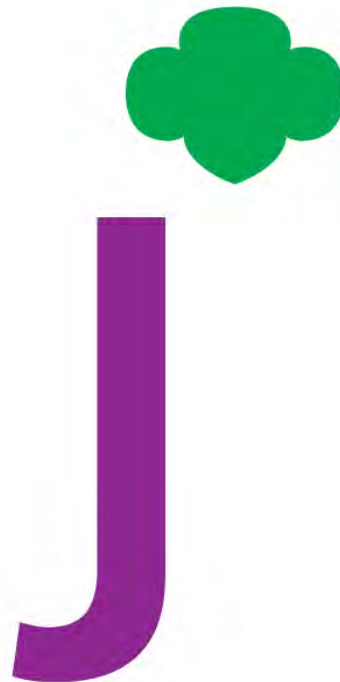




# First Five Meetings: Girl Scout Junior

Sample Meetings for New Troops



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Welcome to Girl Scout Juniors!

This booklet has five sample meetings that you can use with your troop. They are just that- samples. Feel free to alter the plans to meet the needs of the girls and your troop's resources.

During these five meetings, there are opportunities for girls to make choices and to plan future activities. Girls who are in troops that are Girl Led - meaning they have opportunities to actually plan what they do - are happier in their troop and are becoming leaders right before your eyes.

Be sure to use this booklet in conjunction with *Volunteer Essentials*, which is found online at [www.gsofct.org](http://www.gsofct.org), on the Volunteer tab. Safety is a must, so become familiar with the *Safety Activity Checkpoints*, found on the same Volunteer Tab.

As a Troop Volunteer, you have many resources available to you. In order for the girls to be able to plan well, become familiar with and share the following resources /information with the girls.

- *The Girls Guide to Girl Scouting*
- *Additional Badge Sets (Brownies- Seniors)*
- Grade Level Journeys
- *GSOFACT Program Resource Guide*; look at both Events and Program Resources
- GSOFACT Online Newsletters: *Helpful Hints, Bridges, & E-Blast*
- Information at your Service Unit Meeting
- [www.gsofct.org](http://www.gsofct.org): Get to know the Participate and Volunteer tabs. Also check out the Communities - a place for Adult Volunteers to ask questions and share information. On the main page you can click links to our social media sites.
- People! Speak with and ask questions of experienced and new Volunteers. Reach out to GSOFACT staff as well. Whether in Membership, Program Services, Volunteer Development, or other departments, we are here to help make the Girl Scout experience the best possible one for you and the girls.
- As you get to know the girls and their families, set the expectation that families participate any way they can. When the troop starts to use a Journey, use the tools for connecting families to the troop experience.

# Sample First Five Meeting Plans: Girl Scout Junior Meeting Snapshot

Remember, these sample meetings are just that, samples. The intent is to give a suggested guideline for troops unsure of what to do...now that you're a Girl Scout Junior Troop! Feel free to adjust to fit your troop's needs and resources.

## Meeting 1

Introductions

Girl Scout Basics: Introduce the Promise and Law, Kapers & Quiet Sign.  
Icebreakers - Let's have fun and get to know each other!  
Create Troop Agreement - how should we behave and treat each other?  
Girl Scout Sign craft, choose art activity for meeting #2

## Meeting 2

What we like & what are our options?

Intro to options - Girls Guide, Badges, Journeys, patches, trips, etc...  
"About Me" artwork - What are *your* interests?  
Create Troop hope map- What do we hope to do in our troop?  
Service Project- provide choice of options or solicit ideas.

## Meeting 3

Traditions & girl planning

Play a game & learn about Juliette Gordon Low.  
Do a service project  
Girl Scout Law activity  
Plan an Investiture Ceremony, include a song (link: Girl Scout Way badge).

## Meeting 4

Sample, choose & celebrate

Sample Journey topics and activities  
Come to consensus - which Journey will we do first?  
Investiture Ceremony with families as guests & helpers

## Meeting 5

Start Journey & implement planned activity

Begin your Journey - use some of the sample session activities  
Choose a badge to work on.  
Plan for next meeting

# Junior Meeting 1

## AT A GLANCE

### Notes:

From the start, ask & expect adult family members to help with the meetings. Consider asking different families to bring snack, take turns as meeting helpers, etc...

Once you create a set of "spots" you'll be able to use them for many games and activities. Make them approximately 10x10". Cut enough for at least one per person in your troop.

- Opening Ceremony: Flag
- Girl Scout Promise & Law
- Quiet Sign & Kapers
- Get to Know You Games
- Troop Agreement
- Snack (optional)
- Girl Scout Sign Plush-Glove
- Closing: One thing ...

### MATERIALS

- Markers cardstock
- Girl Scout Promise and Law written on large paper
- Small flag if you wish to include the Pledge of Allegiance in your opening.
- Kaper Chart
- "spots" cut-up pieces of yoga mat or rubbery shelf liner
- Beach Ball with numerals 1- 20 written on it.
- Large paper and markers
- For Girl Scout Sign Plush-Glove: One ambidextrous glove per girl (stretchy or inexpensive glove from hardware store), poly fill or tissues, pencils, needles and thread, scissors (or stapler), optional buttons or pom-poms/glue for decoration.
- Snack (optional)

### PREPARE AHEAD

- Write the Girl Scout Promise and the Girl Scout Law on sheets of large paper.
- Make a *Kaper Chart*. This is a tool that lists and assigns girls a job for each meeting. Although it might be easier & quicker to do things yourself, it is important for girls to take these roles. Jobs could be: attendance, leading the opening ceremony, passing out supplies, snack, sweeping, closing... a simple list on cardboard, with the girls names written on wooden clothespins allows you to easily change the chart.
- With a permanent marker, write numerals on the ball, 1-20 is fine. You can re-use this ball for many activities.
- Practice making a Girl Scout Sign Plush-Glove so that you can better help the girls during the meeting.
- Prepare snack or ask others to bring. (Optional)

# Junior Meeting 1

## Start - Up

As girls arrive, have them check in with you and then guide them to the table with cardstock and markers. Ask to make a name tent by folding the cardstock in half, and writing their name. Decorate it to share something you like. This will help girls ease into the troop meeting setting, and keep them occupied while everyone arrives. Assign one adult to stay at the table, and another to greet the girls. Be sure to have girls clean up their spaces before going to Opening.

## Opening

Ask girls to form a circle, standing. If they hold hands at first, then drop hands, it will help them form the circle. Don't worry, after a few times they'll "circle up" easily.

Introduce yourself and ask each girl to say her name. Explain that at the start of every meeting we'll be having an *Opening*, and that you'll usually gather like this, in a circle. Ask one girl to hold the flag as the girls say the Pledge of Allegiance. At the end, "post" or place the flag to the side.

Show girls how to make the Girl Scout Sign with their right hand. (Three fingers straight up, with their pinky bent, and thumb hugging their pinky) Recite the Girl Scout Promise. You might say the whole thing through as they listen and then ask have one girl take the lead by pointing to the words as girls read each line. Let the girls know that Girl Scouts around the world all make this promise to each other.

Remind the girls that at the end of the Girl Scout Promise, it mentions the Girl Scout Law. The Law helps us remember how we should behave and treat others. Review quickly, line by line. If you wish, ask girls to give an example of how a part of the law can be used in everyday life, i.e. "Use resources wisely" could mean turning off water while brushing your teeth, or putting the amount of food on your plate that you know you will be able to eat. Later in the meeting you'll be talking about what "being a sister to every Girl Scout" means for your troop.

## Business

Quiet Sign: Explain that all Girl Scouts use the Quiet Sign. The sign is when a person holds up their right hand high in the air. When you see someone with their hand up, it means that someone has an important announcement to make and that everyone should be quiet. As they are quiet, they should put up their hand to help others realize that "the sign is up". This sign can quiet a room filled with thousands of Girl Scouts.

## Notes:

If adults are staying for the meeting, encourage them to assist, but not *do* things for the girls.

Flag Ceremony info: <http://www.girlscouts.org/en/about-girl-scouts/traditions/ceremonies.html>

When you make the Girl Scout Sign, the three fingers represent the three parts of the Girl Scout Promise.

Pages 12-14 of the Junior Girl's Guide shows where Girl Scouts are around the world.

When making the Quiet Sign, hold all five of your fingers upright.

# Junior Meeting 1

## Notes:

An online search for Kaper Charts for Juniors will bring you a slew of ideas. A Kaper Chart can be as simple as you want- as long as it functions. You might want to wait to make an intricate one after you've found all of the kapers needed at your meetings.

When planning a meeting, remember to mix up active & quiet activities. It is also a good idea to give girls opportunities to interact as a whole group, in small groups, or with partners.

Whenever possible, let the girls propose and choose the troops activities.

## **Business, cont...**

Practice using the Quiet Sign. Ask girls what they'll do when they see the Quiet Sign. Next, invite girls to talk loudly while in the circle. Put up the quiet sign and wait till everyone is quiet and has their hand up. Practice a few times, if necessary - how fast can they spread the Quiet Sign? Congratulate the girls for being observant.

Kaper Chart: Explain that since this is the girls' meeting everyone has an opportunity and responsibility to help make the meetings work. Ask if girls have any jobs that they have at home. Show the girls the Kaper Chart, and explain the jobs. Reassure girls that they will have different kapers each meeting, and that everyone knows that they'll need to learn how to do them. If they have any questions, it is good for them to ask each other and the adults.

Thank the girls for being attentive and respectful of each other during the Opening and Business portions of their meeting. Recognizing that it may be time to get up and move around, we're going to play some games.

## **Activity 1 - Get To Know You Games**

### *Have You Ever?*

- Ask girls to create a circle with chairs or "spots". Place yourself in the middle, with out a spot. Explain that while they may know some girls more than others, this will help everyone learn new things about each other. "Guardrails" for this game include: only ask questions that are not embarrassing or call a particular person out. Make the questions "g-rated" and general.

Do a slow-motion example. Say "Have you ever...been on a boat?" everyone who has been on a boat needs to find a new place to be- including you. (the person in the middle doesn't need to have done the thing - their goal is to find a new spot.)

After this, there will be a girl in the middle again. She is now the caller and asks another "have you ever..." question. Continue playing, but end before girls tire of the game.

Other sample *Have you evers...*

- Eaten pineapple on pizza
- Had a reptile as a pet
- Gone to a big city
- Milked a cow
- Gotten an A in math
- Slept late

# Junior Meeting 1

## **Activity 1 - Get To Know You Games, cont...**

### **Name Game**

Have girls form a circle, standing. Ask them to go around the circle and say their name loudly for all to hear.

Explain that you're going to pass the ball around the circle so that everyone has a chance to catch and toss the ball. When you get the ball, say, "(your name)" and "to (the name of the person you're tossing it to)".

Since there are people we don't all know you may need to ask the girl who you're going to toss the ball to what her name is- you can ask or point to that girl so that she can give you her name. When you've had a turn with the ball, put one of your feet into the circle. This will tell other girls that they should pass the ball to someone else.

Try making the ball go one time around. Do the girls remember who tossed the ball to them, and who they tossed it to? Ask them to point to those people. Challenge the girls to have the ball make the same pattern around the circle, but this time go a little faster. Does anyone have suggestions or strategies for making this happen faster? Try it. Ask what happened? Explain that we'll try it one more time- does anyone have any suggestions?

### **Answer Me This**

This time as you pass the ball around, it can go in any direction. When you catch the ball, look at the number closest to your right thumb. Each girl will say the number which correlates to one of the *Answer Me This* Questions. Ask one adult to read the question, when a girl says a number. Keep going until everyone has had a turn. Ask girls if they want to use the "put a foot in the center" signal again for this game.

Questions: (These are just suggestions - add more to the list!)

1. What do you like to do outside?
2. What is one of your favorite foods?
3. When it is raining, what do you like to do?
4. Have you ever built a sandcastle - where?
5. When you're at home, what is a favorite thing to do?
6. Where do you like to go/or visit?
7. What do you want to learn how to do?
8. Do you have a favorite part of school - what is it?
9. What is your favorite flavor of ice cream?
10. If you could do anything all day long, what would that be?

Positively reinforce girls' actions as they play: "I can see that you're really paying attention", "you're being respectful of each other as you take turns", etc...

Notes:

If you have a hard time remembering names, it is fine to give girls nametags, or take a photo of everyone so that you can practice linking their name to their face. Consider adding their photo to their Kaper Chart marker.

# Junior Meeting 1

Notes:

When deciding on snacks, be sure to make everyone aware of any allergies that affect the group.

Use snack as an opportunity to teach healthy lifestyle choices, encouraging a variety of foods rather than always a refined, sweet snack.

Name Tents not only help everyone learn names, but can spark conversations about what the girls like to do.

Even though it may be easier for adults to swoop in and clean-up, Girl Scouts need to learn to leave a place in as good or better condition than they found it. Help by giving specific directions until they know the routine!

## **Activity 2 - Troop Agreement**

Ask girls to think of ways that they'd like to be treated during Girl Scouts. What are some expectations we can have for each other? Examples could include: How to talk to each other, keeping our meeting place clean, following rules, asking questions when we're unsure, respect...

On a large sheet of paper, write "Troop Agreement", underneath, record the girls thoughts - be sure to keep them in a positive format. Rather than "No yelling" coach the girls to say something like "use inside voices" or "Speak so people can understand you".

At the end, have girls write their names or initials on the paper.

## **Activity 3 - Snack (optional)** *Have girls use their name tents!*

## **Activity 4 - Girl Scout Sign Plush-glove**

Show the girls your sample plush-glove. Does it remind them of something? (the Girl Scout Sign)

Explain how you put it together, and ask if they have any questions about making theirs? You might suggest that if they can "double check their glove finger placement by comparing to their or a neighbor's hand making the Girl Scout Sign.

How to:

- Using a pencil, push small bits of tissues or fiberfill into the fingers. The right amount will keep the fingers upright, but still a bit flexible.
- Stitch (or staple) the glove's cuff together, holding the stuffing inside.
- Fold the pinky and thumb across the palm and stitch (or staple) together.
- Add decorations if desired.

(note- this activity may help girls learn sewing skills needed for step 2 of the Junior Independence badge.)

## **Clean - Up**

Give specific instructions on how and where things should be put away. "put all markers back into the large plastic bag Sue is holding. When the bag is full, Sue put the bag in the box." "make sure to pick up paper scraps on the floor and throw them in the trash", "push in all the chairs", "if you're not sure what to do next, ask if there is anything else you can help with"

When clean up is done, make a circle for Closing.



# Junior Meeting 1

## Closing & Looking Ahead to Meeting 2

### *Looking Ahead:*

At our next meeting, we'll be learning more about each other and what we can do as Girl Scout Juniors. To help us learn more about each other, we'll do an activity that shares something about ourselves. Ask the girls which of these two activities they'd like to do:

*About Me Fortune Teller* - Girls will fold a fortune teller and write I like my... on each flap. Under the flap they'll continue the thought- (I like my...legs because I run fast)

*Shinning Star Mobile* - Girls decorate stars that hang from a stick. On one side they decorate with something they are good at enjoy doing (not always the same thing, right?) On the other they write a slogan that encourages others to think positively about themselves - (you're a star just the way you are, Be proud of you!...)

If you've already made a schedule to bring snack or have adult helpers come to the meeting, remind girls who will be doing that at the next meeting.

### *Closing:*

Ask each girl to say one thing they liked about their Junior meeting today. To get them started, you can have the adults go first - To get the girls thinking beyond the activities, one adult might mention meeting new people or playing together.

End the meeting by singing *Taps*:

Day is done,  
Gone the sun,  
From the *lake*,  
From the *hill*,  
From the sky,  
All is well,  
Safely rest,  
God is nigh.

At Closing you can do the friendship squeeze. Standing in a circle, hold hands with your right hand over your left. One girl can start "the Squeeze", by squeezing one of her hands. When the person who is holding her hand feels it, she squeezes her other hand, the squeeze makes its way around the circle. When complete, you can say "good bye Girl Scouts" and have everyone turn to the outside of the circle, raising their arms and uncrossing their arms as they turn.

### Notes:

At your Service Unit Meeting, ask if the group can practice the friendship squeeze and singing of Taps.

Those who know the traditions will gladly lead, and help others learn. Chances are, at the end everyone will be wearing a big smile!

Look online for YouTube videos of Girl Scout songs.

The fortune teller and star activities are from the Junior level *Free Being Me* program, which encourages body confidence.

# Junior Meeting 2

## AT A GLANCE

### Notes:

*When girls work in pairs to make a word search, they are working cooperatively!*

*Ask others in your Service Unit if you may borrow their Junior Journey books to show the girls. You can also print out Journey information found online at [gsofct.org](http://gsofct.org) [Explore the Journey](#)*

*Ask your Service Unit Manager or other leaders for Service Project ideas that can be done during your meeting.*

- Opening Ceremony:  
*Make New Friends & Girl Scout Promise*
- Look at resources
- About Me Activity chosen by girls. Either *Fortune Teller* or *Star*
- Snack (optional)
- Troop Hope Map
- Service Project Discussion
- Closing: one thing about you...

### MATERIALS

- For Start-up: Make a Word Search - Paper with grid, pencils
- *Junior Girl's Guide to Girl Scouting, AMUSE, Agent of Change, & Get Moving!*
- Journeys, GSOFACT 's *Program Resource Guide*
- *For Fortune Tellers: Squares of copy paper, markers. Or for Star Activity: sticks, star shapes, markers, yarn & tape*
- Snack (optional)
- Large paper, index card size paper, marker, tape
- Samples of two service project ideas
- *Names of girls on small papers*

### PREPARE AHEAD

- Make copies of the word search grid & a list of words related to your troop and Girl Scouts - you may want to start a sample word search.
- Practice *Make New Friends* Song (page 9 Girl's Guide or online)
- Locate at least 2 options for Service Projects and, if applicable, make samples.
- Gather materials for the About Me Activity that the girls choose. Make a sample Fortune Teller and the start of a Star Mobile.

# Junior Meeting 2

## Start - Up

As girls check-in, invite them to get together with another girl and create a word search. Show them the grid paper and it is used in the sample. Girls can use the words on the list or add their own- either way,, they should keep track of which words are in their search. When they are done, they should find another pair of girls and swap their searches.

Remind girls to check the Kaper Chart to see what their Kapers are today.

## Opening

Call the girls to a Circle.

Ask the girls whose Kapers are Flag Ceremony to get ready. Lead the girls in the Pledge of Allegiance, and the Girl Scout Promise.

Explain that a big part of being a Girl Scout is making friends of all kinds. Some girls may already know each other from school or some other place, and some girls may be "new". In Girl Scouts, there is a song that talks about new and old friends. It is called *Make New Friends*.

Sing the song one time through and then ask the girls to follow you, repeating one line at a time. When you think that they've learned it, start again, with everyone singing the whole song together.

### *Make New Friends - Lyrics (2 verses)*

Make new friends, but keep the old.  
One is silver and the other is gold.

A circle is round, it has no end.  
That's how long I want to be your friend.

## Business

Explain to the girls that as Juniors, they will try and learn many things. Junior Girl Scouts in Connecticut and around the world have several things in common that they can use to help learn and explore.

Show the girls the resources, giving a short overview of each book.

*Girl's Guide*: Gives information about Girl Scout traditions and badges they can earn by learning new skills.

Junior Journeys all contain the character Dez the spider in them, activities, and a short story.

*Agent of Change*: Girl learn about a woman who made a difference in the world, then create their own super story, where their character takes on a community issue. Lastly girls identify an issue in their own community and take action to help.

Notes:

Make New Friends, online. While you'll find several verses of this song online, teach only one or two at a time so that girls really master each verse. Try singing one verse in a round. Divide the girls into three sub-groups. After the first group completes the first line, the second group begins singing. When the second completes the first line, the third group begins. This last group will be the last group singing.

# Junior Meeting 2

Notes:

Large rolls of paper can be found at teacher stores or at craft shops.

Worried about protecting the table or floor surface? Cover the table with plastic shower curtains or inexpensive plastic tablecloths.

## **Business - cont...**

*Get Moving!*: Is all about energy - in your body, in plants & animals, and the energy we use to power this world. The girls' take action project will focus on energy use and how to use resources wisely.

*aMUSE*: Explores all the roles that females play in their lives. It takes a look at stereotypes and encourages the girls to create a Take Action project that will help break stereotypes.

*GSOFACT Program Resource Guide*: Has events and resources that we can use. You can go to events alone with an adult, or we can go as a troop, as long as adults are trained to take trips.

Break the group into 5 smaller groups or pairs of girls. Give one resource to each small group. Explain that they should look at the resource and after 5 minutes, they'll take turns sharing something about the book (this could be the pictures, awards, anything the girls want to share.)

Explain that at a later meeting we'll try some activities related to the three Journeys to help us decide which journey we want to start on first.

## **Activity 1 - All About Me Activity**

### ***Fortune Tellers***

Show the fortune teller and ask if anyone has made one. If so, encourage these girls to be helpers for the others. Asking for help when you're trying something new is a good strategy! The girls can put colors or numbers on the outer parts of the fortune teller, but on the inner flaps, have them write "I like my..." under the flap they should continue the sentence naming a part of their body and what it does that they enjoy (feet- running, eyes- reading, thumbs- texting). Let the girls know that sometimes people have a hard time thinking of things they like about their bodies- start a conversation about what girls like about their ears- listen to music, talk with a friend, etc... when the girls have completed their fortune tellers, they can share with each other- learning a bit more about their Girl Scout sisters!

### ***Shinning Star Mobile***

In this activity, girls discuss things that they like to do or feel they are good at doing. These two things are not always the same, right? becoming really good at something usually take a lot of practice. Of course, sticking to the practice is easier if you enjoy what you're doing! Different people like to do different things, and that is great. What would the world be like if everyone liked to do things exactly alike?

On one side of the star, draw or write what you like to do. On the other side, write a positive reminder to enjoy being who you are. Attach yarn to the star and the stick to make the mobile.

# Junior Meeting 2

## **Activity 2 - Snack (optional)**

### **Activity 3 - Troop Hope Map**

By creating a troop hope map, girls give ideas of things they hope to do as a troop.

Sitting in a circle or a few smaller circles, have girls discuss things they hope to do in their troop. Have an adult write these thoughts onto the smaller pieces of paper.

When everyone has had a chance to express one thought, gather together in a large group near the big piece of paper. On the paper, you can draw a line to represent the “trail” you’ll take. As you read a thought each girl gave, have her tape it onto the map. What things are the same? Are there things that you’d like to do, but didn’t say up on the map? Explain that while we may not be able to do everything on the map, we’ll use it in planning our time together.

### **Activity 4 - Helping Others**

Explain that Service is something that Girl Scouts have given since Juliette Gordon Low first started a troop. When girls do a service project, they are helping their community in a short term way. Examples of service projects include, but are not limited to: planting a flower bed, helping to rake leaves, collecting needed items, making card or other items to cheer people up. Looking at the Girl Scout Law (on page 2 of the Girl’s Guide), which parts of the law relate to giving service? So much of the Law is about helping others!

Discuss that while it is easier to do something if you enjoy it, the point of service is to help others. When choosing a service project, it is important to make sure that it is truly useful, and fills a need.

Show or explain the service projects they can do next time you meet. Discuss how it helps others. When girls have a good understanding, ask them to vote on the service project that they’d like to do. Remember to explain that by voting, the group is deciding to do what most of the girls in the troop want to do.

Suggestions for service projects that may be done at a troop meeting:

- Thank you cards for local civil servants or teachers
- Paint pictures, or make a window decorations for people in an assisted living facility
- Tray favors for Meals on Wheels or an assisted living facility
- Clean or make something for your meeting place
- Plant flowers outside your meeting place

Notes:

By contacting local organizations, and explaining who you are and that you’re looking for your girls to help others, you may find Service Project ideas. This is a perfect opportunity for a troop adult to help. Remember to also ask other leaders in your town for suggestions.

# Junior Meeting 2

## **Clean - Up**

Keep your clean-up routine a smooth operation by making sure girls understand what needs to happen, and have any adults encourage and guide girls in their efforts. You may wish to play music, or sing together while everyone is cleaning up.

## **Closing - *One Thing About You***

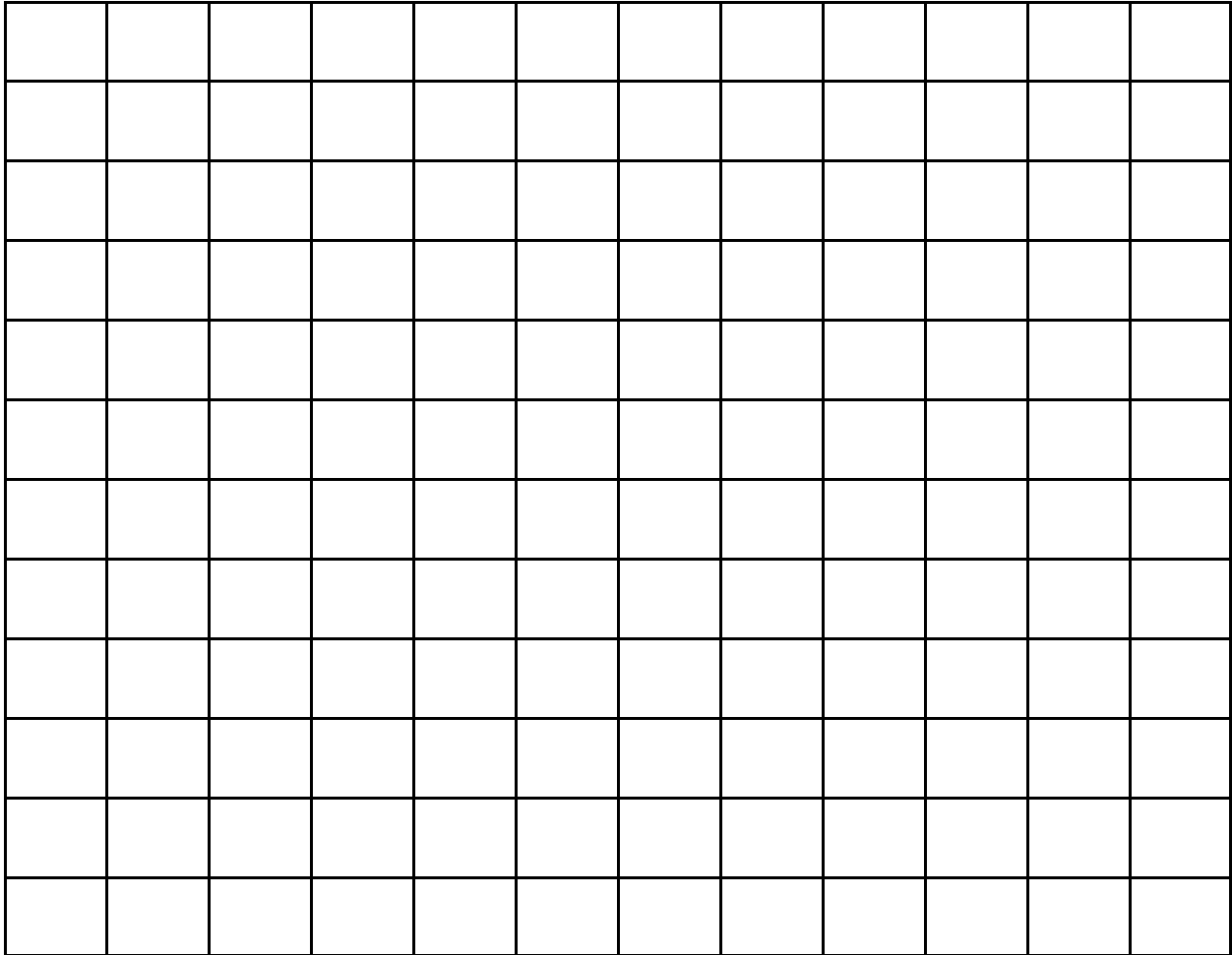
Give each girl a paper with another girl's name on it. After making sure that each girl knows whose name she is holding, ask them to say one positive thing about that person. "I liked the way you helped me clean up", "You have a dog", "you used lots of colors in your picture", etc...

Sing *Taps* and do Friendship Squeeze

## **Looking Forward to Next Meeting....**

If not secured already, ask adults for help prepping for, doing and delivering the Service Project.

## Word Search Grid - for Junior Meeting 2



Can you find these words in our Word Search?

# Junior Meeting 3

## AT A GLANCE

### Notes:

- Opening Ceremony:
- Girl Scout Promise, a bit about Juliette
- Kim's Game
- Service Project
- Snack (optional)
- Charades
- Plan Investiture Ceremony
- Closing: helping others makes me feel..., Taps

### MATERIALS

- Flat Juliette paper doll, crayons & tape
- Items for Kim's Game (or print photos)
- Towel to cover Kim's game items
- Service Project Supplies (as determined by your project) or if making sun catchers as suggested here: clear contact paper, dark construction paper, tissue paper shapes or dried colorful leaves, or dried flowers/grasses, scissors, yarn.
- Snack (optional)
- Girl's Guide to Girl Scouting
- Large paper and marker

### PREPARE AHEAD

- Copy Flat Juliette and outfit outlines.
- Gather items listed in Kim's Game, or print out photos and cut apart.
- Collect or ensure other adult has collected materials for Service Project.
- Print out Promise reminder cards for girls to take home.
- Copy ceremony planning guide (page 18 of Girl's Guide) on large paper



# Junior Meeting 3

## Start- Up

As a girl, paper dolls were one of Juliette Gordon Low's favorite activities. Give each girl a Flat Juliette doll and paper to make their own outfit. Place the doll on the blank paper, then draw the outline of her new clothes. Lift the doll, and connect the lines to make a neckline, etc.. Cut out and decorate. Can you give her an appropriate outfit for the season, or to accompany you to an activity? Explain that when Juliette went out to speak to people about the Girl Scout movement and asked them for help, she often dressed plainly so they'd concentrate on her words, rather than what she looked like.

## Opening

Begin opening with flag and the Girl Scout Promise.

Tell girls a bit about Juliette Gordon Low, or "Daisy" as most people called her.

Ask girls to share their outfits that they made for Flat Juliette. Are any of these activities things that girls would have done in Juliette Low's Day? Juliette understood that over time, girls would change in their interests and their needs. That is one reason she called it a movement, rather than an organization.

## Business

Check in with the girls- does the Kaper Chart have all the kapers we need? Do we have enough or too many girls doing any one task? Do they have any suggestions to change it?

## Activity 1 - Kim's Game

Juliette was friends with Lord Baden Powell who started the Boy Scouts in England. Lord Baden Powell had been in the military, and used this memory game with his soldiers. Place the items or pictures on the table or floor where all the girls can see them. As you lay them out, ask the girls to name each item. Explain that the girls should try to remember all the items. After a minute, cover the items with a cloth. Ask girls if they remember one of the items. As they name one, pull it out from under the cloth and explain how it's linked to Juliette Gordon Low.

Notes:

*Flat Juliette* can be found in the Online Resource and Form Library at [gsofct.org](http://gsofct.org)

Page 10-12 of the Girl's Guide has a short piece about Juliette Gordon Low.

# Junior Meeting 3

## **Activity 1 - Kim's Game, Cont...**

As you lay the items out on the table/floor, have a second adult read about the item. Make sure the girls see and know the name for each item. (A more difficult version- read the explanation for each item at the end- the girls will need to remember the item just from its appearance)

### **Items-**

#### **Map of Georgia**

Juliette was born in Savannah, Georgia

#### **Pumpkin**

Juliette Gordon Low was born on October 31, 1860 – Halloween

#### **Daisy Flower**

Juliette's Uncle took one look at her and said, "she looks like a Daisy" and this nickname stuck with Juliette for the rest of her life.

#### **Horse**

Daisy loved animals and had a horse named Fire.

#### **Book**

Juliette loved to tell stories. She wrote many stories herself, and she told them around the campfire.

#### **Colored pencil and brush**

Juliette loved to draw and paint. She loved it so much she created a children's magazine with all of the pictures and articles done by children.

#### **Boat**

Juliette and Willie (her husband) loved adventure, so they decided to move to England.

#### **Glove**

In the olden days, women wore white gloves when they dressed up for dinners and parties. Juliette could be found cleaning her house in her evening wear/gown.

#### **# 5 and #2**

Juliette was 52 years old when she started Girl Scouts in the USA.

#### **Girl Scout Pin**

Juliette started the first troop on March 12, 1912.

# Junior Meeting 3

## **Activity 1, Kim's Game cont...**

### Tomato Soup Can

Having nothing else on hand to put her honor pins in, Juliette grabbed an empty tomato soup can and carried the pins to a meeting in it.

### Fish

Juliette was one of a very few people outside of the United Kingdom/ England to be awarded the Silver Fish Award.

### Pearls

Juliette needed money to help Girl Scouting grow. She sold the pearl necklace that Willie had given to her as a wedding present.

## **Activity 2**

Service Project - follow your own ideas to make these sun catchers for teachers, assisted living residents or another group of people who might need their days brightened.

Here are the basics of making a sun catcher. Depending on the season, use different items to sandwich between the clear contact paper. You can also cut the construction paper frame into different shapes- hearts, circles, snowflakes, trefoils, etc...

- Fold a piece of construction paper in half and draw 1/2 of a shape on the fold, being sure not to reach the edge of the paper. This will make the opening in the center of the piece- where the sun will shine through. You may wish trim the edges of the shape as well - be sure to leave a frame of at least 2 inches around the whole piece.
- Cut two pieces of clear contact paper that will cover the opening, but not extend past the construction paper frame.
- Peel the paper backing off of one sheet of contact paper. Tape it to the back of the construction paper, with the sticky side facing away from the paper.
- Place flat & translucent leaves, paper, flowers, grasses, etc.. On the sticky part of the contact paper.
- When it is all arranged, peel the backing off of the second piece of contact paper. Carefully lay it on top of the other contact, with sticky sides facing each other. Smooth out any bumps- bubbles can be popped with a pin, and smoothed out.
- Attach yarn for hanging.

## **Activity 3 - snack (optional)**

Notes:

# Junior Meeting 3

The Girl Scout Law is on page 2 of the Girl's Guide.

GSOFACT has a *Living the Law Pin* that girls may earn. You'll find info in the Resource and Form Library at [gsofact.org](http://gsofact.org).

## Activity 4 - Charades

This activity is geared to help girls learn and understand the Girl Scout Law. Girls will act out something that they might do in everyday life that supports a Girl Scout Law.

Ask the girls to say the Girl Scout Law with you. Spend a moment talking about each line of the Girl Scout Law. Be sure to mention ways that the law can be "lived" each day. Here are a few ideas:

*Honest and Fair* - giving back found money, taking turns...

*Friendly and Helpful* - inviting someone to sit next to you, asking if you can help...

*Considerate and Caring* - calling or sending a card to someone who isn't feeling well, sharing with someone...

*Responsible for what I say and do* - telling the truth, admitting a mistake

*Respect myself and others* - taking care of my body, being polite...

*Respect authority* - following rules, listening to people in charge...

*Use resources wisely* - turn off lights and water when not using, recycling...

*Make the world a better place* - doing a service project or take action project...

*Be a sister to every other Girl Scout* - helping someone, inviting them to a celebration or to be your partner...

Charades: now have girls work in groups of two or three. They choose a part of the law, and act out something that goes with it. Can the rest of the group guess what they're doing?

## Activity 5 - Plan a Ceremony

Using the outline for a simple ceremony, ask the girls to give their ideas to complete the plan. These are some things to consider:

Name of Ceremony: Investiture and Rededication

Purpose: Investiture- Welcoming new girls & adults into Girl Scouts, and ask returning Girl Scouts pledge to continue to keep the Girl Scout Promise.

Date & Time:

Location:

How will it open? (circle, walk into the room, flag?)

What song, poem or story do we want to tell?

What will the middle part be? (explaining what the Promise means to us, reciting the promise, etc..)

How will we close the ceremony?

Will we have refreshments?

# Junior Meeting 3

## **Activity 5 - Plan a Ceremony, cont...**

Will awards or pins be presented to the girls?

Who will do each part?

Do we want decorations or props- if so, who will bring them?

Consider adding a song to the ceremony. This is step 1 towards earning the Girl Scout Ways Badge.

What is most important is that the girls actively plan *their* ceremony. Do your best to follow their plans, and make them a reality.

## **Clean - Up**

## **Closing**

Ask girls to complete this sentence... "today I feel...."

Sing *Taps* and do the friendship Squeeze

## **Looking Ahead to Next Meeting**

Let families know that next meeting the girls will have the ceremony they've planned and will be receiving their Daisy Promise Center (and any other pins or petals you might want to give such as membership, WAGGS)

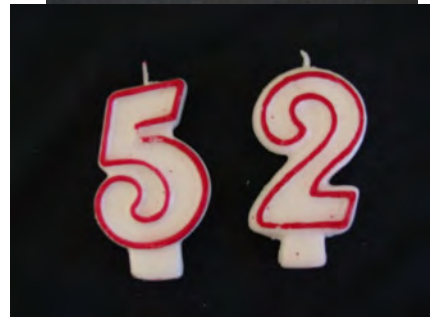
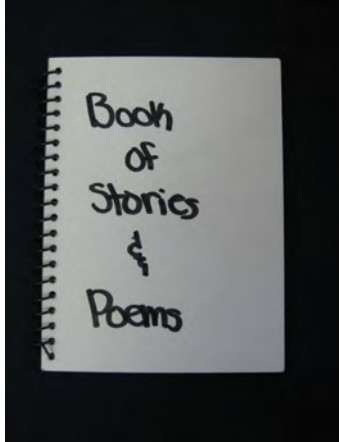
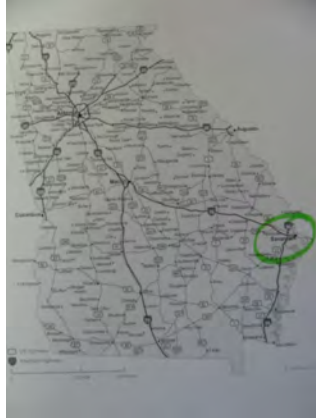
Notes:

Using a large sheet of paper and markers to write the girls' plans shows them a tool for organizing.

For the closing: Remember that it is ok if a girl either can't think of a comment to make or doesn't feel like sharing right now. For situations like this, make it a troop practice to accept "I'll pass" as an answer. Sometimes a girl will think of something to say by the end of the activity- other times maybe not...and that is ok!

# Junior Meeting 3

(items for Kim's Game)



# Junior Meeting 4

## AT A GLANCE

- Opening Ceremony: Girl Scout Promise and Law, song of girls' choice
- Check on the Troop Agreement
- Games: Loop the Hoop & Lost at Sea
- Snack (optional)
- Intro Junior Journey choices
- Voting for Journey
- Investiture Ceremony
- Closing: One Word

## MATERIALS

- Junior Journey Books - *Agent of Change*, *Get Moving!*, & *aMUSE*.
- Troop agreement poster
- 2 Hula hoops
- "ship" - 1 piece of 3'x3' cardboard for each group of 5-8 girls
- Snack (optional)
- Talking stick (a stick or a wooden spoon- plain or decorated)
- Materials agreed upon for ceremony

## PREPARE AHEAD

- Borrow the three Journey Books. Ask at your Service Unit meeting or email leaders in town to see if they have copies you can borrow.
- Read through the books or go to the flip books on the GSUSA site to get an idea of each Journey's topic.
- Find a stick to use as a talking stick - it should be no larger than a wooden spoon, which is another choice. If desired, decorate with troop number, a bead for each girl, feathers etc..
- Gather materials as needed (or remind those assigned to bring them) for the ceremony.
- Remind families to arrive early for pick-up so that they'll be on time for the Investiture/Rededication ceremony.

## Notes:

Ask for help! Whether you enjoy crafts or not, asking a family member to create the talking stick helps engage adults, show that their help is needed and welcome! For many, this would be a fun way to begin helping. For the ceremony, ask families to help bring certain items from the girls' list, music, etc...

# Junior Meeting 4

Notes:

## **Start - Up**

As girls arrive, invite them to look over the Girl Scout Journey books. They should be looking at them to help decide which Journey they'd like the troop to work on. Remind girls that everyone has different interests and that is great- let everyone have their own opinion.

## **Opening**

After reciting the Girl Scout Promise and Law, ask "What would the world be like if people all treated each other and cared for the world according to the Girl Scout Law?" While it might be hard to always live by the law, as Girl Scout Juniors we "must do our best".

Ask the girls if there is a song they'd like to learn or practice.

## **Business**

Remind girls of the troop agreement they made. Ask if anyone remembers any of the items on the list.

While friends don't always agree, or like the exact same things, we understand that that is ok. In our troop we 'll do our best behave this way (as in the agreement), so we all know what to expect from each other, and enjoy spending time with each other. Is the Troop agreement working? Now that we've spent time together, is there anything that might be added or taken out?

## **Activity 1 - Games: Loop the Hoop & Lost at Sea**

*Loop the Hoop!* Team building game. Have girls stand in a circle, holding hands. The goal of this game is to pass the hula hoop around the circle. Ask girls to hold hands and put two girls arms through the hula hoop, hanging by their clasped hands. The rules for the game are- you must always hold hands! The hoop must go around the circle.

Let the girls try this one time. At the end ask what things seemed to work best? Come to an agreement of what methods the group will try and see if the hoop passes around faster this time. Debrief with the group- how did it feel when it was working? Was there ever a time that things didn't go well? what happened then? As much as possible relate this to working together as a troop. Something like..."when the hoop got stuck on her ponytail, the girls next to her raised their arms higher to untangle it".

"Can you remember a time when someone helped you when you were a bit stuck?"

For added difficulty, once a hula hoop is being passed around the circle one way, add another on the opposite side of the circle- going in the opposite direction.



# Junior Meeting 4

## **Activity 1 - Games : Lost at Sea, cont...**

Lost at Sea - Team Building Game

Find a clear open space- field, large clear room. Divide the troop into teams of 5-8 girls & give each team a cardboard "Ship". Each member of the team must hold onto their ship. At "set sail!", the team runs across the area until the leader shouts "shark!". Then all jump aboard their ship- getting all their feet onto the ship. Repeat this several times till one team reaches the other side of the area. Before calling teams to "set sail"- give them time to strategize .

## **Activity 2 - Snack (optional)**

### **Activity 3 - Introduce Journey Choices**

Gather the girls together , sitting so that they can all see each other. Have on hand the three Journey books and the talking stick. Explain that the stick will be used to help girls take turns talking. It's a reminder that whoever has the stick is the person who "has the floor" to speak. Today, we're going to decide which Journey we want to work on together. At the end of each journey we'll do a Take Action project, something we decide to do to help others. The topic of project- what it is- will depend on the journey we choose. As we work on and complete the journey, you will earn awards. Are there any questions? Ok, lets hear a little about each Journey so that we can discuss and then vote on which one we'll use. Show the girls each book and give a little bit of info on each one.

*Agent of Change:* If we work on this Journey, we'll think about the powers that each of us have, find out about a heroine from the past or present, think about how she acts reflects on the Girl Scout Law. For the second award we'll create a script for a "supergirl" story and show how she made a lasting change in her community. Lastly, we'll identify any issue in the community and create a plan to change it. While the other two Journeys lead us to a topic for our Take Action project. *Agent of Change* is wide open. This could make it harder for us to decide on an issue, or fit us to a "T" - it is something to keep in mind.

*Get Moving:* Working on this Journey, we'll find ways to lessen our footprint on the earth. We'll learn about ways to save energy, take an energy pledge, and even look at a building- and see how it could become more energy efficient! Our Take Action project will focus on the environment and energy- influencing others to treat the world with care.

*aMUSE:* Like the other journeys, *aMUSE* contains three awards. To earn the first, we'll think about different women in our lives, and invite some of them to share their stories with us- we'll find out what or who inspires

Notes:

On the GSUSA website there are some helpful "flipbooks" versions of the Journeys.

go to:

[www.girlscouts.org](http://www.girlscouts.org)

Click on:

Our Program

Select: Journeys

Click on:

Journey Flip-books, then the book you want to look at.

Also:

Remember that

GSOFACT offers

Adult work-

shops geared

towards the

Journeys. Check

out the

Volunteer tab of

[gsofact.org](http://gsofact.org) for

more info and

dates.

# Junior Meeting 4

## Notes:

Be sure to take advantage of the resources notes to families in the Journey Adult Guides. *Agent of Change* pages 17 & 18, *Get Moving!* Pages 18-19, and for info about aMUSE turn to pages 16 and 17.

them, if they ever ran into stereotypes, and what their life-path has been like- as well as their hopes for the future. Next, we'll dive into story telling - how to create a character, tell the story from different perspectives and hear some stories about stereotyped thinking. The take action project will tell a story in some form (video, written, puppets etc..) and we'll share it with people to help them bust stereotypes.

Now ask if there are any questions. Answer as best as you can- if a girl asks what they'd actually do for a project, reply something like, "that will be up to the girls in the troop to decide. We wouldn't know until we learned a bit from the Journey." Next, ask if anyone would like to advocate or tell why they'd like to do a particular Journey? Give the girl the talking stick and explain that the stick only can be with them a short time since others will want to talk too. Remind others that only the girl with the stick can speak right now- our job is to listen.

After girls have given their reasons for doing each Journey, it is time to vote! Explain that when voting, the group goes along with the thing that most people vote for. Remember, we all think differently and that is ok, but in order for us to work together, we need to choose one Journey- no worries though - there will be lots of other decisions to make along the way! Remind the girls of the three Journeys. Ask girls to raise their hand, voting for the one Journey they'd like to do.

## **Activity 4 - Investiture & Rededication Ceremony**

Hold the Ceremony as the girls planned. Remember a "perfect" ceremony is not the goal... having the girls put their plan into action is! It is all a learning experience.

At the end, let the families know that the girls have chosen the \_\_\_\_\_ Journey, and give a little info about it. Let the families know that you'll be sending out information on ways they can help the girls with the Journey - the more support and networking, the better!

Invite visitors to take part in your closing ceremony.

## **Clean - Up**

Remind visitors that the girls have Kapers and are able to do clean-up.

Remind visitors that this is the girls' troop - with support, they are capable of great things!

## **Closing**

Ask girls (and families) to say one word that tells how they feel right now.

## **Looking ahead to next meeting**

Remind families that you'll be sending out ways that they can help with the Journey- it could be locating a field trip, planning an activity, finding a speaker, etc... At the next meeting, we'll do things that we usually do, but also begin doing the Journey.

# Junior Meeting 5

## AT A GLANCE

- Opening:  
Girl Scout Promise and Law  
Business: Pick a badge
- Journey activity
- Snack (optional)
- Games - *Cotton Ball Relay* and *Who is the Leader?*
- Closing: I'm glad we....

Notes:

While these games are suitable to play indoors, for a change of pace, if the weather and location permits take the girls outdoors to play.

### MATERIALS

- Dots and Lines papers and pencils
- Girl's Guide to Girl Scouting
- Journey activity supplies- see list above activity- dependent on which Journey.

*Agent of Change - adult guide page 48*

- 1/2 sheet of poster board per girl, markers, glue sticks, scissors, letter stickers or stencils, small decorative items, and a photo of each girl

*Get Moving!*

- *Graph paper, pencils, girl's book, paper or girls book for pledge.*

### aMUSE

- *Slips of paper with roles written on them, a larger version of pages 16-17 girl's book.*
- *Large box: paper, markers, pictures to decorate as a prop box.*
- Snack (optional)
- Plastic Spoons (1 per girl)
- Cotton balls 10-20

### PREPARE AHEAD

- Make copies of dots and games papers.
- Check-in with any family adults who replied to the "help with the Journey note". Make sure they're all set if helping at this meeting.
- See Adult Journey Guide for any other prep needed for Journey Activity.

# Junior Meeting 5

## Start - Up

Dots and Lines game - as girls enter the room, invite them to play the dots and lines game with one or two other girls. Girls take turns drawing a vertical or horizontal line between two dots. The goal is to make the 4th line to make a square. When that happens, the girl writes her initials in the box, and gets to make one more line.

## Opening

Girl Scout Promise and Law, welcome everyone. Girls share one thing that they've done since last meeting.

## Business

Explain that while we're starting the \_\_\_\_\_ Journey today, we're still going to be doing a variety of things. Our next decision as a troop is to decide what badge we want to earn.

Remind girls of the badges that they can earn- show them the fold out in the Girl's Guide to Girl Scouting.

There are five steps to earn a badge- at each step we can choose one of three activities. We'll have a group of girls, called a patrol, in charge of presenting each activity we do. Sometimes you'll lead the group and other times you'll follow the girl leaders.

Does anyone want to advocate for a certain badge? If so, give her time to speak to the group. Take a vote on which one- this might take some narrowing down. If it is close to a tie, let the girls know that "we can work on one, and then the other!"

## Activity 1 - Journey Activity

*Agent of Change - I'm Being Framed & Power Log*

Pages 48 of Adult Guide, and 12 -15 in Girls book.

Leading up to the question of what powers does each girl possess, ask the girls to name some words that they'd use to describe themselves.

Use these words as the start of an art project.

After gluing their photo in the middle of the poster board, the girls add descriptive words all around the edges, forming a frame. Other items may be added for extra flair, but keep the descriptive words in the front.

Take time at the end to share with each other.

Alternative: Give each girl a box, have them put their photo on the inside and all their descriptive words around the exterior.

# Junior Meeting 5

Notes:

## **Activity 2 - Journey Activity, cont...**

### Agent of Change - Power Log

Explain to the girls that each of us has special powers that get us through the day. A power can be simple... I made my friend happy by (being kind, making a joke, etc...) Page 14 of the Girl's book has some more info.

Discuss some of the situations that have happened today and powers that were used. patience? humility? empathy, humor...?

Girls will either use their book to record their thoughts or working together to make a team power log (why not draw each person on the team and fill in their body shape with their powers?).

Ask the girls to record powers they use for one full day and to bring their list to the next meeting. Note- the power log is part of earning the Power of One Award.

OR

### Get Moving! - the Energy We Use Everyday & "Off the Grid" pledge

Page 10-13 & 18-20 girl's book

*Energy We Use Everyday* pages 10-13 (as a reference)

Have girl get into pairs. Each pair should have pencils, and a graph paper to map the room (not to scale), and one Get Moving book.

Explain that all around us in this room there is energy at work. Ask for one or two examples (lights, heat, energy in our bodies moving about, sunshine, batteries in phone, ...)

Instruct girls to make a map of the meeting room, and then place 5-10 Xs marking where energy is being used. After looking at pages 10-11, they may be able to label what types of energy is at work.

Compare maps to see what was mentioned often- or maybe only by one group.

*Off the Grid Pledge* - pages 18-20. While it would be hard to live totally off the grid, there are many small ways that we can lessen the amount of energy we use every day. Ask the girls if they can think of any things that they might be to do. Use page 19 if you need any other ideas. Ask each girl to make a pledge. Remind girls that at your next meeting you'll be checking in on their pledges - was it easy or hard? Did it change the way they did things?

OR

### aMUSE - Take the Stage, Casting Call Log introduction, Prop Box

Pages 31 adult guide and 16-17 girl book

Take the stage. Have each girl take a slip of paper with an active role on it. After a minute to think about it, take turns acting out the role.

# Junior Meeting 5

Give the girl a few minutes to act it out, and then invite others to guess what role she is portraying. Continue playing until all girls have had a turn.

*Keep a Casting Call Log - page 16*

Between this and our next meeting, you should be on the lookout for the various roles girls and women play. In *Take the Stage*, we mainly talked about professions. But each of us has several different roles that we play. By being observant, when we get back together, we'll be able to learn more about the roles.

Show the girls the large version of the *Keep a Casting Call Log* (in their books it is pages 16-17).

Use yourself or another woman/girl that troop might know. Work together to fill in the cells for each column. You are a Girl Scout Volunteer, maybe a mom, daughter, sister, neighbor, employee, boss, athlete, etc... Discuss the other columns so that the girls have a good understanding of what to look for.

Decorate a Prop Box - Using magazine pictures, markers etc.. Decorate the troop Prop box that will be used during this Journey.

## **Activity 2- Snack (optional)**

As girls are eating, you might read through the badge that they selected. Later or at the next meeting, make up groups to be in charge of each badge activity.

## **Activity 3 - Games: Cotton Ball Relay & Who's the Leader?**

*Cotton Ball Relay:*

If there are less than 8 girls, make one line and time each round encouraging girls to move faster each time. If 8 or more girls, form two lines. The girls in the line should be zig zag spaced along the line, facing each other.

Give each girl a spoon and make a pile of cotton balls at one end. The goal is to move the cotton balls from spoon to spoon until they reach the other end of the line and are put in a pile there. If a cotton ball falls, a supervising adult or girls must return it to the beginning of the line.

# Junior Meeting 5

## Activity 3 - Games cont...

### *Who's the Leader?*

Start this game with all the girls but one standing in a circle, facing each other. The girl not in the circle is the "Guesser". After directions are given, the guesser will go out of sight and earshot of the group. One person is chosen to be "it" - everyone except the Guesser should know who is it. The guesser makes a motion that everyone in the circle can do. She changes her motions often. As soon as the other girls see the motion, they follow along with it. It is best if they do not stare directly at it, as this will tip off the guesser. The guesser is called back to the circle and stands in the middle. She has three tries to guess who is the leader. If she is correct, she comes back to the circle, and it becomes the guesser. If she can't choose, it becomes the guesser. A new it is chosen after it leaves the area.

## Closing

Remind girls of their Casting Call Log. If they have a prop the troop could put in the box that would be helpful too!  
End by asking the girls to complete the sentence... "I'm glad we..."

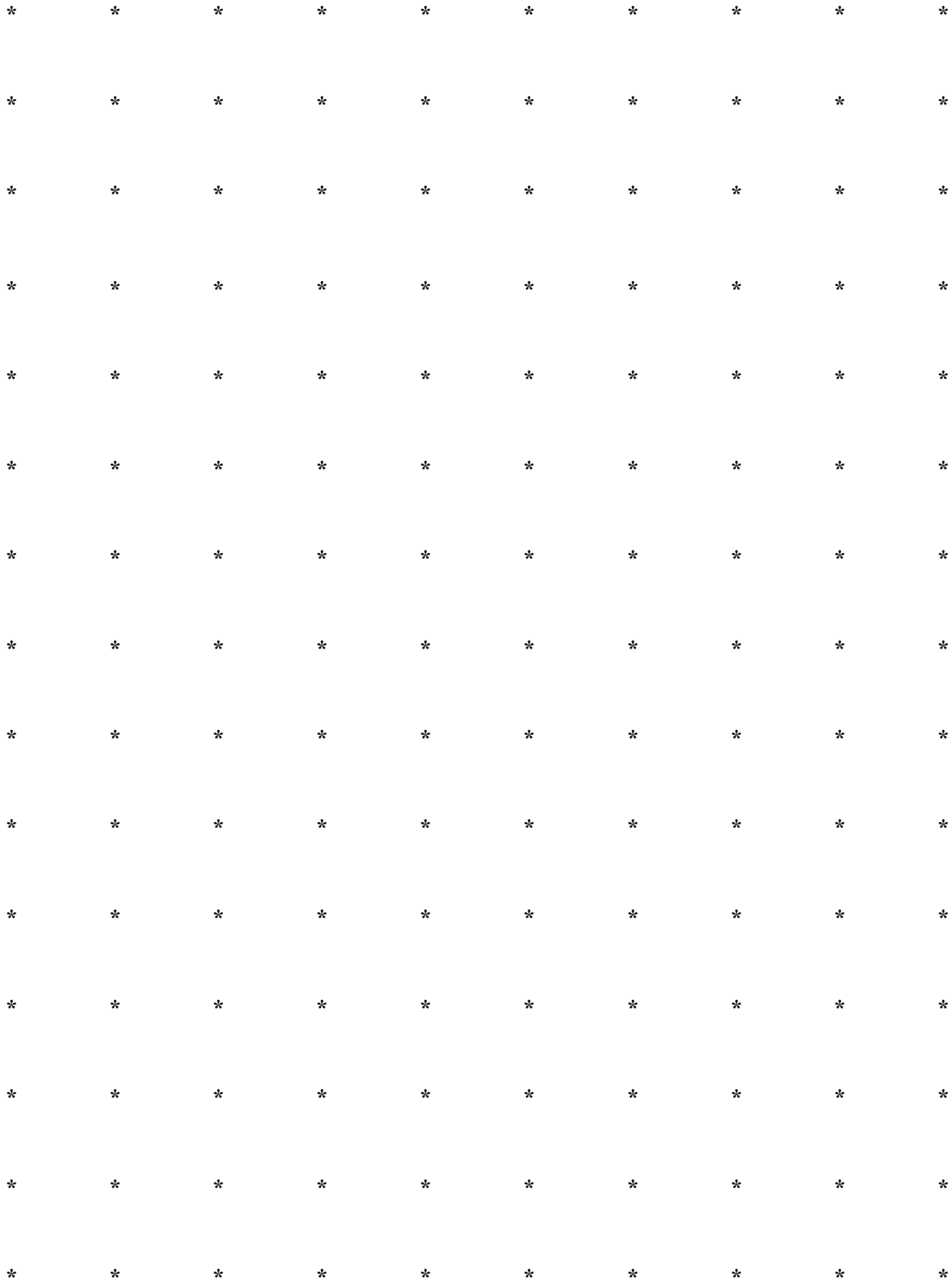
## Looking ahead to next meeting

Look through the Journey for the activities that directly relate to the awards. You'll be working with the girls to plan these activities as well as any others that look appropriate. Remember to include the badge, service and other things that girls want to do.

Notes:

# Junior Meeting 5

## Grid for Dots & Lines Game





# Junior Meetings, continuing on...

Continue to plan meetings with the same schedule:

Set -up, Opening, Business, Activities, optional Snack, Closing and Clean -Up. This continuity along with the expectations of the Troop Agreement, Kaper Charts, and family involvement will make for a happier experience. Stick to the schedule, but be flexible when great things happen- a rainbow outside your meeting space, an ant parade to explore, a great conversation about feelings. All are important!

Include the girls in planning- what do they like to do? As you get to know the group dynamics it will get easier to “switch up” activities- that is stay in the theme of the topic, but tailor it to the girls. Do they love to pretend? Why not make puppets to tell and retell the Journey story? If girls are particularly shy or hesitant to talk, encourage girls to have group discussions, but maybe give a prop to help them along- “tell us about your picture of you in the garden”. Give them opportunities to decide and plan- while they may start up slowly, or think too big at first- you’re there to guide them along.

Make things hands on- get busy doing things rather than always talking. Seek and create opportunities for the girls to work together. It could be as simple as three girls setting the table for snack together!

When it comes to the Journey- remember that the goal is for the girls to learn enough about the main topic to decide on a Take Action Project. The *process* of a Take Action project - identifying an issue, coming up with ideas, narrowing it down to one, planning and implementing is what is most important-not what the project looks like at the end. While you’ll want to complete the activities that directly support the awards, you don’t need to do them in order, go by the sample sessions, or do everything in the book. You can stay on the topic, and change-up an activity! Use your resources wisely, and enhance the girls experience.

Having some issues in the troop? Take a look in the adult guide. On the page titled National Leadership Outcomes, you’ll find activities linked to different outcomes. Do any of the activities support challenges you may have? If so, read the directions and side bars in the adult guide for tips, phrases and ideas.