.** Pick up a girls' book and an adult guide. Read the girls' book for the pleasure of it, just to get an overview of the Journey's theme and content.
4. **Review the sample session plans in the adult guide.** These sample session plans give you ideas about bringing the Journey to life with girls while leaving plenty of room for creativity and customization.
5. **Invite girls (and their parents/guardians) to use their imaginations** to make the Journey come to life in ways that excite them. Remember that you and the girls don't have to do everything exactly as laid out in the sample sessions.
6. **Step back and watch** how the girls with your knowledge, support, and guidance have enormous fun and a rewarding experience. Celebrate with them as they earn their National Leadership Journey awards—and perhaps some Girl Scout badges, too!

As your group starts its journey, get a discussion (or debate!) going on the journey's theme and what it means to the girls. Ask questions to find out what they're most interested in accomplishing during their time together, and then help them connect those interests to their journey. This will help them chart the course of their journey and their time together.

**Excerpt from Volunteer Essentials*



Take Community Service to Another Level; Take Action!

Community Service is defined as a project or activity that helps for a short time. It may help a limited number of people or it could be there are too few people involved to make a larger impact. The service is often an immediate and necessary response to a basic need. Service projects have a definitive beginning and end point. Projects should be meaningful to the girls, part of troop/group activities, or in partnership with older girls.

- Organize a book or clothing drive.
- Paint walls to cover graffiti.
- Assemble a holiday food basket.
- Host a sing-a-long at a Senior Center.

Take Action is designed to elevate traditional Girl Scout community service projects from meeting an immediate need to advocacy projects that make change happen. Girls identify a cause they feel passionate about, and with advocacy and action, make a change. Take Action Projects pick up where short-term projects left off. Their plans are designed to reach a larger number of people and have a lasting impact.

When girls pursue Take Action Projects, they take time to identify and understand the **root cause** of an issue instead of simply addressing the symptoms. A **root cause** is the origin of the problem. Girls must also ensure that each project is sustainable and that the impact is measurable.

- **Measurable:** The success of the project can be determined based on the number of people the project helped, the number of people who were involved, any reduction in the community's need, and other concrete numbers.
- **Sustainable:** Girls must make arrangements (such as collaborating with community leaders and/or organizations or building alliances with mentors) to ensure that the project creates lasting change and is not a one-time event.

Make the World A Better Place



An easy way for you to remember the difference between short-term community service projects and Take Action Projects rests on whether the project is being done **for** the community or **with** the community. If a girl is doing something **for** the community, most likely she is working on a short-term service project. If she is doing something **with** the community, she is working on a Take Action Project.

In this chart, you can see the difference between short term project solutions and Take Action projects. It is still important to do the short-term projects however; the Take Action Project has a larger impact on the community.

Issue	Community Service Project (One time effort: has a short-term impact)	Take Action Project (Long term benefits and sustainable support)
Local food pantry needs to stock its shelves.	Collect non-perishable food through school food drive.	Collect food and also develop a recipe book of nutritious foods using simple, accessible ingredients – find local printing company to print several copies and give original to the food pantry to make more when needed.
Local animal shelter needs supplies and volunteers.	Donate canned food and animal toys to the shelter.	Hold a community animal food and supply drive. Create a marketing plan – posters, radio spots, flyers, etc – encourage community to donate supplies and time at the shelter. Give all marketing materials to the shelter for future use.
An uninsured family's home is destroyed by fire.	Collect clothing, household goods, and food for the family	Work with a local Habitat for Humanity and organize a work group to rebuild the family's home. Organize community groups to establish an ongoing clothes closet for use by families facing a crisis.

Why Focus on Take Action?

The Take Action key and its corresponding outcomes get girls motivated and excited about making an impact in their community that can be felt in the long-term. Take Action encourages girls to think bigger and to address problems in such a way that they do not reoccur. And, perhaps most important, a girl's Take Action Project changes the world in a meaningful way.

- **Girls can identify community needs.** To have an effective Take Action Project, girls must first find out what the community needs.
- **Girls are resourceful problem solvers.** Girls will learn how to identify the root cause of the issue they choose to address. In addition, girls will undoubtedly face road blocks during their project, which means they will need to come up with creative ways to solve the problems that arise.
- **Girls advocate for themselves and others, locally and globally.** As they learn about the issues in their community and work to solve them, girls stand up for issues they believe in, influence policy, and identify ways to continue their project goals into the future.
- **Girls educate and inspire others to act.** Girls educate others about issues that are important to the community and inspire others to act.
- **Girls feel empowered to make a difference in the world.** Girls develop leadership skills and use the knowledge they gain through their experiences to improve their community and the world!



Tools to Help Guide Girls Through the Take Action Process:

→ Meeting the Community:

Through field trips or visiting speakers, girls gain a broader scope of issues in the community.

→ Listing as a Group:

Girls go on a trip or have a speaker. Ask the girls to look around the area. If they are not physically in the area where they would like to do their project, they will need to imagine the area.

Help the girls outline what they saw, imagined, or heard by creating a group list. Younger girls may need pictures next to the words to help them remember. Ask questions to drive the conversation, such as:

- What do you see? What do you imagine the area to look like?
- Who can they talk to if they want to verify any information; a camp ranger, town official, agency staff member, or another troop/group?

→ Community Mapping:

This is a list or drawing that helps girls see a bigger picture of their community. It is a way of highlighting a community's assets – the people, things, services, organizations, and businesses that exist in a given area.

After a trip or from memory, create a large map of the area showing the community's specific needs and resources, including contacts that might help the girls proceed in their Take Action Project. The girls should be thinking about what needs might exist for each street, park, home, school, community center, and so on that they can identify and draw. The aim of community mapping is for the girls to "find" a project they are passionate about and that solves a problem in the community.

→ Mind Mapping:

Girls take one issue found on their community map and write the issue in the center of a large piece of paper. Have the girls openly discuss the selected issue and record ideas related to or reasons for the issue around the central idea. Let them write down as many specifics as they possibly can. This helps girls to visually see an issue from a variety of angles. From that list ask:

- What kinds of problems can be identified as associated with the main idea? (i.e. noise pollution, oil spill, litter)
- What are the causes of the more defined problems? (i.e. noise – music, sirens, talking in a lunchroom)

→ Levels of "Why":

This helps drill down the root cause of an issue. This technique can be used with all tools listed above.

Write one of the ideas that interest the girls most at the top of a sheet of paper. Reflecting on this idea, continue to ask the question "*Why?*" writing down each response to the question:

Issue: Don't always get to eat lunch at school.

- Why? Too many people;
- Why? Size of lunch waves;
- Why? Only time to "hang out" with friends

When you are at the end of the "Why" cycle, girls can begin building a Take Action Project to address this root cause.

Seven Components of a Successful Take Action Project

When planning Take Action Projects with girls, keep in mind that it's not just "what" the girls do but how they go about it, and what they learn through trying that will inspire them to Take Action throughout their lives.

Use the following components to guide girls in developing successful Take Action Project plans.

Component	Description
1. Investigate	<ul style="list-style-type: none"> • Girls identify issue(s) they care about most. • Girls explore their community and match its needs to the issues they care about. • Girls connect with their community to further investigate community priorities, whether through community walks, examining public documents, conducting surveys, community mapping, or interviewing key leaders. • Girls identify their specific Take Action Project.
2. Plan	<ul style="list-style-type: none"> • Girls get ready for all aspects of the Take Action Project. • While the girls or the group of girls are leading, volunteers, and community partners are active participants in project planning. • Girls locate tools and resources they need, and know when, where, and how to enlist help from others. The project plan addresses both the goals of the project as well as sustainability and measurability. Girls examine money-earning, safety requirements, participant training, and any other elements needed for a successful project. • Girls set the goals, make a timeline, and plan how and when to evaluate their project. (<i>Note: Sustainability needs to be planned at this stage, especially with community partners.</i>)
3. Act	<ul style="list-style-type: none"> • This most visible and tangible part of a Take Action Project involves providing measurable and sustainable service in the community. • The action stage requires clarity in expectations, assignments, and schedules. • Encourage girls to build relationships with community members and their peers to ensure that the project is appropriate and meaningful for everyone. • Girls also collect data, artifacts, pictures, and other documentation for reflection, demonstration, celebration, and evaluation.
4. Reflect	<ul style="list-style-type: none"> • Throughout the various stages of their Take Action Project, girls reflect on what they have done and where they are going. • Reflection involves critical thinking, analysis, problem solving, and interpretation so that girls integrate the experience into their lives. • Girls select, design, and lead reflections through a variety of methods and approaches that match various learning styles. • Reflection questions may include: What have we accomplished? What does it mean? Now what?
5. Educate, Inspire, and Advocate	<ul style="list-style-type: none"> • Girls can educate others about what they have learned, whether with a small audience of younger girls, peers, the general public, or key community leaders, and they can advocate for their issue, inspiring others to join with them in making a sustainable change.
6. Celebrate	<ul style="list-style-type: none"> • Girls and partners step back and say "thank you" to all who are involved in the Take Action efforts. Recognition of others' contributions helps to cement the experience in girls' lives. • Celebrating may involve public, high-energy recognition events or it may mean writing and sending a personal note to acknowledge contributions.
7. Sustain	<ul style="list-style-type: none"> • Girls engage the community in the project so that the community sustains it. In this way, the community relationships girls have built are continued and deepened. • Encourage girls to find ways they can use their own skills and interests to inspire others to pick up where they've left off.

The Girl's Guide to Girl Scouting

A Walk through *The Girl's Guide to Girl Scouting*

The *Girl's Guide to Girl Scouting* includes the handbook and the badge book. The Girl's Guide is a record of what girls do in Girl Scouts! Each grade level has a binder with covers chosen by girls that coordinate with the Journey colors.



The *Girl's Guide to Girl Scouting* is divided into three sections: the Handbook, Awards, and My Girl Scouts section. Below is an outline of a walk through the different sections:

The Girl Scout Handbook



Each grade level has its own special version of the handbook! From Girl Scout basics to fun with family and friends, they're packed with information and activities that encourage girls to get their hands dirty, hearts racing, and brains whirling.

National Proficiency Badges



In addition to the awards they are earning through the Journeys, the Girl's Guide gives girls the opportunity to earn Legacy badges and Financial Literacy badges, as well as Cookie Business badges at each level.

Sold separately, but easily added to the Girl's Guide are three badge sets related to the Journeys for Brownies through Seniors, each containing five badges. They offer great examples of ways to incorporate the skills while on a Journey, but can also be used on their own!

A new addition to the Proficiency Badges, Outdoor Badges are now available for Brownies through Ambassadors. The requirements are available on the council website.

The Outdoor Badge for Juniors is Horseback Riding. You can find the requirements at gsfct.org/pages/Badges.php.



"My Girl Scouts" pages

Girls get their own special pages for journaling, autographs, or whatever they want to do! There are also coloring pages for Daisies and stickers for Daisies, Brownies, and Juniors.

In each guide there is also a fold-out section with all the awards for that level. Girls can check off each award they've earned to see how far they've already gone, and what lies ahead for their future in Girl Scouts! Some of these awards include:



Journey Summit Awards

For girls who complete all three Journeys at each grade level.

My Promise, My Faith

A faith-based award that girls can earn once each year they are in Girl Scouts.

Bronze, Silver, and Gold Awards

The Girl's Guide for Juniors, Cadettes, Seniors, and Ambassadors also include the requirements for earning the three highest awards in Girl Scouting.

Special for Daisies!

Girl Scout Daisies will continue to earn their petals instead of earning badges, with new activities for each petal. However, they now have the option to earn one Cookie Program leaf and one Financial Literacy leaf for each year they are a Daisy.



Leaders can also check out some tips for using the Girl's Guide to Girl Scouting at:
[girlscouts.org/en/our-program/our-program.html](https://www.girlscouts.org/en/our-program/our-program.html)

Information taken from gsosfct.org/pages/GirlsGuide.php

Girl Scout Insignia and Award Basics

The insignia on a girl's uniform are a record of her adventures and accomplishments as a Girl Scout. *Insignia* is the general term for all official items that girls and adults can wear on their uniforms. All official awards are worn on the **front** of the sash or vest.

Girl Scout insignia are broken into five categories:



Insignia Showing You Belong: These insignia, also known as **Emblems**, include such items as Girl Scout membership pins, the World Trefoil pin, GSUSA and council identification strips, and troop numerals.



Earned Grade-Level Awards: These Girl Scout program awards include Girl Scout Journey Awards, Girl Scout Daisy Promise Center, Petals and Leaves, Girl Scout Brownie through Ambassador Proficiency Badges found in *The Girl's Guide to Girl Scouting*, Outdoor Badges, and Girl Scouting's highest leadership awards (Girl Scout Bronze, Silver, and Gold Awards).



Special Opportunity Awards: These are national awards earned through requirements determined by Girl Scouts of the USA or by another organization which GSUSA has a partnership agreement. These awards include the Girl Scout My Promise, My Faith Awards, Girl Scout Cookie Sale Pins, Girl Scout Safety Awards, and the President's Award for Community Service.



Meritorious Service Awards: These include the Girl Scout Lifesaving Awards awarded from GSUSA through council nomination. For more information, go to: gsofct.org/pdf/membership/formLibrary/LifesavingAwardsPacketProcedure.pdf.



Participation Patches and Pins: Supplementary insignia developed at the national or council level with a focus on participation. These patches represent activities girls have tried and are fun ways for girls to remember special events they've attended. Since these patches and pins aren't tied to skill-building activities, they are worn on the **back** of a girl's sash or vest.

GSOFACT Council's Own patches were designed to reflect Connecticut's resources and interests and supplement those offered by GSUSA. All available patches are listed in the Program and Resources Guide or can be found at gsofct.org in the Resource and Form Library under the Girl Program section. They are worn on the **back** of a girl's sash or vest.

Girl Scout badges, patches, awards, and other insignia should be presented, worn, or displayed only after Girl Scouts have completed the requirements outlined in the appropriate program materials.

To find out where to place insignia on a Girl Scout uniform, visit gsofct.org/join/girls.php, click on the level you are interested in, and follow the link on that page. You can purchase emblems and patches – along with badges and leadership awards – at any of our council's Girl Scout shops or online at shop.gsofct.org.















Girl Scout Insignia and Award Basics – Girl Scout Junior

INSIGNIA	TYPE	WHO PURCHASES	WHEN GIVEN	ADDITIONAL COMMENTS
Uniform Components: <ul style="list-style-type: none"> American Flag GSUSA and Council ID strips Troop Numerals Troop Crest 	Emblem	Parent/Guardian	Initial uniform purchase	<ul style="list-style-type: none"> These emblems signify that we are members of GSUSA, GSOFCT, and a specific troop/group. Troop/group volunteers may offer to collect monies and purchase materials for parents/guardians.
Girl Scout Membership Pin (Traditional or Contemporary)	Emblem	Troop/Group	Investiture	<ul style="list-style-type: none"> Pin signifies that you are a member of Girl Scouting in the USA. Girls in grades 4-12 wear the Girl Scout Membership Pin.
World Trefoil Pin (WAGGGS)	Emblem	Troop/Group	Anytime	<ul style="list-style-type: none"> Pin shows we are members of the World Association of Girl Guides and Girl Scouts. Thinking Day Celebrations are a good time to present this pin. Pin will be transferred to the girl's new sash/vest when she bridges to the next level.
Membership Stars with Disc (Yellow)	Emblem	Troop/Group	End of the year	<ul style="list-style-type: none"> Each Girl Scout receives a star and disc to indicate she has been a member of Girl Scouting for that year. Discs are color-coded by level. All the stars and discs will travel with the Girl Scout to the next level's sash or tunic.
Journey Leadership Awards	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Awards coincide with the Leadership Journey's: It's Your World – Change It!, It's Your Planet-Love It!, and It's Your Story - Tell It!.
National Proficiency Badges	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Badges are symbols that you've learned something new. Four types: Legacy, Financial Literacy, Cookie Business, and Skill-Building. Girls have the opportunity to "Make Your Own" Proficiency Badge yearly. Horseback Riding is the Outdoor Badge for Girl Scout Juniors.
Girl Scout Bronze Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> A leadership award and the highest honor a Girl Scout Junior can achieve (7 steps)
My Promise, My Faith	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> A girl earns the pin by carefully examining the Girl Scout Law and directly tying it to tenets of her faith. This may be earned as a troop or individually. Earned once a year, it complements existing religious recognitions (P.R.A.Y.).
Bridge to Girl Scout Cadette Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Shows you were once a Junior Girl Scout and bridged up to Cadettes. All requirements must be completed prior to earning this award.
Junior Aide Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Mentoring award earned for working with Girl Scout Daisies or Brownies (3 steps).
Girl Scout Safety Award: Junior	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Can be earned yearly for learning how to be safe during Girl Scout activities.
Cookie Activity Pin	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Can be earned yearly for selling Girl Scout Cookies.
Girl Scouts Global Action Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls learn in a fun and educational way about serious global issues affecting girls, young women, and their communities.
World Thinking Day Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls participate in activities and projects with global themes to honor their sister Girl Guides and Girl Scouts in other countries.
President's Volunteer Service Award	Earned Grade-Level	Troop/Group or Parent/Guardian	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn this award in recognition for the valuable contributions they are making in our communities. Community service hours over a 12-month period or cumulative hours earned over the course of a lifetime; Bronze, Silver, and Gold categories.

For more information on Girl Scout Junior Insignia and Awards, visit girlscouts.org/en/our-program/uniforms/insignia-list.html

Tips for Working With Girl Scout Juniors

These tips can help with situations that can arise whenever a group of girls get together:

-  Focus on the talents and skills of each girl rather than openly criticize her weaknesses or inabilities.
-  Allow girls to learn by experience. Encourage them to find out things for themselves. Offer help when you feel they may experience failure or discouragement.
-  Encourage girls to solve their own problems, to go to each other for assistance, and to take turns leading the group. Intervene only if you are really needed. Try to foresee trouble. Step in immediately if anyone's safety is endangered.
-  Help each girl develop positive feelings about herself. Help her feel she is important both as an individual and as a member of the group. Show respect for each girl's feelings and intelligence. Do not treat her as if she is "just a child."
-  Rejoice with a girl when she achieves something important to her no matter how small. Avoid making comparisons among girls.
-  Give directions that girls of this age can understand. Phrase directions positively rather than negatively.
-  Set limits. Make them clear and consistent. Girls need and want clear and fair rules. Watch for opportunities where girls can participate in rule-setting. In many situations, they can help develop and implement rules, and change them when necessary.
-  Encourage respect for differing cultural, ethnic, and racial backgrounds. Help each girl express pride in her heritage. Discover ways for girls to learn about and have positive experiences with girls and adults different from themselves.
-  Allow and encourage girls to work on projects in pairs or in groups. Doing activities with friends is a critical part of the Girl Scout experience at the Junior Girl Scout age level. Because cliques form easily at this age, try changing groupings of girls. Make full use of the buddy system (pairing girls so they can watch out for each other). Rotate buddies so everyone gets a chance to know everyone else.
-  Do not expect every girl to participate in all activities. Some girls will not be ready or willing to participate in large group activities. Encourage participation particularly for shy girls, but do not insist upon it. Suggest a quiet activity that will not disturb the group.
-  Involve each girl's family as much as possible. Family support can lead to a more successful Girl Scout experience for you and the girls.
-  Share your successes, problems, and resources with other leaders. Ask to observe their troops and groups and see if you pick up some tips.
-  Vary the format of your troop/group meeting. Some activities are best done in small groups while others may prove more successful in large groups. Or one or two girls may work on an activity while the rest of the group does something different.
-  Give girls the opportunity to choose activities with which they feel most comfortable. Engaging girls in the decision-making process is one of the most important things you can do as a Girl Scout Leader.



Girl Scout Ceremonies

Ceremonies in Girl Scouting are used to honor special occasions, to celebrate accomplishments, or begin and end a meeting. Girl Scout ceremonies come in many shapes and sizes. They can be formal or informal, large or small. They are typically short in duration but can be quite impressive when the girls are in full uniform, complete with white gloves. Ceremonies provide a means of expressing feelings and values of friendship, patriotism, and service. They allow girls to express themselves through spoken word, artwork and/or song.

All ceremonies share three common components:

- **Opening:** Welcome guests, state the purpose of the ceremony, and set the mood for the occasion.
- **Main Part:** Develop the theme or main idea of the ceremony using dialogue, poetry, choral reading, dramatics, candle lighting, etc.
- **Closing:** Summarization of the ceremony. Lets the audience and the participants know the event is over. It may include forming a friendship circle, saying good-byes or thank-you to special guests, singing a song, etc.

The most rewarding and inspiring ceremonies are those you plan and develop together. Girls are an essential part of the planning process. Engage them in planning and executing at all levels to ensure for a meaningful outcome.

All ceremonies have certain elements in common. The best ceremonies use a combination of all:

- **Purpose:** the reason, the motivation for, or main idea
 - Welcome new members
 - Celebrate accomplishments
 - Express Girl Scout values
- **Mood and Atmosphere:**
 - Pleasant surroundings appropriate to the purpose/theme
 - Music, songs
 - Readings – poetry, stories
 - Dramatics – dance, skits
 - Use symbols – archway, bridge, candles, Trefoil, etc.
- **Characters:** Bring out the characteristics of the girls involved
 - Allow the girls to take on roles that express who they are as individuals
 - Highlight the personal qualities of the girls
 - Allow the girls to flourish at their own level; personal growth
- **Setting:** Held at a special location that impacts the ceremony
 - Time - impacts attendance; can be mood setting
 - Place - location relevant to the purpose and mood and atmosphere desired (outside in the woods, inside on a stage, part of the meeting, etc.)
 - Group size – accommodate for activities planned
 - Think safety first!
- **Theme:** Focuses on developing the purpose
 - The subject, topic, or idea is expressed through the activities, decorations, invitations, refreshments, etc.

Note: Plan for rehearsal time no matter how short and simple the ceremony is.

Girl Scouts have ceremonies that mark their special events and feelings throughout the year, and no matter when or where these ceremonies take place, they are always steeped in the traditions of Girl Scouting!

TYPES OF CEREMONIES

*There is no absolute way to conduct ceremonies.
Use your imagination!*

Parts of a Ceremony

- A. *Opening: welcome, purpose, setting*
- B. *Main Part: theme, story, light candles, songs, poems, flags*
- C. *Closing: song, thank-you, dismissal*

Investiture

A ceremony held when one or more persons join Girl Scouting for the first time. The girl or adult makes the Girl Scout Promise and receives the appropriate membership pin (Daisy, Brownie, traditional, or contemporary Girl Scout) and is welcomed to Girl Scouting. Pins are pinned on upside down and are righted after a good deed is done.

Rededication

This ceremony is held at special times when Girl Scouts want to renew their Girl Scout Promise and review what the Girl Scout Law means to them. Troops/groups often hold a rededication ceremony at the beginning or the end of a troop year.

Candlelight Ceremony

Candle lighting can be part of many Girl Scout ceremonies. It is often used as part of an investiture, rededication, or Court of Awards ceremony. Three center candles represent the three parts of the Girl Scout Promise. Five candles on either side, a total of ten, represent the ten parts of the Girl Scout Law. In buildings where candles may not be used, small flashlights may be substituted.

Flag Ceremony

A ceremony to honor the American flag may be used in troops on special occasions, such as investiture, rededication, a bridging, or Court of Awards. Sometimes a flag ceremony can be part of an opening for a troop meeting. An American flag can be displayed alone or with a troop flag.

Court of Awards

A ceremony to present honors and awards. Girl Scout Daisies through Ambassadors receive earned recognitions: Leadership Journey awards, proficiency badges, bridging patches, etc. The setting and type of ceremony will vary with troops/groups, as well as, when they are held.

Girl Scouts' Own

This is a quiet ceremony created and planned by girls to express their feelings on a variety of topics such as friendship, nature, or Girl Scout values. It is neither a religious ceremony nor entertainment. Communicating the theme may be done through poetry, songs, narration, or essays.

Bridging

This ceremony signifies the advancing from one program level to another in Girl Scouting. Girls may cross a real or symbolic bridge as part of the ceremony.

Brownie Fly-Up

A Girl Scout Brownie bridging ceremony where girls renew their Girl Scout Promise and receive their Girl Scout pin (contemporary or traditional). Girl Scout Brownies also receive their Brownie wings to show they have "flown up."

Recipe for a Creative Ceremony

Ingredients:

1 Purpose	2 Cups Imagination	Art
1 Theme	5lbs. Patience	Dance
3 Cups Thoughts	Songs	Season to Taste
3 Cups Feelings	Poems	

Directions:

1. Begin with one purpose, stated and understood by all "cooks."
2. Add one theme. You may have to try several themes before you find one just "ripe" enough but all "cooks" should be in the selection.
3. Sift thoughts and feelings on them together.
4. Fold in imagination to come up with ways to express those thoughts and feelings.
5. Blend in songs, poems, readings, etc. that reinforce the theme. Remember the "cooks" are capable of creating their own masterpieces when given a chance.
6. Study all ingredients and decide the order each will be served and by whom. PRACTICE IT!

Incorporating Girl Planning

Girl Scouting operates on the premise that girls grow, learn, and have fun by making decisions, doing and discovering for themselves. That is why it is important that the girls do as much of the planning for ceremonies as possible. Ceremonies are opportunities for the girls to express themselves. Girls should have an active part in making their own memories.

Planning should include the girl's ideas and input. Keep in mind that, at different levels, girls will have different abilities. As girls get older, their responsibility for planning should expand. Don't worry about doing everything "right". Be flexible; let the girls make mistakes and learn from them. It is the volunteer's role to guide the troop/group and provide an environment for creativity.

Use the following questions as guidelines when planning your ceremony:

❖ What kind of ceremony do we want?

- Bridging?
- Flag Ceremony?
- Investiture/Rededication?
- Court of Awards?

❖ Where and when will it be held?

- Indoors or outdoors?
- In the morning or night?
- During a Troop/Group meeting or another time?

❖ Who should be invited?

- Parents?
- Siblings?
- Special Friends?
- Another Girl Scout Troop/Group?
- Adults in Girl Scouting?
- Adults in the community?

❖ What can we use to personalize the ceremony?

- A theme?
- Symbolism?
- A favorite song, dance, skit, or poem?
- Girl Scout Promise and Law?
- Candles, lights, or a campfire?
- Flags?
- A bridge?
- Other props?

❖ How will we do it?

- Who will start the ceremony?
- Should we sit or stand?
- What formations will we use?
- Where will the guests sit?
- Should we speak together or separately?
- Do we want/need to learn something new?
- Will we serve refreshments?
- Do we need to purchase Additional Activity Insurance?
- Do we need to rehearse?

Personalizing a Ceremony

The ceremonies that are remembered the most often have been personalized to express a clear purpose and theme, which gives continuity and cohesion to the ceremony. A theme can be expressed through symbolism, music, songs, stories, poetry, skits, dance, or light.

*Common Themes

- Earth Day
- Friendship
- Gifts of Girl Scouting
- Heritage
- Story of Juliette Gordon Low
- Moment of Remembrance
- Nature
- Presenting an Award
- Service to Others
- Women to Remember

*Ideas from *Let's Celebrate! Girl Scout Ceremonies* GSUSA publication.

*Common Symbolism

- Archway
- Bridge
- Colors
- Flag
- Flowers
- Friendship Circle
- Handshake
- Planting a Tree
- Trefoil
- Wishing Well

*Ideas from *Let's Celebrate! Girl Scout Ceremonies* GSUSA publication.

Bridging Moving On to New Girl Scout Adventures



A bridge crosses a gap and makes it easy to get from one side to another; so it is in Girl Scouting. “*Bridging*” is the term used to describe the process of advancing from one level to another in Girl Scouting. Bridging is an important transition in a Girl Scout’s life. It’s a defining moment when a girl becomes aware of her achievements and is ready for new adventures and responsibilities. Celebrating this change should be fun, personalized, and memorable for everyone involved. Bridging ceremonies usually take place at the beginning or end of the Girl Scout year. Remember to include the girls in both planning and implementing the ceremony.

Bridging activities have been designed to emphasize the continuity of one Girl Scout program, to introduce girls to what lies ahead, to encourage girls to reflect on their personal growth and previous accomplishments, and to give older girls a sense of personal responsibility for younger girls. Bridging activities will take time, but careful planning and continued reinforcement of the idea that girls are getting ready to move onto the next program level in Girl Scouting will make the experience meaningful for them.

The bridging process for each program level is outlined in *The Girl’s Guide to Girl Scouting* book. Once the bridging activities have been completed, a bridging ceremony can be held to recognize the girls and welcome them into the next Girl Scout program level. It is important to note that completing any earned bridging award is optional. If a girl chooses not to earn the award, she can still bridge to the next program level.

An actual bridge is not necessary to hold a bridging ceremony. The bridge, or crossing over into a new program level, can be symbolized by walking across a stage, walking on steppingstones, walking under an arch, or simply walking from one area in the room to another.

Areas in the room can be decorated using flags, banners, and balloons to represent the two Girl Scout levels involved in the bridging ceremony. Let the girls use their imaginations to come up with some other ideas to make their bridging ceremony special.

In preparation for the Bridging to Girl Scout Cadette Ceremony, consider:

- Planning at least one month ahead
- Prepare invitations
- Prepare decorations
- Refreshments - juice; water; cake or other snack; when planning for refreshments, remember to consider allergies.

Your *opening* may include:

- Welcome Guests
- State Purpose of Event – Girl Scout Juniors Bridging to Girl Scout Cadettes
- What the girls did to earn the Bridging Award

The *main part* of ceremony may include:

- Have girls recite the Girl Scout Promise and the Girl Scout Law
- Have girls sing favorite song
- Have Girl Scout Cadettes help them bridge – Leader may read girl’s name and she can “bridge over” – walk across a real or interpreted bridge, etc. – Cadettes may help Juniors put on new vest/sash

Your *closing* may include:

- Form Friendship Circle
- Sing Song – Make New Friends
- Thank guests
- Enjoy Refreshments!

The Appendix of this handout has several ceremonies that you can use with your Girl Scout Juniors. For additional information and more sample ceremonies you can refer to the GSUSA Publication *Let’s Celebrate! Girl Scout Ceremonies* book, *The Girls Guide to Girl Scouting* book, or visit the web at girlscouts.org/en/about-girl-scouts/traditions/ceremonies.html

APPENDIX



Celebrate! Girl Scout Junior Ceremonies

Games

My Promise, My Faith FAQs

Conflict Resolution

Girl Scout Terms

Service Project Suggestions

Additional Resources

Celebrate!

Girl Scout Junior Ceremonies

Girl Scout Junior Investiture/Rededication Ceremony - #1

Supplies:

1. Membership pins for new Girl Scout Juniors.
2. Log with holes for candles
3. Five candles – one of each color: green, royal blue, white, silver, and gold.
4. Short rope/twine/cord
5. Large copies of Girl Scout Promise and Girl Scout Law



Opening: Friendship Circle

Leader:

Say: We gather here today to join hearts and hands in the spirit of friendship. We welcome our new Girl Scouts and rededicate those girls who have been with us in years past.

New Girl Scout Junior #1:

Say: I bring to the log a candle of green. The color symbolizes the riches I find in the values and lessons of Girl Scouting.
(Insert candle into middle hole)

New Girl Scout Junior #2:

Say: I bring to the log a candle of royal blue. The color royal blue symbolizes the admiration that I have for myself and for my fellow Girl Scouts across the world.
(Insert blue candle next to green)

New Girl Scout Junior #3:

Say: I bring to the log a candle of white. The color white symbolizes the honesty that I will practice toward others and Girl Scouts around the world.
(Insert white candle on other side of green candle)

New Girl Scout Junior #4:

Say: I bring to the log a candle of silver. The color silver represents all girls new to Girl Scouting. May we all become true friends.
(Insert silver candle next to white candle)

New Girl Scout Junior #5:

Say: I bring to the log a candle of gold. This gold candle represents all members of this troop/group that have been down the Girl Scout road of adventure for many years together. May we all continue down the same path for years to come.
(Insert gold candle next to blue candle)

Leader(s):

Say: We now intertwine the candles, holding them together with a rope of leadership. Under my (our) guidance, may these girls continue on the path of kindness towards each other and all Girl Scouts around the world.
(Weave rope between the candles)

All: Recite the Girl Scout Promise and Girl Scout Law

Closing: Friendship circle, and sing "Make New Friends"

Girl Scout Junior Investiture/Rededication Ceremony - #2

Ribbon and Candle Lighting Ceremony



Supplies:

1. Membership pins for new Girl Scout Juniors
2. 10 white candles each tied with specific color ribbon noted
3. Copies of Girl Scout Law

Procedure:

Each girl in turn reads her line from the Girl Scout Law and then lights the candle.

All: I will do my best to be:

Girl Scout Junior #1:

Say: Honest and fair

The purple ribbon on this candle represents a Girl Scout's sense of honesty and fairness. A Girl Scout works honestly and keeps her promise. She is fair in all she does and those she meets.

Girl Scout Junior #2:

Say: Friendly and helpful

The blue ribbon on this candle represents a Girl Scout's sense of friendship and thoughtfulness. A Girl Scout is amiable and loyal to her friends. She helps others wherever and whenever she can.

Girl Scout Junior #3:

Say: Considerate and caring

The orange ribbon on this candle represents a Girl Scout's sense of kindness and warmth. A Girl Scout works well with others. She is understanding of and looks out for the well-being of others.

Girl Scout Junior #4:

Say: Courageous and strong

The red ribbon on this candle represents a Girl Scout's sense of adventure and independence. A Girl Scout attempts new tasks and braves new endeavors. She is confident and self-assured in her actions.

Girl Scout Junior #5:

Say: Responsible for what I say and do

The gold ribbon on this candle represents a Girl Scout's sense of ownership and pride in her work. She readily admits her strengths and weakness and is aware of the consequences of her actions. A Girl Scout is up front with her intentions.

All: And to:

Girl Scout Junior #6:

Say: Respect myself and others

The white ribbon on this candle represents a Girl Scout's sense of integrity. A Girl Scout directs her thoughts and deeds to encompass her own beliefs and to be sensitive to, and respectful of the beliefs of those around her.

Girl Scout Junior #7:

Say: Respect authority

The yellow ribbon on this candle represents a Girl Scout's sense of regard for another's position. A Girl Scout understands the importance of having a leader of a group to make final decisions. She works with that leader to make the best decisions for the good of the group.

Girl Scout Junior #8:

Say: Use resources wisely

The green ribbon on this candle represents a Girl Scout's sense of being careful with resources. She uses her materials, money, time, and energy wisely. A Girl Scout does not waste the Earth's resources.

Girl Scout Junior #9:

Say: Make the world a better place

The brown ribbon on this candle represents a Girl Scout's sense of improvement. A Girl Scout strives to be clean, conserve, and enrich the world around her. She believes it is important to leave a better place than when she found it.

Girl Scout Junior #10:

Say: Be a sister to every Girl Scout

The silver ribbon on this candle represents a Girl Scout's loyalty to sisters all over the world. A Girl Scout is always ready to accept more friends into her ever-widening circle. She treats all of her sisters with kindness, acceptance, and warmth.

All: Recite the Girl Scout Promise

Close with a song.

Girl Scout Junior Bridging Ceremony - #1

Bridging from Girl Scout Juniors to Girl Scout Cadettes

Supplies:

- You will need to invite an existing Girl Scout Cadette Troop/Group and their Leaders/Advisors, or at least one Girl Scout Cadette and one Girl Scout Cadette Leader to participate in the ceremony.
- You may want to use a bridge, something symbolic, or let the space between the two groups act as a "bridge." This choice is up to the girls.
- The reading for the Girl Scout Cadette Leader and the reading for the Girl Scout Cadettes.
- Write letters **C-A-D-E-T-T-E** on construction paper or on center of large paper daisies. Place speaking parts, for example, "C "stands for ..." on the back.

Set-up: Girl Scout Juniors stand in horseshoe on one side of the room (or stage), while the Girl Scout Cadettes are on the other side of the room (or stage).

Procedure:

You could start the ceremony with a Flag Ceremony, and/or recitation of the Girl Scout Promise and Law.

The Girl Scout Junior Leader recognizes and presents the Girl Scout Juniors advancing into Girl Scout Cadettes with a small gift or token (the gift can be something as small as a flower).

Cadette Girl Scout Leader/Advisor:

Say:

In this, the year of "growing up," new obligations must be met.
You're ready now to cross the bridge and soon you'll be a Cadette.
You make the same promise, but new plans will be made.
Your uniform changes and you'll be glad you stayed.

Junior Girl Scout Leader then walks each Girl Scout Junior halfway across the room (stage or bridge), where a Girl Scout Cadette meets her and escorts her to the Girl Scout Cadette Troop/Group.

When all of the Girl Scout Juniors have crossed the "bridge", all Girl Scout Cadettes say:

"C" stands for a CHALLENGE, CHEERFULNESS, and CARE

"A" means you're ALWAYS ready to share

"D" means DOING a good turn each day

"E" is for ENTHUSIASM you'll have along the way

"T" means be THRIFTY, be THANKFUL, and stand TALL

"T" means be TRUTHFUL, and be TRUSTWORTHY above all

"E" stands for EVERY little thing you do

But more than all these – to your own self be true!

The Girl Scout Cadette Leader/Advisor greets each new Girl Scout Cadette with the Girl Scout handshake and sign.

Girl Scout Junior Bridging Ceremony - #2

Bridging from Girl Scout Juniors to Girl Scout Cadettes

Supplies:

- 11 silver candles (or white candles tied with silver bows)
- 11 keys cut from silver poster board (or white covered with foil). Write one of the following words on each key: PERSONAL GROWTH, UNDERSTANDING, FRIENDSHIP, VALUES, INTEGRITY, RESPECT, CHOICE, LEADERSHIP, SERVICE, THE WORLD, SILVER AWARD
- Silver key for each bridging Girl Scout Junior.
- You will need to invite an existing Girl Scout Cadette Troop/Group and their Leaders/Advisors, or at least one Girl Scout Cadette and one Girl Scout Cadette Leader to participate in the ceremony.
- You may want to use a bridge, something symbolic, or let the space between the two groups act as a "bridge." This choice is up to the girls.

Set-up: Girl Scout Juniors stand in horseshoe on one side of the room (or stage), while the Girl Scout Cadettes are on the other side of the room (or stage).

Procedure:

Have 11 silver candles arranged in a straight line on a table. Tape each "key" to the table in front of the silver candle. As each candle is lit, the key (taped to the table) is flipped over the side of the table, so the audience can see it and what it says; or 12 Cadette girls may hold up the keys; or if you have a lot of girls, one may light the candle, while one reads the part taped to the back of the key she is holding up.

Leader:

Say: Tonight we gather to honor those girls that have completed their journey as Girl Scout Juniors.

These girls are ready to accept the challenges offered to them in the older Girl Scout program. The challenges are great, but the rewards are even greater.

As they shed their green and don the khaki and light blue of the Girl Scout Cadette program they enter a world of new friends, new travels, new discoveries, and new dreams.

This is not the end of their Girl Scout journey, but rather the beginning of a whole new journey, and tonight we offer them the keys to unlock doors to the world of Girl Scout Cadettes.

Girl #1:

Say: I light this candle to represent the key to PERSONAL GROWTH. As I discover and develop all my talents and abilities may I always try to help others to discover theirs.

Girl #2:

Say: I light this candle to represent the key to UNDERSTANDING. As I learn to accept who I am, may I always be accepting of who others are, no matter how different they may be.

Girl #3:

Say: I light this candle to represent the key to FRIENDSHIP. As I make new friends, may I never forget the old, for one is silver and the other gold.

Girl #4:

Say: I light this candle to represent the key to VALUES. As I discover what I value most, may I always protect my own values while respecting the values of others, no matter how different from my own.

Girl #5:

Say: I light this candle to represent the key to INTEGRITY. As I learn to always "do the right thing," may I remember to be honest and fair in all my dealings.

Girl #6:

Say: I light this candle to represent the key to RESPECT. As I learn to give respect to those around me, and respect the rules I am given, may I gain the respect of others.

Girl #7:

Say: I light this candle to represent the key to CHOICE. As I make more choices in my life, may I always be guided by the Girl Scout Promise and Law and my own values.

Girl #8:

Say: I light this candle to represent the key to LEADERSHIP. As I learn to lead others, may I always lead them down the right path and remember that one day they shall also become leaders.

Girl #9:

Say: I light this candle to represent the key to SERVICE. As I learn that I can do no greater good in this world than to give of myself to others, may I never forget those less fortunate than myself.

Girl #10:

Say: I light this candle to represent the key to THE WORLD. As I learn to protect it and its resources may I better understand it and improve it through my words and actions.

Girl #11:

Say: I light this candle to represent the key to the SILVER AWARD. As I work hard to achieve the highest award available to a Girl Scout Cadette may I never forget those who helped me along the way.

Leader:

Say: As your name is called please cross over the bridge and receive your Cadette vest/sash and your silver key (all girls cross the "bridge" and receive a silver key from the leader or older Cadette Girl Scouts, and have their green vest replaced by a khaki one).

Leader:

Say: You have each received a silver key. Protect it and cherish it for it is your key to a whole new world.

The key represents your challenge to look wider still in all you do while always remembering to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, responsible for what you say and do, respectful of yourself and others, respectful of authority, wise in your use of resources, and always trying to make the world a better place while being a sister to every Girl Scout.

If you are willing to accept this challenge please raise your right hand in the Girl Scout sign and repeat the Girl Scout Promise with me. (All girls and Leaders say the Girl Scout Promise together)

Welcome to Girl Scout Cadettes, You hold the key to your future!



Girl Scout Junior Bridging Ceremony - #3

Bridging from Girl Scout Juniors to Girl Scout Cadettes

Supplies:

- Candles for each Girl Scout
- You will need to invite an existing Girl Scout Cadette Troop/Group and their Leaders/Advisors, or at least one Girl Scout Cadette and one Girl Scout Cadette Leader to participate in the ceremony.
- You may want to use a bridge, something symbolic, or let the space between the two groups act as a "bridge." This choice is up to the girls.

Set-up: Girl Scout Juniors form a horseshoe at one end of the bridge, while Girl Scout Cadettes form a horseshoe on the other.

Procedure:

Each Girl Scout Junior is presented with a candle while she is still on the "Junior" side of the bridge. One by one, each bridging Junior walks to the center of the bridge, escorted by her leader. When they reach the center of the bridge, they are met by an experienced Girl Scout Cadette.

The ceremony then proceeds in the following manner:

Leader:

Say: May I present Girl Scout Junior _____, who is eager to accept the challenge of Cadette Girl Scouting.

Girl Scout Cadette:

Say: I, _____, challenge you, _____, to serve your younger sister Girl Scouts, your community, and your country; as we have served you. If you accept this challenge, I will light your candle in respect, that you will live your challenge to the fullest. Do you accept this challenge?

Bridging Girl Scout Junior:

Say: I accept this challenge.

Upon accepting the challenge, the Girl Scout Cadette will light the bridging Girl Scout Junior's candle

Leader:

Say: (Name of new Girl Scout Cadette), would you please recite the Girl Scout Promise?

New Girl Scout Cadette: Recites the Promise.

Girl proceeds to walk the remaining half of the bridge. Once over the bridge, the Cadette Girl Scout Leaders and girls congratulate the new Girl Scout Cadette and welcome her to Cadette Girl Scouting.

The same procedure is repeated until all girls are bridged. You may modify by all girls walk onto the bridge, candles are lit, Girl Scout Promise is said and then they are all welcomed into Cadette Girl Scouting.

Close with a song or other closing activity.

Gifts of a Dime and a Tiny Box



Supplies:

- Dimes – one for each girl.
- Small boxes wrapped in gold with silver ribbon – one for each girl.

Leader #1:

Say: We have something we want to give each of you girls tonight – A bright, shiny new dime.

Now, a dime doesn't do much by itself. You have to put it with something in order for it to be useful:

- Put 50 cents with it and you might have enough to buy a candy bar or a pack of gum.
- You can save more dimes, put it all in the bank, and let it make more money in interest.
- You could take this dime home, throw it in a dresser drawer, and not use it at all.
- You could even lose it before you get home!

Leader #2:

Say: Now, I want you to tell me, how many pennies does it take to equal this one dime?

Right, it takes 10 pennies - 10 very equal and important parts.

Well, when you take the 10 parts of the Girl Scout Law and add it all together, it equals Girl Scouting!

[All Repeat the Girl Scout Law]

Leader #1:

Say: Now we have one more thing to give you: a tiny little box. The wrapping may be a bit wrinkled and the ribbon may not be quite perfect, but it's what's INSIDE that counts!

Just like the dime, you have to put something with it to make it really worthwhile.

Leader #2:

Say: Now, you won't be receiving your entire gift at one time. We hope to give it to you over a period of many years, in small doses and as painlessly as possible!

We want to give you Girl Scouting!

Leader #1:

Say: And with this gift we also give you our hopes that you will learn from it, grow with it, work with it, use it every day, enjoy all of it, and keep it with you for the rest of your life.

Now new Girl Scouts and old Girl Scouts alike, let us all join together in saying the Girl Scout Promise.

[Repeat the Girl Scout Promise]

Leader #2:

Say: As we're sure you have already noticed. The little box that we just gave to you was wrapped in gold paper and tied with silver ribbons - This is to remind you of all of the wonderful friends you are going to make this year. As the song goes, "Make New Friends but keep the old. One is silver and the other is gold!"

Both Leaders:

Say: And now as we share our friendship, let's think about all of our special Girl Scout Sisters right here and around the world and all of the fun and excitement that awaits us this year!

[All Sing Make New Friends]

The Magic Necklace - A Lesson on the Girl Scout Promise

[Hint: Doing the craft while telling the story is doubly effective]



Once upon a time, there was a wise old needle who decided to make a beige necklace. It enlisted the help of some string and set out on its journey. Beads rushed by the thousands to join. The needle welcomed all the beads and quickly threaded them on. This process went on for quite some time.

The necklace got longer and prettier. After some time, the needle turned around to look at its work. It was surprised to note that among all the beige beads it had put on, there were a few blue ones. When asked, the blue beads insisted that they had just as much right to be there as did the original beige beads. The needle was a little bit shocked, but upon reflection, it realized that the necklace would become even more beautiful if beads of all sizes and colors were added. No sooner had it admitted this than it noticed tiny brown beads lurking timidly on the sidelines. "Come on in," it called. "Being part of this necklace is one of the best decisions you'll ever make!"

Well, you guessed it--those little beads lined right up to be threaded on. And it didn't stop there. Beads of red and green and blue and pink and yellow flocked to the needle. Not all chose to stay, but many more joined than left. With each new bead the necklace gained strength. Pretty soon it was so-ooo long that it wrapped around the entire world. Eventually the needle was unable to help anymore, but it passed on the trade to some of the beads, and they gathered enough momentum to keep threading the beads by themselves.

One day, a small brown bead got a little nervous. "This necklace is awfully long," she said to her navy blue sister. "And the needle isn't here to run things anymore. What if the necklace falls apart?" The older, more experience bead tried hard not to laugh. "Don't worry, little one," she said, "there's no fear of that happening. We have the strongest clasp possible!" The brown bead breathed a sigh of relief. "I'm glad, but I don't remember us having a clasp" she said in confusion. "What does it look like?"

The confident blue bead explained. "You can't see the clasp. It's hidden in your heart, and in the heart of all the beads that have ever been part of this great necklace. You can find it if you try. What is it that really makes you part of the necklace? Say it with me." The brown bead smiled slowly. "I think I understand" she announced.

And together the beads spoke the words that had linked them ever since the wise needle had had its inspiration, and that would continue to link them forever:

***"On my honor I will try,
to serve God and my country,
to help people at all times,
and to live by the Girl Scout Law."***

Wish Bundles

Have each troop, group or patrol, gather a bundle of sticks, usually one stick for each girl, and tie them together with ribbon or yarn. (Have a different color for each group, so you can tell them apart).

Ask each group to decide on a wish that they would all like to see come true. Then, all the bundles get thrown into the campfire. If your bundle burns all the way, your group's wish will come true. This is even better if you do the ashes ceremony, too, because it makes the ashes more "magical" to the girls.

Campfire Ashes

Legend has it that Lord Baden-Powell would always take a small amount of ashes from the campfire and spread these ashes into the next campfire.

The next morning, when the ashes are cold, they are stirred, and each Girl Scout then takes some along to mix with her/his next campfire.

If more than one Girl Scout brings ashes to the same campfire, the lists are pooled, with the dates and places of all campfires recorded and passed on. It is tradition that only those present at the ceremony may carry the ashes from that ceremony.



Games for Girl Scout Juniors

Sardines

Divide the group into partners, and choose one pair to be fugitives. The fugitives are given two minutes in which to hide. The other partners try to find them. When partners find the fugitives, they join them in their hiding place. This continues until all partners have found the fugitives. The first partners to find the fugitives become the fugitives for the next time.

Spirals

To begin, everyone joins hands in a circle. Then one person releases the hand of her neighbor and, pulling the giant “human rope” behind, begins to walk around the outside of the circle. The other person who broke hands remains in position. The chain of people spirals round and round the stationary person, drawing everyone into a tighter and tighter coil until all the players, still holding hands, are wrapped around each other. The best way to unfold the spiral is from the center. Still holding hands, the person in the middle ducks down, and begins to crawl out through the forest of legs. The whole group follows down and through, magically uncoiling.

Baby Pictures

Equipment: *A numbered baby picture of each player, paper, and pencil for each player.*

Players write down the numbers of the pictures on their paper. Place pictures on a table. On signal, each player tries to identify as many of the baby pictures as possible within a specified time, putting names opposite numbers.

Scavenger Hunt

Equipment: *Several copies of a list of various objects, such as a book, a nickel, a red scarf, a blue pencil, a cancelled stamp, a left black shoe, or a safety pin. The list will depend on the location of the meeting place and the availability of objects. Try using objects around a theme.*

Each team receives a list of objects to collect within a specified time, usually about 30 minutes. Area of search is confined to the vicinity of the meeting place. When teams return, the game leader reads the list aloud and each team displays its objects. The team with the largest number of correct objects wins.

My Promise, My Faith



Frequently Asked Questions

Is Girl Scouts teaching religion through the My Promise, My Faith award?

No, Girl Scouts is a secular organization. The Girl Scout Promise and Law are in alignment with many faith organizations' teachings. The My Promise, My Faith award and the Girl Scout Leadership Experience provide girls with an opportunity to strengthen their faith journey as they grow their leadership skills.

How does the My Promise, My Faith award relate to the other religious recognitions?

The My Promise, My Faith pin complements faith-based religious recognitions. A girl can choose to earn one or both awards in any order at the appropriate grade level. More information about religious recognitions is found at praypub.org/partner_gsusa.htm or by contacting the faith organizations.

How often can a girl earn the My Promise, My Faith award?

Every year she is a Girl Scout. She is encouraged to select a different line of the Girl Scout Law each year. If a girl chooses to repeat a portion of the Law at a different program level, the specific activities she does needs to be different or reflect a different level of understanding of the Law or her faith. A girl does not have to have earned the award at a younger grade level to begin earning it, nor is she required to earn it every year.

Where are the My Promise, My Faith pins worn? See *The Girl Guides to Girl Scouting* or visit gssoft.org/join/girls.php.

Where can a girl wear her faith's religious recognitions?

Religious recognitions can be worn alongside the My Promise, My Faith pin or anywhere else she chooses below the My Promise, My Faith pin.

How much time does a girl have to complete the award?

Girls can complete the My Promise, My Faith requirements any time during the membership year.

When is it appropriate to present the My Promise, My Faith award?

These awards can be presented to girls at any time once they have completed the requirements, but it is more fun and meaningful if they are presented in a special ceremony or Court of Awards. Also, many faith organizations acknowledge religious recognitions earned by girls in their faith community during GS Sunday or GS Shabbat. The My Promise, My Faith recognition can be incorporated into these ceremonies.

Conflict Resolution

Girl Scout Juniors are in conflict on several levels. Their bodies may be changing. Their minds are changing. They are trying to find their place. If you have had a fairly even-tempered troop/group in the past, you may find that the emotions flare and things may be rocky for a while. Please ride this out! Things get better on the other side of this stormy patch.

A few tips to remember when working with girls who are in conflict:

- Listen to all sides of the story. Each girl will have her own perspective of what happened. Hear them all out first before jumping to conclusions.
- If your daughter is involved in the situation, exclude yourself. Even the most unbiased parent will be viewed as biased.
- Make sure to address anything that is brought to your attention. Conflicts rarely resolve themselves without some intervention.
- Include team-building activities into your meetings. The girls will be less likely to have major conflicts if they feel that they are all working toward a common goal.
- When your troop is facing big disagreements, remember to give the girls an opportunity to cool down before attempting to discuss the issues at hand. Work through them and help the girls find common ground. They will develop the ability to do this more and more frequently both in their Girl Scout world and beyond – a lifelong skill!

See *Volunteer Essentials Chapter 4, Engaging Girls at all Grade Levels*, for more information on managing girls, as well as, the “Good Behavior” Quick Tips Checklist in *Chapter 8*.

How to Resolve Conflicts Without Fighting

STOP Don't let the conflict get worse. The less angry you are the easier it will be to solve the problem.

SAY what the conflict is about. What is causing the disagreement? What does each of you want or not want?

THINK of positive options. How could you meet each other's needs and be fair?

CHOOSE a positive option each of you can agree on.

If you still can't agree, ask someone else (an outsider) to help resolve the conflict.

Set Guidelines:

- Agree to resolve the conflict.
- No name calling.
- Take turns talking. Do not interrupt.
- Be clear and truthful about what is bothering you.
- Listen to the other person. Be sure you understand how he or she sees the problem.
- Use your brains, not your hands.
- Be willing to compromise (if that's appropriate).

How to Be a Good Listener

LOOK at the person who is talking.

LISTEN, don't interrupt.

ASK questions to find out more.

NOD or say something to show you understand.

REPEAT what you heard in your own words.

Girl Scout Terms

- **Age Level:** There are six age levels in Girl Scouting: Daisy, Brownie, Junior, Cadette, Senior, and Ambassador
- **Baden-Powell:** Lord Baden-Powell was the founder of the Boy Scout movement, Agnes Baden-Powell, Lord Baden-Powell's sister, was the founder of the Girl Guide movement
- **Bridging:** The process of moving from one age level of Girl Scouting to another
- **Brownie Ring:** Form of government commonly used in a Brownie Troop/group
- **Buddy System:** A safety system where two girls stay together and watch out for each other
- **Court of Awards:** A ceremony to present earned recognitions at any level
- **Court of Honor:** Part of the Patrol System form of government where patrol leaders gather together to share information and make decisions
- **Daisy Circle:** Form of government commonly used in a Daisy Troop/group
- **Founder's Day:** October 31, the birthday of Juliette Gordon Low
- **Girl Scout Birthday:** March 12, 1912 - the date of the first Girl Scout meeting in the U.S.A.
- **Girl Scout Handshake:** Execute the Girl Scout Sign with the right hand and shake hands with the left
- **Girl Scout Motto:** Be Prepared
- **Girl Scout Sign:** Three middle fingers of right hand raised shoulder high with thumb over little finger, given when saying the Girl Scout Promise or when doing the Girl Scout Handshake
- **Girl Scout Slogan:** Do a good turn daily
- **Girl Scouts' Own:** An inspirational ceremony with a theme planned by and for Girl Scouts
- **Girl Scout Week:** The week containing the Girl Scout Birthday
- **Gold Award:** The highest award a Girl Scout may earn (this is done as a Girl Scout Senior or Ambassador)
- **GSUSA:** Girl Scouts of the United States of America
- **Fly-Up:** The ceremony in which a Girl Scout Brownie becomes a Girl Scout Junior.
- **Investiture:** A special ceremony to welcome a girl into Girl Scouts where she receives her pin and officially makes her Promise for the first time
- **JLWFF:** Juliette Low World Friendship Fund, a voluntary fund that benefits guiding throughout the world
- **Juliette "Daisy" Gordon Low:** Founder of Girl Scouting in the U.S.A.
- **Kaper Chart:** A chart showing all jobs available and who is responsible for each job generally on a rotating basis
- **Patrol System:** A form of government used in Junior, Cadette, Senior, or Ambassador troop/groups
- **Quiet Sign:** Right hand raised above head - it means stop talking
- **Rededication:** A ceremony when Girl Scouts reaffirm their belief in the Promise and Law
- **Silver Award:** The highest award that a Girl Scout Cadette may earn
- **Sit Upon:** A cushion to sit on outside generally made by Girl Scouts
- **Thinking Day:** February 22; the birthday of Lord and Lady Baden-Powell, designed as a day to think about Girl Guides and Girl Scouts worldwide
- **Trefoil:** The international symbol of Girl Scouting. Our pins are in the shape of a trefoil.
- **Troop/group Committee:** Adults who assist the troop/group in some way either at the meetings or by taking on jobs such as Telephone Chair, etc.
- **WAGGGS:** World Association of Girl Guides and Girl Scouts, the worldwide organization to which Girl Scouts belong
- **World Trefoil Pin:** A pin worn by members of WAGGGS

Suggested Service Projects for Girl Scout Juniors

Community Service Projects should be meaningful to the girls, part of troop/group activities, and can be in partnership with older girls. Project ideas can be also be found in the *Girl's Guide to Girl Scouting*.

- Voter registration drive.
- Child care on Election Day.
- Literacy project
- Pet Licensing/neutering campaign posters.
- Exercise class for senior citizens.
- Help in community library.
- Tutoring.
- Community clean-up.
- Help at a fingerprint clinic.
- Flag ceremony for sporting event.
- "Trick or Treat, So others can eat" food drive.
- Help prepare and serve a senior citizens breakfast.
- Assist with a fund-raising run, such as a women's run or cancer run by providing water stations or other "behind the scenes" assistance
- Heavy paper tray mats decorated with drawings for Meals on Wheels, nursing homes, etc
- Paper bag masks or puppets to be given to hospitalized children.
- "Feeling" pictures of soft, smooth, rough, shiny, textured, and nature materials to give to blind children.
- Tear-off bibs for babies at a hospital.
- Gaily painted bedside litter bags.
- Simple bird feeders for homebound people. Be sure to keep feed filled as part of the service.
- Make signs with names of trees found at meeting place.
- Plant a bulb garden at your meeting place. Be sure to get permission first. Ask where a garden would be appreciated. You may want to ask other troops to join in your effort.
- Make baskets for school principals or town officials.
- "Adopt a Grandparent" Select someone to visit, send cards to, make cookies for, etc. Make sure your "grandparent" would appreciate your interests. Some are upset by small children. Nursing homes are more than glad to help you find an adoptable "grandparent."
- Sit-upons for library or nursery schools.
- Make a "welcome kit" for a new child in school and/or troop. Include such things as a map of the town, important telephone numbers, troop/group number, things to do in town, names of girls in the troop who live close by...
- Book markers for library, town or school, especially during Girl Scout Week.
- Make special decorations at a holiday and give to a school secretary or principal or church secretary or minister.
- Choose a special spot to keep free of litter.
- Participate in a work day at a Girl Scout Camp.
- Make sandwiches for a Red Cross blood drive.
- Collect canned and paper goods for your local homeless shelters.
- Collect used toys, books, etc.
- Teach songs, crafts to others.
- Help promote conservation or literacy through exhibits, posters, etc.
- Adopt a Daisy or Brownie troop and help to get their troop year started.



**Use your imagination and ask the girls for their suggestions.
They could probably come up with a lot of fantastic ideas!**

Check the Safety Activity Checkpoints for standards and guidelines.

Additional Resources

Publications

GSOFACT publishes several resources promoting the many program opportunities for girls statewide. The publications/resources listed below are available at gsofact.org:

- **Program Resource Guide:** Released each August, this guide contains information and dates of events and other opportunities offered by the GSOFACT's Program Services Department. It also contains more in-depth information regarding available program resources.
- **Helpful Hints:** Monthly electronic newsletter for adult volunteers working with Daisy, Brownie, and Junior Girl Scouts.
- **Advisor Update:** Every-other-month electronic newsletter for adult volunteers working with Cadette, Senior, and Ambassador Girl Scouts.
- **Bridges:** Every-other-month electronic newsletter for girls and their families.
- **Pathways:** Monthly electronic newsletter with a message from our CEO and provides highlights of activities and events around GSOFACT.
- **E-blast:** Monthly electronic newsletter sent to all volunteers that provides updates about programs, properties, product sales, and much more. It also informs you of upcoming events that your troop/group or girl will be interested in participating in as well as, links to our website and to various locations where you can find necessary documents for your work.
- **Camp Brochure:** Released in the winter, this guide details upcoming summer camp opportunities.

Resources referenced:

- gsofact.org
- gsofact.org/pages/VolunteerEssentials.php
- gsofact.org/content-files/File/transforming_leadership.pdf
- GirlScouts.org
- girlscouts.org/en/our-program/our-program.html