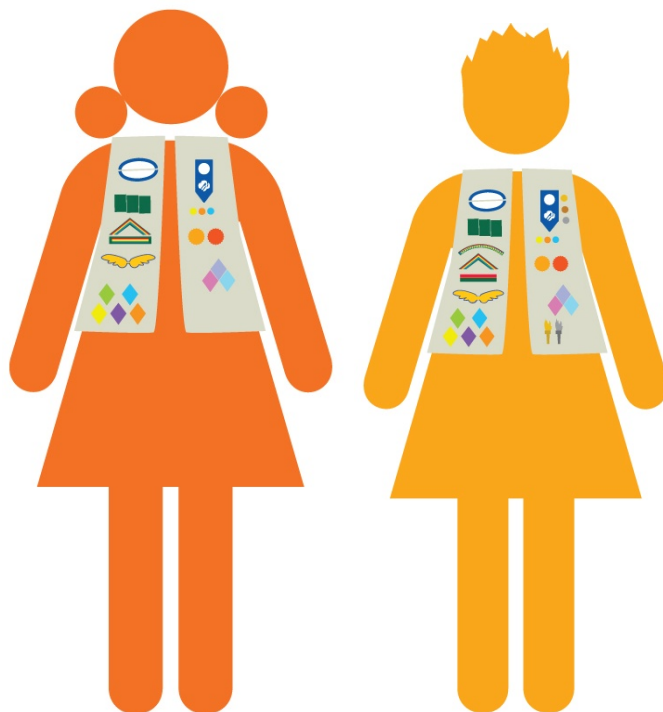


Senior and Ambassador Basics:

A Resource for those working with
Girl Scout Seniors and Ambassadors



Girl Scouts of Connecticut
Volunteer Services Department
20 Washington Ave., North Haven, CT 06473
1-800-922-2770 • 203-239-2922 • Fax 203-239-7220
gsofct.org adultdev@gsofct.org



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 programming for Seniors and Ambassadors. If you have been a leader and advisor for the same troop/group of girls since Daisies, you have been together for at least 10 years! Only 3 percent of the girls involved in Girl Scouting will make it this far, so you have beaten the odds. You have watched your girls grow and mature into fine young women. They have come a long way from those early days when they struggled with making decisions to driving the decisions for themselves.

This is the most gratifying time in Girl Scouting! The girls are finally going to take all they have learned so far and use their skills and knowledge to set their course for the future. The girls will reap the rewards for all the dedication and hard work each of you has invested in their Girl Scout journey. Stay with them now as they approach the end of their time as girl members. The opportunities for Seniors and Ambassadors are limitless!

As your reward, you can be supportive but you can also relax a bit. Your role as advisor will be to keep the girls safe and to help them continue to make good solid decisions based on their research. They should remember to check *Safety Activity Checkpoints* without any prompt from you. They are independent and off on all kinds of great adventures. Maybe they have experienced a once-in-a-lifetime adventure by participating in a GSUSA Girl Scout *destination* or attended a GSUSA National Convention and developed a better understanding of how decisions are made on a national scale. They can be Council Delegates. They can be actively planning camporees with their service units or running programs for younger girls. The opportunities are endless with these girls!

As you prepare to let them go – they will bridge to adult Girl Scouting when they graduate from high school – you are letting go of the incredible young women you have helped develop. They will stay forever in your heart – and you in theirs! Look forward to watching them grow and leave the nest! Be proud of them for they are a reflection of your commitment to them.

Seniors and Ambassadors are eager to spread their wings – and Girl Scouts helps them take flight!

During Her Years as a Girl Scout Senior and Ambassador, 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
- Participate in an investiture or rededication ceremony
- Plan and participate in an investiture or rededication ceremony
- Plan and participate in a Scout's Own
- Know the history of Girl Scouting
- Know Girl Scout traditions and participate in celebrating them
- Understand the meaning of the World Trefoil Pin
- Know and use the Girl Scout handshake, slogan, motto, and quiet sign
- Plan and participate in Court of Awards ceremonies



❖ 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
- Demonstrate the relationship between the Girl Scout Law and citizenship

❖ 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 and troop/group money
- Make decisions regarding troop/group rules and procedures
- Receive support from leader/advisor regarding decisions
- Develop and use a kaper chart for meetings and activities

❖ Learn and achieve

- Learn new skills by earning Journey awards, Proficiency Badges, and/or other patches
- Have the opportunity to work on and earn the Gold Award

❖ Expand Outdoor Experience

- Progression is key. Girls will progress as their leaders gain skills and experience through their training; Out and About, Ready? Set? Go!, Camping Adventures, and possibly more advanced outdoor skills such as Winter Camping and Basic Backpacking.
- Participate in many outdoor meetings/activities
- Plan and participate in one or more camping experiences
- Expand outdoor skills in areas such as Winter Camping and Basic Backpacking
- Earn the Paddling Badge for Seniors and the Ultimate Recreation Challenge Badge for Ambassadors

❖ Express her creativity

- Create art items for herself or others
- Act or sing in a Scout's Own or other presentation
- Learn songs and games; teach them to others
- Create a basket or other practical object that could be used at home

❖ Share in the Girl Scout community

- Share activities with other Girl Scout Senior and Ambassador troops/groups
- Participate in bridging activities with Girl Scout Ambassador troops/groups as well as Girl Scout Adults
- Share skills with younger girls
- 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**. 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: gsfct.org/content-files/File/transforming_leadership.pdf and gsfct.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!

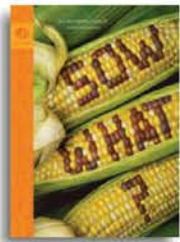
National Program Portfolio

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 Cookie Program, 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!

NATIONAL PROGRAM

What Seniors Do*

Choose a Journey and earn the awards



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

Want to earn more Badges? Add the Badge sets

GIRLtopia



Website Designer



Women's Health



Troupe Performer



Science of Style



Novelist

Sow What?



Textile Artist



Room Makeover



Truth Seeker



Adventurer



Car Care

MISSION: SISTERHOOD!



Traveler



Voice for Animals



Game Visionary

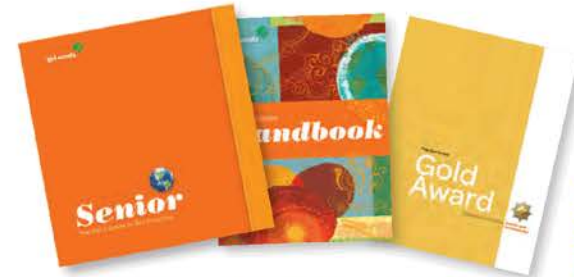


Social Innovator



Business Etiquette

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



Collage



Cross-Training



Behind the Ballot



Locavore



Senior First Aid



Senior Girl Scout Way



Sky

Financial Literacy



Financing My Future



Buying Power

Cookie Business



My Portfolio



Customer Loyalty

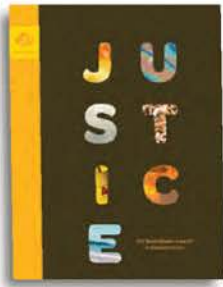
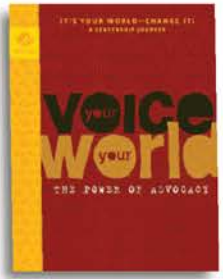
Outdoor Badge: Paddling

NATIONAL PROGRAM

What Ambassadors Do*

Choose a Journey

Use The Girl's Guide to Girl Scouting



Photographer



Coaching



Public Policy



Dinner Party



Ambassador First Aid



Ambassador Girl Scout Way



Water

Financial Literacy



On My Own



Good Credit

Cookie Business



Research & Development



P & L

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

Outdoor Badge: Ultimate Recreation Challenge

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.

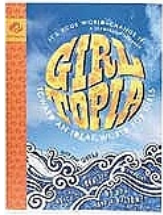
Your Enthusiasm

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 Senior Journeys Series*

It's Your World - Change it!

GIRLtopia



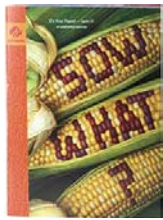
In *GIRLtopia*, girls develop their own vision of an ideal world and acquire the skills to make it a reality. By exploring women in history, interviewing inspiring mentors, or creating a short film, Seniors learn real-life lessons while building a brighter future.

Journey Leadership Award Visionary Award

This award is an important step on the Girl Scout Leadership Ladder. It signifies that girls have a firm leadership foundation. They understand themselves, are able to make ethical decisions, build teams, care about others, envision change, and take action towards it.

It's Your Planet -Love It!

Sow What?



The *Sow What?* Journey is all about food – how and where it's grown, harvested, processed, distributed, and consumed – and why it matters. Seniors share their knowledge and host a farmers market, inspire others to eat locally, or plan a community vegetable garden.

Journey Leadership Award Harvest Award

This award signifies that girls understand who they are and what they stand for, and that they care about others, too. It also signifies that they can grasp an issue by the roots and organize a team to work together to sow the seeds of sustainable change.

It's Your Story - Tell It!

Mission: Sisterhood



The powerful benefits of strong, healthy relationships are explored on the *Mission: Sisterhood!* Journey. Seniors may role-play friendship scenarios, organize a "Girl Power" film club at school, or host a mixer where girls can meet, share stories, and make lifelong connections.

Journey Leadership Award The Sisterhood Award

This leadership award has girls exploring the three keys: Discover, Connect, and Take Action. Girls define a sisterhood issue, create a plan for how to take action and then, take action.

Overview of the Ambassador Journeys Series*

It's Your World - Change it!

Your Voice, Your World: The Power of Advocacy



Communication takes the stage in *Your Voice, Your World: The Power of Advocacy*. Girls spot problems, find solutions, and take action. Whether it's making presentations, using social media, or lobbying government, Ambassadors raise their collective voices to make positive change.

Journey Leadership Award The Sisterhood Award

The road to advocacy can take many routes, but in this journey it follows eight sequential steps that the girls can easily fit into their busy lives, now and anytime they want to advocate. Each step builds on the one before, giving the girls new insights, stronger skills, and greater confidence.

It's Your Planet -Love It!

Justice



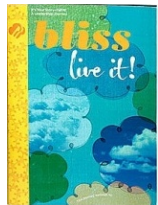
By identifying global environmental issues and creating their own vision for change, Ambassadors on the *Justice* Journey work together to address food and land-use issues, improve food delivery systems, fight hunger in developing nations, or rediscover healthy eating traditions.

Journey Leadership Award Sage Award

On this journey to justice, Ambassadors have the opportunity to earn the prestigious Sage Award by participating in activities in the six steps to understand environmental justice. The Sage Award takes its name from the word meaning wise person (from the Latin root *salvare*, to heal or to save).

It's Your Story - Tell It!

Bliss: Live it!



Dreams do come true -especially for Ambassadors and the girls and women they inspire. On the *BLISS: Live It! Give It!* Journey girls may work with aspiring artists, meet successful athletes, or create a college exploration workshop to help others make their dreams a reality.

Journey Leadership Award The Dream Maker Award

Girls understand the bliss they can achieve by helping others with their dreams and they realize that a leader pursues her own dreams and makes it possible for others to do the same thing.



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, start a discussion (or debate!) 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 – encouraging 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. Taking 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 come to a meeting. 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. Ask questions to drive the conversation, such as:

- What do you see? or 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 doing, 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 groups 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 picked out 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, 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 Seniors is Paddling. You can find the requirements at gsofct.org/pages/Badges.php.

The Outdoor Badge for Ambassadors is Ultimate Recreation Challenge. You can find the requirements at gsofct.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 Scouting! 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

Information taken from gsocfct.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/store/.

Girl Scout Insignia and Award Basics – Girl Scout Senior and Ambassador

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 (red for Seniors, blue for Ambassadors)	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. Paddling is the Outdoor Badge for Girl Scout Seniors. Ultimate Recreation Challenge is the Outdoor Badge for Girl Scout Ambassadors.
Girl Scout Gold 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 Senior or Ambassador 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 Ambassador Award	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Shows you were once a Girl Scout Senior and bridged up to Ambassadors. All requirements must be completed prior to earning this award.
Bridge to Adult Girl Scouting	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Shows you were once a Girl Scout Ambassador and bridged up to Adult Girl Scouting.
Silver and Gold Torch Award (Senior)	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Recognizes a girl who acts as a leader in her community.
Gold Torch Award (Ambassador)	Earned Grade-Level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Recognizes a girl who acts as a leader in her community.
Girl Scout Safety Award: Senior	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.
Girl Scout Safety Award: Ambassador	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.
Senior Community Service Bar	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn this bar by making a difference in their community.

INSIGNIA	TYPE	WHO PURCHASES	WHEN GIVEN	ADDITIONAL COMMENTS
Ambassador Community Service Bar	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn this bar by making a difference in their community.
Senior Service to Girl Scouting Bar	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn this bar by volunteering for a minimum of 20 hours to the Girl Scout organization.
Ambassador Service to Girl Scouting Bar	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn this bar by volunteering for a minimum of 20 hours to the Girl Scout organization.
CIT I (Counselor-in-Training)	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls can earn a CIT bar by mentoring younger girls in a camp setting.
CIT II (Counselor-in-Training)	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girl Scout Ambassadors can earn a CIT II bar by mentoring younger girls over the course of one camp session. Must earn CIT Bar first.
VIT (Volunteer in Training)	Earned Grade-level	Troop/Group	As earned or Court of Awards	<ul style="list-style-type: none"> Girls learn to mentor Girl Scout Daisy, Brownie, Junior or Cadette group outside of the camp experience. Girls who have completed ninth grade can earn this award.
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 & Gold categories.

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

LET'S GO!



Seniors and Ambassadors who have honed their skills throughout their Girl Scout lives are ready for bigger adventures! They may want to go to Our Chalet in Switzerland or Pax Lodge in London. Let them plan the trip themselves with as little guidance as possible. Have the girls participate in a *See the World* training course. They will learn about budgeting, planning, determining destinations and how to be mindful of security concerns by taking a realistic look at their treasury, timeframe, and other factors that are a big part of these bigger adventures. For more information regarding *See the World*, go to: gsofct.org/pages/SpecialtyCourses.php

Encourage them to check into **Girl Scout destinations** by going to: forgirls.girlscouts.org/travel/take-a-trip/destinations. GSUSA provides opportunities for exploration with tons of different types of trips from surfing camp on the east coast and breathtaking hikes out west, to the crazy-cool wonder of new cultures abroad. Girls will make friends from all over our country as they travel with girls from other states while learning new skills and sharing new adventures!

The **Global Travel Toolkit** takes girls through the steps of planning their own international group trip. It's filled with tips and tricks for traveling abroad. An additional resource, **The Adult Guide to Girl Scout Global Travel**, contains information to help guide girls on travel adventures in Girl Scouts. For more on these Girl Scout travel resources, go to: forgirls.girlscouts.org/travel/resources/

Tips for Working With Girl Scout Seniors and Ambassadors

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



Seniors and Ambassadors need to try new things. Provide them with opportunities to practice their group dynamics and interpersonal skills.



Leave no room for perfection. There is no “right” way to complete a Journey or earn their Gold Award.



Encourage the girls to take action. Introduce them to community needs and root causes of local problems.



Build awareness about an issue by informing those who have the power to make decisions. Work with community leaders to make real changes within the local community.



Encourage the girls to be able to recognize the size and scope of their project and to set realistic goals.



Keep your interaction with the girls positive.



Keep the atmosphere cooperative rather than competitive. Encourage the girls to support one another as some choose to earn their Gold Award and some choose not to .



Recognize that even girls who opt not to earn their Gold Award are still part of an elite group – they made it this far in Girl Scouting! Each girl must decide on her own journey in Girl Scouting.



Ambassadors are looking for a unique experience; when planning new adventures, follow their lead. They do not have to have the same experience you did when you traveled to London and Paris. Maybe they would prefer to go to Ireland and Scotland and skip Paris. Let them have their own experiences.



Teach your girls to not only learn about city government, but to reach out and meet the mayor and other government officials. The girls can have a stronger impact on the changes they are trying to make if they know the players in the roles of power.



When Ambassadors are graduating, encourage them to stay connected. Girls can participate in the Girl Scout of Connecticut Alumnae Association by registering at pages.email.girlscouts.org/alumnae.



Encourage girls to continue as an adult Girl Scout. Some service units give the gift of a Lifetime Membership to girls graduating from high school. The lifetime membership is available at a reduced rate for graduating high school seniors only.



Encourage Ambassadors to seek out scholarships for college where their community service efforts and earning their Gold Award will be recognized.

Gold Award at a Glance

The Girl Scout Gold Award is the highest and most prestigious award that Girl Scout Seniors and Ambassadors can earn. Through the Gold Award process, girls are encouraged to think critically, be open to multiple personalities, investigate thoroughly, work cooperatively, and identify resources beyond their local communities. Each Gold Award Project addresses a community issue and improves lives.

Girls in grades 9-12 can work on their Gold Award independently rather than in small groups. Those who opt to complete their Gold Award Project set a new standard of excellence for those around her. Here are the seven steps that will need to be completed in order to earn the Gold Award.

Listed below are the seven steps Girl Scout Seniors or Ambassadors will complete to earn their Girl Scout Silver Award:

STEP 1: Choose an Issue: Use your values and skills to identify a community issue you care about.

STEP 2: Investigate: Research everything you can about the issue.

STEP 3: Get help: Invite others to support and take action with you.

STEP 4: Create a Plan: Create a project plan that achieves sustainable and measurable impact.

STEP 5: Present your plan and get feedback: Sum up your project plan for your Girl Scout Council.

STEP 6: Take action: Take the lead to carry out your plan.

STEP 7: Educate and inspire: Share what you have experienced with others.

The Benefits of Going for the Gold!

Girl Scout Gold Award recipients do well in life! They rate their general success significantly higher than their peers and report greater success in reaching their goals in many areas.

Higher education and career

- Distinguish yourself in the college admissions process
- Earn college scholarships
- Enter the military one rank higher

Life skills

- Be seen as a role model and distinguished leader
- Master time management skills
- Make the world a better place

Community

- Use your vision for change
- Tackle an issue, locally, or globally
- Establish a lifetime network
- Create your community legacy with a sustainable solution to a problem



Source: Girl Scouting Works: The Alumnae Impact Study, a report from the Girl Scout Research Institute, 2012

[girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/our-program/Gold%20Award/girl_scouting_works_the_alumnae_impact_study.pdf](https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/our-program/Gold%20Award/girl_scouting_works_the_alumnae_impact_study.pdf)

The Gold Award Guides for Girls and Adults can be found at [gsofct.org/membership/form-library.php](https://www.gsofct.org/membership/form-library.php).

Additional information on each of these steps can be found in the Handbook Section of the *Senior and/or Ambassador Girl's Guide to Girl Scouting*.

Girl Scouts of Connecticut offers a mandatory webinar for girls working towards their Gold Award. It is also a great resource for those adults who are supporting them through the award process.

The webinar is free and runs the second Tuesday of every month (and occasionally on a weekend day). To participate in a Gold Award webinar, visit the Gold Award section of our website: [gsofct.org/pages/GoldAward.php](https://www.gsofct.org/pages/GoldAward.php).



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 yourselves. 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 an individual
 - 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 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, 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. Girl 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 purpose 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 at 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 do 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 Senior or Ambassador 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 Seniors Bridging to Girl Scout Ambassadors and Ambassadors to Adults
- 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 Ambassadors or Girl Scout Adults help them bridge – Leader may read girl’s name and she can “bridge over” – walk across a real or interpreted bridge, etc. – Ambassadors may help Seniors 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 Seniors and Ambassadors. For additional information and more sample ceremonies you can refer to *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 Senior Ceremonies

Celebrate! Girl Scout Ambassador Ceremonies

Games

My Promise, My Faith FAQ's

Conflict Resolution

Group Dynamics

Service Project Suggestions

Girl Scout Terms

Additional Resources

Bridge to Girl Scout Senior Ceremony #1

Supplies:

- Yellow roses or daisies
- Membership star and disc
- Bridging certificate (optional)
- Bridging patch (optional)

The speaking parts can be split up into a few more parts if you have more girls available.

Girl Scout Senior:

Say: Tonight we Girl Scout Seniors celebrate with these Girl Scout Cadettes, who are ready to bridge into Senior Girl Scouting. It is our aim during this evening to see that you have a glimpse into the different options of the Girl Scout Senior program and that we can get to know each other.

Girl Scout Senior:

Say: We know that you have prepared yourselves well and will want to use your experiences to extend your knowledge and to explore new interests. We know too, that you will adhere to the belief in the Girl Scout Promise and Law, which underlies the activities in the Girl Scout Senior program.

All join in the Girl Scout Promise and Law.

Girl Scout Senior:

Say: There are so many journeys to explore! In the journey of **GIRLtopia**, you will consider the reality of life for girls throughout the world. During the **Sow What?** journey, you will examine big food issues, the caring of our planet, and nourishment from the land. **Mission: Sisterhood**, is a journey designed just for you to see how much sisterhood does for the world.

Girl Scout Senior:

Say: And now it gives us much pleasure to present you with a gift to represent your bridging from Girl Scout Cadettes to Girl Scout Seniors. As your name is called, please come forward to receive your gift.

Girl Scout Senior:

Say: *(After all the girls have received their gifts)*

Let us be friends in everything of duty and of play
and in whatever other deeds we do from day to day.

Let us be kind and generous to those who cross our path
and not allow ourselves to live in jealousy or wrath.

Let us consider what we have and how much we can spare
to spread the sunshine within us to others everywhere.

For, after all, our happiness to some degree depends
on how we go about the task of comforting our friends.

So let us follow friendliness with every step we take
and do some worthy deed each day for someone else's sake.

Close with an appropriate song.

Bridge to Girl Scout Ambassador The Butterfly Effect

Supplies:

- Candles and holders; matches or lighter
- Butterfly decorations (optional)
- The Ambassador *Girl's Guide to Girl Scouting*
- Bridge, indoors or out
- Bridging certificate (optional)
- Bridging award (if earned)
- Membership star and disc (optional)

Formation: *Girl Scout Seniors should be in a horseshoe on one side of the bridge and a Girl Scout Ambassador(s) on the other side of the bridge. The table with the candles and Girl's Guide is on the Ambassador side of the bridge.*

Girl: Welcome families and friends; explanation of bridging.

Girl:

Say: *Minutes*, A reading from *A Gathering of Girl Scouts*

"Another Friday, together, munching and laughing,
talking to my friends, who I see only this one day.
We catch up on the week's events,
telling each other the setbacks
and the victories,
letting out our stress before the weekend,
reassuring that the bad times would soon be gone,
as we shout and giggle like we've always done.
Ten years have passed,
but still we gather in a familiar room,
to embark on adventures
through worlds unexplored".

by Hilary Kaplan, age 16, Angeles Girl Scout Council, California



Senior Advisor:

Say: When you began your adventure as a Girl Scout Senior, you faced a world full of infinite possibilities for fun and exploration, for nurturing networks and friendships. For [two] years you shaped the world for younger Girl Scouts who looked up to you, for peers who saw you as an example, and for the adults who were inspired by what you do.

Senior Advisor: *(Gives specific examples of the troop's work and achievements. Presents any awards or recognitions earned, including the Bridge to Ambassador).*

Ambassador Girl or Advisor:

Say: When you are a Girl Scout Ambassador, your life is filled with action. In addition to group activities, Girl Scout Ambassadors have many individual opportunities coming their way. They can take part in special events and activities planned by Girl Scout Ambassadors for Girl Scout Ambassadors, They can be a delegate to Girl Scouts of Connecticut's Board of Directors, or they can be selected for one of the many *destinations* open to Girl Scouts each year.

And during your journey as Girl Scout Ambassadors, you can now begin to work on the **Ambassador Advocate Award**, the **Ambassador Sage Award**, and the **Ambassador Dream Maker Award**. These awards lay the foundation needed for you to continue your pursuit of the **Girl Scout Gold Award**, the highest award in Girl Scouting. We now invite you to cross the bridge and become a Girl Scout Ambassador.

After the Girl Scout Seniors cross the bridge and are met and given the Girl Scout handshake by the Girl Scout Ambassador(s), they should then form a horseshoe with the other Girl Scout Ambassadors.

1st New Ambassador *(walking to table and lighting a candle):*

Say: As Ambassadors, we are at the summit of Girl Scouting. We are ambassadors for the Girl Scout Leadership Experience. When we give service, take action, and show the world what kind of leaders we – and all young women – can be, we become a symbol for the power of Girl Scouting.

2nd New Ambassador:

Say: (*lights second candle*) There is a butterfly on the cover of the Ambassador Girl's Guide to Girl Scouting; it's there to remind us of the butterfly effect. That's the idea that small acts create a big change, just as a butterfly flapping its wings can create tiny shifts in the atmosphere that can alter the path of a tornado – or even prevent one from forming. That's the power we all have with our every word and actions.

3rd New Ambassador: (*lights third candle*)

Say: There's more to the butterfly, too: it's also a symbol that embraces everything we're about to become. It's a symbol of our transformation from girls with stars in our eyes to confident young women ready to spread our wings and soar into the wide, wide, world.

4th New Ambassador: (*lights fourth candle*)

Say: Fortunately, we don't have to make that transformation alone. As Girl Scouts, we fly with the power of every member of the Movement – with millions of girls across the country and around the world. We are a century of sisters full of the courage, confidence, and character to show the world what women can do when they're prepared to make a difference.

5th New Ambassador:

Say: We invite all past and present Girl Scouts to stand and join us in renewing our Girl Scout Promise. (Makes sign, leads Promise) As we conclude our Bridge to Girl Scout Ambassador ceremony, we would like to thank our parents/families for supporting us in our Girl Scout efforts and activities, and most especially our troop volunteers [names] for their many volunteer hours. [*Present troop volunteers with flowers or other memento*]



GIRL SCOUT PROMISE & LAW "REVERSE" CANDLELIGHTING CEREMONY (BRIDGING & REDEDICATION)

Supplies:

- Thirteen candles in holders, plus one taper with a collar; matches or lighter.
- If possible, a Girl Scout Ambassador(s) or advisor to welcome girls to new level

Setting: As the ceremony begins, the room is dark or dim, except for thirteen lit candles.

Girl Scout Senior #1:

Say: "Welcome to our Girl Scout bridging ceremony. We are celebrating our progression from Girl Scout Senior to Girl Scout Ambassador – the ultimate Girl Scout level! Before we cross the bridge to Ambassadors, we want to open our ceremony with the poem *Girl Scouts*, by Carissa Griffith, a 15-year-old Girl Scout Senior from Great Rivers Girl Scout Council in Ohio:

"Girl Scouts...

A combination of family and friends. Girl Scouts...

Where fun never ends. Girl Scouts...

Handbooks and patches.

Girl Scouts... Uniforms and sashes.

Girl Scouts... Sisters all around you.

Girl Scouts... A part of you."

Senior Advisor:

Say: "As bridging Seniors, Girl Scouts has been part of your lives [for most of you] for many years. You know our Promise and our Law. We have recited them many times over the years. But sometimes you may have questioned their importance in your life or have forgotten its value. But what would the world be like if we each stopped serving God and our country?" (*Blow out one candle.*)

Girl Scout Senior #2:

Say: "What would the world be like if we each stopped helping other people?" (*Blow out more one candle.*)

Girl Scout Senior #3:

Say: "What would the world be like if we each stopped living by the Girl Scout Law?" (*Blow out one more candle.*)

Girl Scout Senior #4:

Say: "What would the world be like if we chose to be dishonest and unfair to others?" (*Blow out one more candle.*)

Girl Scout Senior #5:

Say: "What would the world be like if we were unfriendly and did not help others?" (*Blow out one more candle.*)

Girl Scout Senior #6:

Say: "What would the world be like if we were inconsiderate and didn't care about anyone but ourselves?" (*Blow out one more candle.*)

Girl Scout Senior #7:

Say: "What would the world be like if we chose to be fearful and weak?" (*Blow out one more candle.*)

Girl Scout Senior #8:

Say: "What would the world be like if we chose to not take responsibility for what we said and did?" (*Blow out one more candle.*)

Girl Scout Senior #9:

Say: "What would the world be like if we chose to have no respect for ourselves or others?" (*Blow out one more candle.*)

Girl Scout Senior #10:

Say: "What would the world be like if we chose to disregard all authority?" (*Blow out one more candle.*)

(continued)

Girl Scout Senior #11:

Say: "What would the world be like if we were careless with our resources?" *(Blow out one more candle.)*

Girl Scout Senior #12:

Say: "What would our lives be like if we didn't try to make the world a better place?" *(Blow out one more candle.)*

Girl Scout Senior #13:

Say: "What would the world be like if we were not a sister to every Girl Scout?" *(Blow out one more candle.)*

Senior Advisor:

Say: "If we choose this path, our world becomes very dark." **Pause**

But I make a commitment today to rededicate myself to the Girl Scout Promise and Law." **Lights taper.**

"Who else is ready to renew their commitment to the Girl Scout Promise and Law?" **Passes taper to first girl in horseshoe/half-circle.**

Girls re-light each candle while they say their part of the Promise and Law:

All Say: "I make a commitment to serve God and my country." *(Re-light another candle.)*

All Say: "I make a commitment to help people at all times." *(Re-light another candle.)*

All Say: "I make a commitment to live by the Girl Scout Law." *(Re-light another candle.)*

All Say: "I make a commitment to be honest and fair." *(Re-light another candle.)*

All Say: "I make a commitment to be friendly and helpful." *(Re-light another candle.)*

All Say: "I make a commitment to be considerate and caring." *(Re-light another candle.)*

All Say: "I make a commitment to be courageous and strong." *(Re-light another candle.)*

All Say: "I make a commitment to be responsible for what I say and do." *(Re-light another candle.)*

All Say: "I make a commitment to respect myself and others". *(Re-light another candle.)*

All Say: "I make a commitment to respect authority." *(Re-light another candle.)*

All Say: "I make a commitment to use resources wisely." *(Re-light another candle.)*

All Say: "I make a commitment to make the world a better place." *(Re-light another candle.)*

All Say: "I make a commitment to be a sister to every Girl Scout." *(Re-light another candle.)*

Ambassador Advisor:

Say: "Congratulations! When you renew your commitment to the Girl Scout Promise and Law, our world becomes a brighter and more hopeful place! And now, with your Promise renewed, I invite you to [cross the bridge] to Girl Scout Ambassador."

After the Girl Scout Seniors cross the bridge and are met and given the Girl Scout handshake by the Girl Scout Ambassador(s), they should then form a horseshoe with the other Girl Scout Ambassadors.

If girls have earned the Bridge to Girl Scout Ambassador Award, it can be presented at this time; the Membership Star and disc could also be presented.



Ambassador to Adult Girl Scout Bridging Ceremony

Ambassador Advisor:

Say: Through the Girl Scout Leadership Experience we have outcomes for the ways in which we hope each girl will grow through her Girl Scout journey. We hope that she will:

Girl Scout Ambassador:

Say: *Discover* who we are, what we value and use our knowledge and skills to explore the world.

Girl Scout Ambassador:

Say: *Connect* with other girls to care about, inspire, and team together locally and globally.

Girl Scout Ambassador:

Say: *Take Action* to make the world a better place.

Poem (girls read together):

All Say: We are the present...and the future too.
We turned our eyes to you to point the way.
We learned to walk, ourselves, against the day
When you no longer lead us by the hand.
You taught us the meaning we need
For, soon, there will be those
Whom we must lead
In ways which you have shown.
And, having taught us,
Show us that you are not afraid for us to walk alone.
You taught us to reach for the stars,
To gather ourselves the dreams
That beckoned once to you.
You taught us those things that we must know
To make your dream, our dream come true!

By Joan McEniry



Ambassador Advisor:

Say: You've been Ambassador Girl Scouts and how you've matured.
You've learned, grown, shared and shown how much you truly care.
We will miss you, our sister Girl Scouts and wish you continued success as adult Girl Scouts.

BRIDGE TO GIRL SCOUT ADULT (Simple and informal)



Formation: *Girls and adults are standing in a circle or seated around a campfire. Open with a flag ceremony or song.*

Adult Advisor:

Say: “When you were much younger, a long time ago,
did you ever guess how much you would grow?

Did you look at your parents and leaders and say,
That’s where I’m going to be...someday.

Did you know that “someday” would come this soon?
(Back then, it seemed as far as the moon!)

But now here you are, a grown up Girl Scout,
and ready to find what adulthood’s about;

Take aim at the stars, the moon and the sun;
cross the bridge and discover – a new life’s begun.”

Presentation of Bridge to Girl Scout Adult Award (if earning), and final girl membership star

Girl Scout Ambassador #1:

Say: It’s time for us to find our place in this world,
To bridge to an adult, from a little girl.
We will take with us all the memories we have made
From camping to cookies and all those meetings on warm summer days.

Girl Scout Ambassador #2:

Say: We will remember all that we have learned
And be proud of each and every patch we have earned.
Our troop members are our sister and our best friends,
For Girl Scouts is a circle that never ends.

Girl Scout Ambassador #3:

Say: We have learned leadership and confidence in all we say and do
And the opportunity to install what we have learned in today’s youth.
Now a fork in the road has opened in our way
Some of us will go to college and some will move away.

Girl Scout Ambassador #4:

Say: Some of us will laugh and some of us will cry
All of us in different ways will have to say good-bye.

Girl Scout Ambassador #5:

Say: But a Girl Scout never really moves away
Because in her heart each Girl Scout stays.
So let’s give each other “Big Girl Scout hugs”
And take with us a special bond of Girl Scout love.

The last speaker turns to the person on her left and gives her a hug; she in turn hugs her left-hand sister Girl Scout, and so the hug goes all around the circle.

Close with “Linger” or other song chosen by the girls.

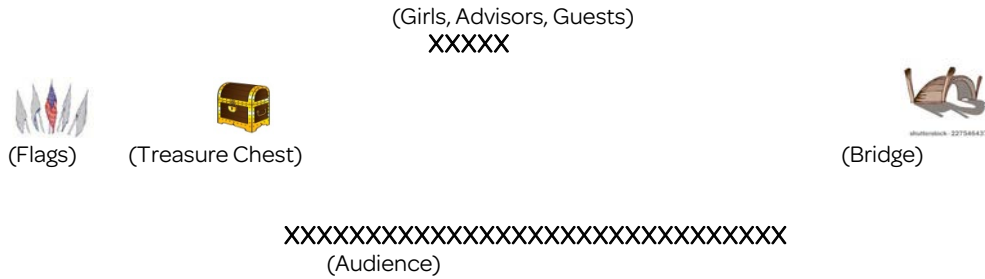
BRIDGE TO GIRL SCOUT ADULT (Formal)



Supplies:

- Adult speakers – can be Girl Scout volunteers, parents of the girls, community leaders, and Girl Scout council staff
- A stage or special area to seat the Girl Scout Ambassadors
- A large cut out of a treasure chest, or a cardboard treasure chest (often available at party supply stores, or ask an artistic girl or adult to create one)
- Large “gems” or jewels (cardboard cut outs or others you create) to go in the treasure chest
- A real or symbolic bridge
- The Bridge to Girl Scout Adult pin if the girls have earned it
- OPTION: “Jeweled” bracelets for each Ambassador; they can be purchased at a craft or bead shop, or made by younger Girl Scouts

Format: Ambassadors and their troop advisers plus any special guest, are seated on the stage/platform or at the front of the room facing the audience. The flag poles are to their right (facing the audience) and the treasure box is to the left of the flags. A bridge is to their left (facing the audience):



Opening flag ceremony by Girl Scout Seniors and/or Cadettes, or Juniors

Welcome by a troop/group volunteer, Service Unit Manager, or Membership Manager

If possible, dim the house lights...

1st Speaker:

Say: (coming forward) Tonight we are gathered to honor our Girl Scout Ambassadors, who are bridging to adult Girl Scouting. They are the jewels that fill our Girl Scout treasure chest. [Shine light on “treasure chest” or other container]

2nd Speaker:

Say: (turning to Ambassadors) This gem stands for WISDOM. You have shown your joy in exploring wisdom through Girl Scouting. (Place gem in treasure chest)

3rd Speaker:

Say: This gem symbolizes BEAUTY. You are beautiful to your sister Girl Scouts, for you give of yourself. (Place gem in treasure chest)

4th Speaker:

Say: This third gem is for STRENGTH. You are the strength of the future of Girl Scouting. (Place gem in treasure chest)

5th Speaker:

Say: The fourth gem is the symbol of TRUTH. You set the example of the truth of the ideals of Girl Scouting. (Place gem in treasure chest)

(continued)

6th Speaker:

Say: The fifth gem stands for FIDELITY. You have kept your Promise, you have lived by our Law. (Place gem in treasure chest)

7th Speaker:

Say: The sixth gem is our symbol for SISTERHOOD. You have extended the hand of friendship and you have gained the rewards. (Place gem in treasure chest)

8th Speaker:

Say: The seventh gem is COOPERATION. You are an example of total cooperation and your many accomplishments reflect your willingness to work in harmony with others. (Place gem in treasure chest.)

9th Speaker:

Say: The eighth gem will be a symbol for LOYALTY. You have remained loyal to Girl Scouting and the Girl Scout ideals. (Place gem in treasure chest)

10th Speaker:

Say: The ninth gem will be for VISION. You can see the future of Girl Scouts and will do your part to ensure its continued success. (Place gem in treasure chest)

11th Speaker:

Say: The tenth gem shall stand for SERVICE. You continue to give of yourself to those in need. (Place gem in treasure chest)

1st Speaker:

Say: Will our Girl Scout adults please gather on the far side of the bridge to welcome these graduating Girl Scouts as they cross the bridge. Girl Scout Ambassadors, as I call your name, I invite you to all to cross this bridge to the future, and join us as Girl Scout Adults...[Call girls' names one by one; as they step off the "bridge," a Girl Scout adult welcomes them with the Bridge to Adult Girl Scouts award (if earned) and the Girl Scout Handshake.]

2nd Speaker: When all the girls have bridged:

Say: "Tonight we stand here together, each of us a link in the golden chain of friendship that stretches around the world. Our chain is made strong by your caring, your sharing and a desire to be the best that you can be. As we end our ceremony welcoming you to adult Girl Scouting, listen to and remember this Girl Guide benediction*:

"Go out into the world in peace.

Be brave:

Keep hold of that which is good;

Never pay back wrong for wrong;

Encourage the faint-hearted;

Support the weak and distressed;

Give honor due to everyone;

Be always joyful;

And give thanks whatever happens."

**From: Sharing, A Book of Readings and Prayers for Guides*

Closing: Color Guard retires the colors and everyone is dismissed.

Games for Seniors and Ambassadors

Everybody's It

The group gathers within the parameters of the playing space. Each person is "it" and is trying to tag as many people as possible. If you get tagged, you sit down outside the boundary area. If you are lucky enough to not get tagged, you keep playing. Keep playing until there is one skillful tagger left!

Wordles:

Prepare cards or newsprint sheets ahead of time with word puzzles similar to those listed below. Additional examples can be found if you search "Wordles" on the internet. Here are some examples to get you started:

ONCE
TIME

(Once upon a time)

ENCALG

(Backward glance)

GEGS

(Scrambled egg)

BAN ANA

(Banana split)

Championship Rock, Paper, Scissors

This is a fun, light-hearted, competitive (and noisy) activity. Ask everyone to find a partner and play Rock, Paper, Scissors. The person who wins the match advances, the person who lost joins the winner's "team" as an enthusiastic fan and cheerleader. Winners continue to play by finding another undefeated participant to play against, while their growing fan bases cheers them on. Play until one person wins the final match and all the fans. Congratulations!

Hot Chocolate River

Lay two ropes on the ground parallel to each other, about 20 feet apart. Have the participants' line up on one side of the rope, and tell them that they are looking at a giant hot chocolate river. They must get their entire team across the hot chocolate river:

- It is too hot to swim across and too deep to walk across. (Obviously, they cannot walk around the river, since it does not end just because the ropes do).
- The only way to get across is by using the large, fluffy "marshmallows" (such as carpet squares, poly spots or paper plates).
- Give the group about eight or nine "marshmallows", so that they have enough to get across with one or two left over. Advise the group that this challenge isn't about physical abilities, but rather it is about communication.
 - Additional Option: Provide one less "marshmallow" than there are participants
- The current in the river is so strong that it actually sweeps the "marshmallows" away if someone is not holding them down (with a hand, foot, or other safe appendage).
- Once the "marshmallows" are placed in the river they swell up and become too heavy to move again, so they must remain where they are placed.

It will take a good four to five minutes for them to begin to communicate with each other, and you will probably need another set of eyes to make sure that all the "marshmallows" are being "anchored down."

Possible debrief questions include:

- Did the group create a plan? Was it followed through?
- Did it matter if only a few of you made it across the river? (Team Responsibility)
- What was the importance of checking on the person behind you before stepping onto the next marshmallow? (Communication)

Thumper

Stand/sit around a table or sit in a circle on the floor. Ask participants to put right hand on the table and left hand on the table crossing the person to the left. The object is to pass a rhythm sequentially around the circle (hand to hand, not person to person) by slapping the table/floor.

- At any point a participant can slap twice, reversing the direction.
- If a participant slaps out of order or pauses, he or she removes that hand from the circle. When both hands are removed, a participant is "out" and can help judge from outside the circle.
- Additional rules can include fist to signify skip one hand and double fist to signify skip reverse. Other rules can be added for increased complexity.

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 gsocfct.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 Seniors and Ambassadors are conflicted on several levels. Their bodies are changing. Their minds are changing. They are trying to find their place. They are trying to develop their leadership style. They want to be more independent. They also want things done for them. They are struggling to find the balance of their independence and their interdependence.

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 she or he 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.

Group Dynamics

The process of getting to know each other is the first stage of group development. It happens in new groups, when new members join a group, and even when a group starts a new goal or project and the girls take on new roles. You may notice that the girls are checking each other out. Their energy level might be high with excitement and a bit of anxiety about what will happen.

What's an advisor to do? You can help the girls by:

- Doing some icebreakers or "getting to know you" activities.
- Bringing all girls together to create ground rules, expectations, and agreements prior to undertaking big projects or trips.
- Encouraging girls to eliminate cliques and get to know and work with others.
- Establishing a comfortable and accepting environment where girls can express their expectations and ideas.
- Calling for a time-out when problems arise and allowing girls to express themselves and clear the air.
- Working with the other troop/group adults to adopt an "our girls" approach to managing behaviors and providing consistent messages about helping resolve problems.
- Modeling the behavior you are looking for by treating everyone with respect and dignity.



Suggested Service Project for Girl Scout Seniors and Ambassadors

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 your handbooks.

1. Volunteer as a tutor in a literacy project.
2. Volunteer your services at your local public broadcasting radio or television station.
3. Serve as a volunteer in a public or school library.
4. Help a community theater group, opera society, or dance company.
5. Share your talent in the visual, performing, or literary arts by teaching others in a community center, day care center, camp, or other facility.
6. Plan and coordinate a Girl Scout "uniform bank" for your service unit.
7. Organize a babysitting service for Girl Scout volunteers who need to attend Girl Scout training events or meetings.
8. Contact GSOFCT and volunteer to cleanup Girl Scout property trails.
9. Participate in local creek and river cleanup days.
10. Work as a docent in a museum or zoo.
11. Assist with community field trips for those who are physically or developmentally challenged.
12. Read stories to patients in the children's ward at a local hospital.
13. Help set up a library at a resident camp or at the council office.
14. Volunteer your service to the council office. Help collate materials for mailing, stuff envelopes, shred paper, etc.
15. Assist community agencies with office services.
16. Assist with council sponsored events.
17. Write Girl Scout stories for church, community bulletins, or newsletters.
18. Help prepare window exhibits for Girl Scout Week.
19. Volunteer to take photographs at local Girl Scout programs and/or events.
20. Make speeches or presentations to community groups about Girl Scouting.
21. Become a disaster services volunteer through the American Red Cross or Salvation Army.
22. Tutor children who have special learning needs.
23. Volunteer as a teacher's aide in a classroom that serves homeless children, "newcomers," or those who are physically and/or developmentally challenged.
24. Talk to a younger Girl Scout troop/group about *Girl Scout destinations*.
25. Tape stories for blind or visually impaired children.
26. Assist with an energy conservation project in your community.
27. Assist in organizing an "adult-'n'-me" dinner, picnic or square dance for your service unit.
28. Teach younger girls the basics of computers.



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

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 by 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 Girl Scout's birthday
- **Gold Award:** The highest award a Girl Scout can 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 can 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

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 providing 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

Always check Volunteer Essentials and the Safety Activity Checkpoints for specific standards and guidelines