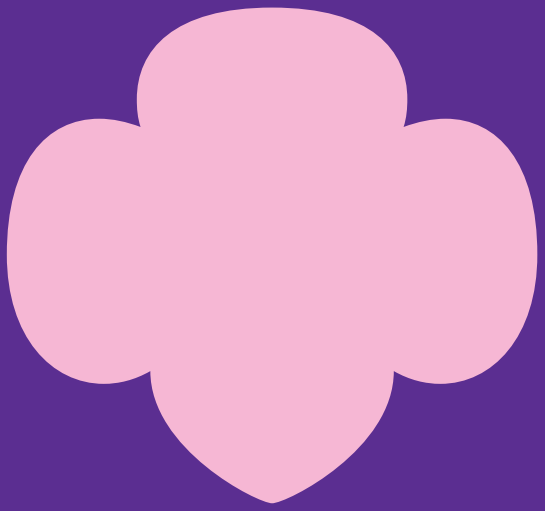


My First Year
Junior

A complete guide for your first year of leading a Girl Scout troop

girl scouts of northeast texas

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On average, troop co-leaders spend 6-11 hours per month volunteering (+8 during cookie season). We want to help you enjoy as much of that time as possible! This guide takes the guesswork out of leading a troop.

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Checklist for New Troop Leaders

Starting a New Girl Scout Troop

Week 1

- [ ] Register as a Girl Scout troop leader
- [ ] Complete a **background check**. You will receive an email invite from **theadvocates@sterlingvolunteers**
- [ ] Meet your placement specialist and **set-up your troop meeting details**
- [ ] Join the New Leader Academy Facebook Group & the New Leader Rallyhood
- [ ] Find a co-leader and invite girls to join your troop – printble invite
- [ ] Complete required training: TR100: New Leader Training; TR402: Protecting Our Girs; & GSUSA Grade Level Essentials in gsLearn
- [ ] Meet your Troop Support Coordinator your main point of contact for support

Week 2

- [ ] Complete new leader training (complete within first 60 days)
- [ ] Discover the ins and outs of the Volunteer Toolkit (VTK)
- [ ] Find a bank for your troop account and submit the opening a bank account form – GSNETX Bank Account Process Request to Open a Bank Account
- [ ] Meet with your co-leader and plan a parent meeting using the **Sample Family Meeting Agenda from your New Leader Kit**
- [ ] Find your troop roster in the Volunteer Toolkit (VTK). Email, text, or call troop parents to introduce yourself
- [ ] Hold the parent meeting (remember to use your parent meeting agenda)

Week 3

- [ ] Complete your bank account set-up and make your first deposit
- [ ] Request a free Rallyhood rally site for your troop. The Rallyhood platform combines the functionality of tools like Evenbrite, SignUp Genius, Facebook, Google, and Calendar/Forms in one place. Troops can customize their sites with photos and information, creating a space for volunteers and parents to communicate
- [ ] Plan and hold your first troop meeting - **Use your New Leader Handbook & the Volunteer Toolkit**

Week 4

- [ ] Attend a leader meeting (in your service unit or council-led).
- [ ] Reach out to get help planning your year in Girl Scouts! Email NewTroop@gsnetx.org
- [ ] Take the **Volunteer Toolkit Challenge** in gsLearn
- [ ] Paricipate in our Best New Troop Year Ever Patch Program
- [ ] Find out about the GSNETX Cookie Program



girl scouts

Welcome to Girl Scouts!

Our Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

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.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
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.

"Welcome to Girl Scouts and a great new adventure! Thanks to volunteers like you, a new generation of girls will get the courage, confidence and character they need to lead their lives and our world in the future. The Girl Scout team is here to support you, but YOU are enough—we couldn't do this without YOU!"

Jennifer Bartkowski, CEO GSNETX

Thank you!

Troop Co-Leaders

Help girls reach their potential as creative, courageous leaders
Create a space where girls try new things without worrying about failing
Teach lessons girls will use for decades to come
Try new things along with their girls
Develop leaders' own organizational and leadership skills
Join a global community of sisterhood

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

Getting Started

New leaders often spend the first few weeks getting started and setting up their troop. Be sure to use your **CHECKLIST** on page 3 of this handbook!



Setting up your Troop

Your placement specialist will reach out to you to set up this information in the membership system.

The number of girls to expect in your troop

As a new troop, you can expect to have 10-12 girls. Research has found this is the "sweet spot"—small enough to encourage individual development and large enough to provide an interactive and cooperative learning environment. If your troop doesn't have enough girls assigned or you would like a larger group, GSNETX is here to help you!

Looking to grow your troop more?

As a troop leader, you can make sure your troop is available in the opportunity catalog for new members to register at will, and you can also share a direct link for new families to register directly in your troop through your MY GS account. Adults and girls alike can join your troop this way. If you would like help growing your troop, contact your placement specialist at any time throughout the year.

Meeting Location and Times

Remember, set meeting times that work with your schedule! You will need to choose a location for regular meetings (e.g. a local park, library, private homes). The troop can meet anywhere that follows the GS safety guidelines. You will also need to decide what day of the week and how often the troop will meet. Most of our troops meet twice a month. So, think about what day, which weeks of the month and the time-frame (1, 1.5, or 2 hours; right after school, weekday evening, weekend, etc.)

Troop Interests/Goals/Personality

Also, think about what your troop will want to accomplish this year. What are some goals? Will the troop focus on one theme for the year? We want to know what type of activities you will plan to do throughout your first year. Every troop has a unique "personality." Let us know anything that is special about your troop! Will the girls speak a different language? Include girls with disabilities or learning differences? Do all the girls enjoy a specific sport or activity?

Building an Inclusive Troop

Establishing an inclusive environment that welcomes every girl, fosters a sense of belonging, and provides a safe space for everyone should be a top priority. Girls have a better experience when they are warmly welcomed into a troop.
www.gsnetx.org/newleader

New Leader Training

Required Training is Virtual, Free & in **gsLearn**!
(Located in your MY GS account) Plan to complete all three within 3 months.

1. **TR100 - New Leader Training** (required)
2. **TR402 - Protecting Our Girls** (required)
3. **GSUSA Daisy/Brownie/Junior Grade Level Essentials** (strongly encouraged)

Additional Training you need to know about:

Take the Volunteer Toolkit (VTK) Challenge in gsLearn and get the exclusive GSNETX VTK Challenge patch! The VTK Challenge is designed to give troop leaders a self-paced hands-on keyboard learning experience to better understand, navigate, and use this online tool for your troop.

These courses include a fee and registration is in **gsEvents**

- When your troop is ready to go on outings/field trips outside the regular meeting place, at least one registered/background checked adult will need to take a qualifying **CPR/First Aid Training**. (Required for field trips & camping)

- Once your troop is ready for an outdoor overnight or camping trip, you will need to have a registered/background checked adult take **TR301 - GSNETX Camping**
(Required for camping OR activities involving fire)

- TR101: Meetings 101 Make & Take features tried, tested, and true best practices and techniques to help you build confidence in your ability to run successful troop meetings.



Check these out at **www.gsnetx.org/volunteertraining**.

A New Leader's Support System

New Leader Rallyhood The New Leader Rallyhood has all the resources you need to get your troop up and running. This one stop resource hub contains resources designed to help new leaders implement the Girl Scout Leadership Experience. You will find resources to help you plan your troop year, gain parent support, ideas for troop activities, field trips, community service projects and more!

Getting Connected, Socially

Also on **Facebook**, you will find:

GSNETX Learning Channel – facebook.com/learningchannelgsnetx

Girl Scouts of Northeast Texas – facebook.com/gsnetx

New Leader Academy – facebook.com/groups/GSNETXNewLeaderAcademy
A group of volunteer mentors and GSNETX staff moderate the New Leader Academy Facebook making it a great place to reach out and ask questions at any time.

Your Support System
Girl Scouts is all about sisterhood. As a leader, you are not alone! Your troop co-leader(s) and parents are your primary team. Get to know them and allow them to help!

Check out page 10, the 4Her resources for more ideas!

Your Service Unit
What is a service unit? It is a geographically defined area that consists of Girl Scout troops that are in the same community or school district. These troops are supported by a service unit team.

Service unit teams consist of experienced Girl Scout volunteers who are there to support one another through the Girl Scout year. The team includes a manager, treasurer, product coordinator, and more.

These volunteers work together to support you by providing activities and event opportunities in your area throughout the year. They also hold monthly meetings for leaders.

Service Unit Meetings
These meetings are usually held monthly and can be in person or virtual.

- Meet and network with fellow volunteers
- Learn about upcoming events and trainings, etc
- Share resources and materials

Your Troop Support Coordinator can get you connected to the volunteers in your service unit.

Your GSNETX Council Staff
We are here for you! Your troop support Coordinator will be here reaching out to you throughout your first year as a troop leader. You will receive a 10-part email series to help guide you through your first two months. If you have a private matter, a conflict to discuss, issues with registration or any other needs, GSNETX can help! Contact your troop support coordinator, Customer Care at 972-349-2403, or email newtroop@gnsetx.org.

Co-Leaders, Leading Together

Each troop needs two unrelated adults who are Girl Scout members and have completed a background check to be able to meet. A friend, neighbor, co-worker, or another parent are all great people to lead a troop with. If you need assistance recruiting a co-leader, talk to your placement specialist or troop support coordinator.

Before meeting with parents or the girls, you will want to get together and make some decisions about your troop. Once you have your parent/ caregiver meeting you will include them in these decisions.

- Meeting logistics: When, where, how frequently and how long will the troop meet?
- Will the troop consists of girls in the same grade, different grades in the same program grade level, or different grades and mutltiple program grade levels?
- What kind of help will the troop need from parents?
- How will you handle your own daughter during troop activities?
- What type of communication will you use with the troop families?
- Troop finances: Will you have regular troop dues, a troop start-up fee? Who will be on the troop bank account?
- What would you like the troop uniform components to include? Will the leaders purchase for everyone with troop funds or will parents need to get this on their own?



For more information, check for the Co-leader Discussion Questions in the Getting Started Section of the New Leader Rallyhood - **rallyhood.com/160989**.

Working with Parents/Caregivers

Parent/Caregiver Meeting Agenda

- Welcome and introductions to one another and to the Girl Scouts. Ask about each girl and get to know her a little.
- Share how important each family will be to the troop.
- Discuss meeting location, day and times, uniforms and troop dues (you may want to collect at the meeting).
- Set expectations for communication and response times and how parents can get involved to help the troop (4Her program).
- Have parents complete health history forms, annual permission forms. Share contact info for all troop members.
- Discuss the types of activities the troop will participate this year (regular meetings, field trips, events, camping trips).
- Answer any questions the parents may have.

Helpful Tips!

- Don't try to do this alone! Ask parents directly to help with the troop and list out specific needs (4HER program).
- Invite a member of your service unit team to attend if you need help with this meeting.
- Have a "Get to Know my Girl" info sheet
  so that parents can share helpful info for working with their daughter.
- If girls will attend this meeting, have a craft or simple activity to keep them engaged.
- You can find a list of troop duties for parent participation and a girl info sheet in the New Leader Rallyhood - **rallyhood.com/160989**



Parents and other family members can take an active role in supporting their Girl Scout's experience. Use this chart to engage parents at your parent meeting.

The list below explains a number of roles your troop can use throughout the year. 4Her – make a commitment to volunteer 4 hours 4 her this year!

Help Needed	Description
Co-Leader	Partner with leader to provide regular support for all troop activities. Must be a member, background check and training required. Select "Troop Leader" when registering.
Meeting Helper/ Drivers	Assist leaders at meetings with activities. Drivers help drive girls to meetings and activities. Membership and background check required. Select "Troop Volunteer" when registering.
Troop Treasurer	Help leaders with all money matters, budgets, deposits, etc. Membership and background check required. Select "Troop Treasurer or Troop Volunteer".
Camp Trained Volunteer	Coordinate and attend troop campouts. Membership, background check and training required. Select "Troop Volunteer".
CPR/First Aider	Attend outings outside regular meeting place. Membership, background check and certified training required. Select "Troop Volunteer".
Troop Cookie Manager	Promote and run the cookie program for troop members. Membership, background check and training required. Select "Troop Cookie Manager".
Supplies or Snack Coordinator	Provide assistance by providing or selecting snacks for troop meetings as needed. Collect/purchase troop supplies to be paid for by the troop for activities.
Communications Support	Create a Troop Rallyhood and be the go to person for troop communication. gsnetx.formstack.com/forms/trooprally

The help and engagement of every parent is important to the growth of the troop! Invite your parents to share their talents and skills beyond what's included in the chart above. Their is a place for every parent to volunteer in the troop.

How Many Volunteers Do You Need?

Troop co-leaders are responsible for arranging and maintaining proper adult supervision for meetings and activities. Each troop meeting or Girl Scout group must have at least two unrelated adult members and a background check on file present at all times, plus additional adult volunteers as necessary. Adult volunteers must be at least 18 years old and one adult in every group must be female.

Use the table to identify how many adults you need based on the number of girls participating:

	TROOP MEETING		FIELD TRIP	
	The adult-to-girl ratio is **two unrelated** volunteers, including one female, for up to this number of girls:	There should be one extra adult for every additional:	The adult-to-girl ratio is **two unrelated** volunteers, including one female, for up to this number of girls:	There should be one extra adult for every additional:
Daisies K-grade 1	**12 Girl Scouts**	**1–6 Girl Scouts**	**6 Girl Scouts**	**1–4 Girl Scouts**
Brownies grades 2-3	**20 Girl Scouts**	**1–8 Girl Scouts**	**12 Girl Scouts**	**1–6 Girl Scouts**
Juniors grades 4-5	**25 Girl Scouts**	**1–10 Girl Scouts**	**16 Girl Scouts**	**1–8 Girl Scouts**
Cadettes grades 6-8	**25 Girl Scouts**	**1–12 Girl Scouts**	**20 Girl Scouts**	**1–10 Girl Scouts**
Seniors grades 9-10	**30 Girl Scouts**	**1–15 Girl Scouts**	**24 Girl Scouts**	**1–12 Girl Scouts**
Ambassadors grades 11-12	**30 Girl Scouts**	**1–15 Girl Scouts**	**24 Girl Scouts**	**1–12 Girl Scouts**

Safety Responsibilities for Girls

Girls who learn about and practice safe and healthy behaviors are likely to establish lifelong habits of safety consciousness. For that reason, each Girl Scout is expected to:

- Assist you and other volunteers in safety planning.
- Listen to and follow your safety instructions and suggestions.
- Learn and practice safety skills.
- Learn to "think safety" at all times and to be prepared.
- Identify and evaluate an unsafe situation.
- Know how, when, and where to get help when needed.
- Practice the buddy method when participating in troop activities.

Girl Scout Troop Finances

Bank Accounts

- Two volunteers must be on the bank account.
- Find a bank with free accounts for GS Troops.
- Complete and submit the Request to Open a Bank Account form.
- Get approval and go to the bank together to complete the process.
- Register the account with GSNETX.

Suggested Banks that welcome Girl Scouts

Origin	Landmark
Capitol One Bank	Local Credit Unions
Prosperity	American National Bank
Point Bank	Veritex Community Bank

Troop Budgets – Keeping good financial records is a must! Keep receipts and track troop activity costs. Troops should share financial information with parents 2-3 times a year. When planning make sure to keep the troop budget in mind and to save money to help fund next year's activities, too.

Troop Dues – Most troops have troop dues and/or troop start-up fees. Make sure to be flexible with families when collecting troop monies. Troop dues/fees should be just enough to cover the cost of supplies, activity fees and badges/patches. Dues average $3-5/meeting. Start-up fees range between $5 and $30 depending on the troop needs.



Tax Exempt Status – Girl Scout purchases are exempt from taxation in Texas. Always take an exemption form with you when making Girl Scout purchases. The form can be found at **www.gsnetx.org/forms**

Fund Raising – A troop's primary money earning should come from the GSNETX fall product sale and Cookie Program. Once a troop has participated in the annual cookie program, they are able to participate in other troop money earning activities such as garage sales or car washes.

Financial Assistance

Financial Assistance is made available to all members and is intended to ensure the cost of membership never keeps a girl from experiencing Girl Scouts. For more information: **www.gsnetx.org/en/members/for-parents-and-families/financial-assistance.html**

For more information about finances check out Volunteer Essentials **www.gsnetx.org/volunteeressentials**.

Girl Scout Traditions

Hand Sign – Raise three fingers of the right hand with the thumb holding down the pinky. The 3 fingers represent the three parts of the Promise.

Handshake – Shaking hands with the left hand and make the GS sign with the right hand. The left hand is nearest to the heart and signifies friendship.

Friendship Circle – The unbroken chain of friendship. Girl Scouts stand in a circle crossing their right arms over their left, and clasping hands with their friends on both sides.

Girl Scout Out – fun way to end a meeting, girls are in the friendship circle, the girls spell Girl Scout with each girl saying one letter, the girl who says "O" is the out. That girl in turn raises her arms still clasping hands, turning to the right and out of the circle. The next girl begins again with the G until the last girl is left as the winner.

SWAPS – Small tokens of friendship that girls often make and take to events or while traveling to swap with other Girl Scouts – "Special Whatchamacallits Affectionately Pinned Somewhere".

Kaper Charts – A chart dividing up troop responsibilities. Indicates all the jobs available and who is responsible during a meeting or a camp-out.

Keeping Girls Safe and First Aid Kits

Make sure a general first-aid kit is available at your group meeting place and accompanies girls on any activity (including transportation to and from the activity). Please be aware that you may need to provide this kit if one is not available at your meeting place. Purchase a Girl Scout first-aid kit, you can buy a commercial kit, or you and the girls can assemble a kit.



Girl Scout activity insurance forms, parent consent forms, and health histories may be included as well. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

Items to include:

- Adhesive bandages
- Sterile gauze pads
- Antibiotic ointment packets
- Hydrocortisone ointment packets
- Antiseptic wipe packets
- Nonlatex gloves
- Instant cold compress

Always keep your kit and your emergency card with the troop at all times.

Troop Communication

Good communication is essential to a well-run troop. A good idea is to always provide a deadline for communication responses. It's also important to keep a honest and open line of communication in place with parents regarding updates to troop activites, behavior, and/or special needs of the girls in the troop.



Commonly Used Forms

gsnetx.org/forms

As a troop leader, you will find that forms are a necessity! Some useful forms you will need include:

Girl Health History Forms – To be completed by care givers each year

Permission Forms – To be completed by care givers each year

Activity Approval Forms – This form is required for Girl Scout events or activities that may require extra levels of safety, care or permission. It is also required for any money-earning activity beyond the Girl Scout cookie program or fall product sales.

Opening or changing a Girl Scout bank account and ACH registration – See finances section on page 12.

Tax Exemption Form – Whenever purchasing troop supplies, etc.

Troop Changes Form – Making changes to volunteer roles and transferring girls in/out of the troop

Troop Info Update Form – Updating meeting information and troop description

Your Year in Girl Scouts

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
 National S'more Day  Recruit New Girls to Your Troop Back to Girl Scouts Plan Your Year GSNETX Leader Kick-Off	Hispanic History Month Back to Girl Scouts Investiture Ceremonies Fall Product Begins Recruit New Girls to Your Troop	Girl Scout Membership Year Begins  Juliette Gordon Low's Birthday	Thanksgiving
DECEMBER	**JANUARY**	**FEBRUARY**	**MARCH**
	Happy New Year!  Cookie Sale	Black History Month  World Thinking Day Engineering Week	Women's History Month  Girl Scout Week Girl Scouts Celebrate Faith
APRIL	**MAY**	**JUNE**	**JULY**
Earth Day National Volunteer Month  Girl Scout Leader Day	Asian American Pacific Islander Heritage Month  National Bridging Week Mental Health Awareness Month Early Bird Renewal/ Extended Year	National Get Outdoors Day Day/Twilight Camps Resident Camps	Independence Day Resident Camps

Visit **gsnetx.org/events** to learn more about our events and find the most up-to-date information. All events are subject to change without notice.

Product Sales Program
5 Skills + Financial Literacy

Each year, troops have two opportunities to participate in council sponsored money earning activities: the Fall Product Program and the Girl Scout Cookie Program. Each of these programs offer girls and troops the opportunityto earn funds to power their Girl Scout adventures, as well as rewards to keep girls engaged and motivated.

Through their participation in product sales programs, girls are able to launch their very own businesses while learning important life skills along the way:

Goal Setting

Decision Making

Money Management

People Skills

Business Ethics

There are also Cookie Business Badges and curriculum that help troop volunteers guide girls on this journey to developing their confidence in having a voice to set their goals, decide what they want to do with the money earned and understanding how to successfully run their Cookie Program.

- With the support of a volunteer in your Service Unit and the council Product Sales team, you will be connected to resources and support to ensure that you and your troop have everything that you need to have a successful experience.
- It's important to remember that any funds earned through money earning activities become property of the troop as a whole to further the Girl Scout experience.
- It must also be a girl-led decision on how these funds should be spent. Troop funds can be used towards meeting supplies, badges, field trips and activities, camping, experiences and more.

Fall Product Program | September – October
This is a great way to get girls and families comfortable with participating in council sponsored money earning activities.

- **What:** Girls sell nuts, candy and magazines online to family and friends.
- **How:** Customers can select to have their order delivered by the Girl Scout or shipped directly to them. Products to be delivered by girls will be shipped directly to the troop in November for distribution to girls and families.
- **Why:** Troops earn 20% of total sales that will be deposited into troop bank accounts in December.

Cookie Program | December – February
The Girl Scout Cookie Program is the largest girl-led entrepreneurial program in the world! The bulk of the troop's funds are earned through girls' participation in the Cookie Program and it's where they truly get to put the 5 Skills they have learned into action.

- **What:** Girls sell cookies to customers near and far online, in-person, and at booth sales.
- **How:** Family and friends support their favorite Girl Scout by purchasing cookies to help her reach her goal. With the support of parents/caregivers and troop volunteers, girls can also participate in booth sales at local grocery stores, restaurants and more.
- **Why:** Troops earn proceeds on each package of cookies sold and girls earn rewards based on the number of packages they sell.

Ready, Set, Take Action

Community Service and Take Action Projects

Make the world a better place. For over 100 years, Girl Scouts have been encouraged to do anything they set their sights on and as a result, Girl Scouts continue to make an impact locally and globally.

Community Service Projects

Community service projects address an immediate need in the community and are appropriate for every Girl Scout – Junior through Ambassador! A great definition of community service is, "Community service makes the world a better place for some people right now."

Take Action Projects

Take Action projects transform a community service project into a long-term, lasting impact for the community. With Take Action projects, girls are challenged and encouraged to research, plan, and lead projects that tackle the root of a local, national, or global problem. Girls think bigger and are encouraged to solve and address the problem in a way that will prohibit the problem from reoccurring. Take Action projects aim for long-term benefits that change the world in a meaningful, measurable, and sustainable way!

What is Take Action?

Girls will create and carry out a Take Action project with every Journey they complete. The Girl Scout Bronze, Silver, and Gold Awards all require the completion of a Take Action project.

Overview of Take Action

A Take Action project is a chance for girls to partner with others in their community to solve a problem. They learn about getting to the root causes of issues, mobilizing and engaging community members and volunteers, and striving toward creating a lasting change in their world. An important component is to understand and address the cause of a problem.

Girls must also make sure each project is sustainable and that the impact is measurable.

- **Sustainable:** Girls must make arrangements to ensure that the project creates lasting change and is not a one-time event. (Collaborate with community leaders and/or organization; creating relationships with mentors)
- **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.

Steps of a Good Take Action Project

1. Girls identify assets and needs in a community.
2. Girls reach out beyond their circle to meet others. Try to meet people affected by your issue and people who are trying to solve it.
3. Girls make a decision about what they will take action on.
4. Girls learn the steps needed to carry out an action plan.
5. Girls assist with project logistics.
6. Girls take action alongside community members.
7. Girls reflect on their action and assess what they gained from it. Girls celebrate their community accomplishments.

Girl Scout Camping

When Girl Scouts get outside and connect with nature in a girl-led setting, they grown in self-confidence, develop their leadership skills, and foster a passion for environmental stewardship. Many Girl Scouts will tell you that camping trips and summer camp are some of the best things about their Girl Scout experience.

Our Camp and Outdoor Program

With a troop camp-trained adult along, girls can go troop camping at one of our five beautiful camps throughout the school year. Summer brings day/twilight camps, sleep away camping, and fun summer day camps for our girls to enjoy. Summer opportunities are announced in February /March each year. For more information about out camps check our website: **gsnetx.org/camp**

Camp Properties

STEM Center of Excellence Located in South Dallas, this camp is the perfect mix of hands-on STEM exploration and traditional camp activities. Workshops, trail hiking, and swimming is just some of the fun to be found here. Don't forget the s'mores!

Camp Bette Perot in Palestine is home to our Equestrian Leadership Center. Camp in a platform tent, cabin, or lodge. Swim in a sparkling pool, go for a horseback ride, go finishing, challenge yourself on the ropes course and so much more!

Camp Gambill is a tranquil camp retreat outside of Paris, Texas. This beautiful property features air conditioned cabins, a calming lake, Goosey Golf and a mascot, Kippy the Goose. Activities include swimming, hiking, kayaking, laser tag and paddle boating.

Camp K (Kadohadocho) is 150 rustic acres outside Pottsboro on Lake Texoma. This property is for our most adventurous, primitive campers.

Highest Awards

As a Junior Girl Scout troop, your girls are able to complete the first level of our higher awards – **The Bronze Award**.

Girl Scout Juniors team up to make a difference in their community. They learn important leadership skills, discover new passions, and watch how seemingly small actions make a big difference. Girls may earn individually or as a troop. Earning the Bronze award includes the completing of a GS Journey and a suggested 20+ hours of project planning, implementation and promotion.

Cadette Girl Scouts may earn the **Silver Award**, our second-highest award and Seniors and Ambassadors may earn the highest award, **The Gold Award**. For more information about these awards, visit our website **gsnetx.org**.

The Volunteer Toolkit:
Your Digital Troop Assistant

The Volunteer Toolkit (VTK)

This web-based program allows you more time to focus on your girls. It makes managing your troop and planning your meetings smooth and easy all year long. Inside, you'll find meeting overviews, activity plans, badge and journey outlines, meeting aids, Girl Scout resources and more!

Plan and Customize Your Year

At Girl Scouts, we know that when girls take part in shaping their Girl Scouts experience and adventures, they will be more engaged and will have more fun! The VTK makes it easy for troop co-leaders and girls explore meeting topics and ideas available for their grade level together and select what they want to include in their year. Co-leaders can take this information to plan and customize the troop's year using the VTK's pre-populated meeting plans, agendas, supply lists, and activity instructions.

Manage Troop Rosters, Attendance, and Accomplishments

With the VTK you will be able to view your troop roster, update contact information, record attendance at meetings, track girls' badge and Journey achievements, and renew memberships.

One-Click Communication

The VTK is not just for co-leaders, it's for parents, too! With its unique parent-view, parents can keep up with troop activities, meeting information, and what badges and Journeys their girls are working on. You can also email upcoming meeting agendas and troop plan to them with just one click.

Learn more about the VTK

For more information about the Volunteer Toolkit, including how to set-up a troop year plan, take the Volunteer Toolkit (VTK) Challenge in gsLearn

Easy Navigation at your Fingertips!

Here are just a few of the many features you'll find inside the VTK. We strongly encourage troop co-leaders to utilize the VTK to streamline their troop management and planning. GSUSA continues to update and enhance the VTK with additional resources, features and functions.

MY TROOP

- View, edit, download and print rosters.
- Edit contact info.
- View achievements and attendance.
- Email families.
- Renew memberships.

YEAR PLANS

- Specify meeting dates and locations.
- Preview and choose pre-populated year plans.
- Add and/or combine meeting plans to customize your year.
- Add custom troop activities like celebrations, field trips, camping trips, etc.

MEETING PLANS

- View, download, or print individual meeting summaries, activity plans and supply lists.
- Track attendance and achievements.
- Search and print meeting aids such as nametags, handouts, and more.

RESOURCES

- Access award logs, badge charts, meeting plans, and more.
- Access council specific resources on troop leadership, safety, training, GS traditions and awards, trips and travel, GS product sale, and camp and outdoor programs.

FINANCES

- Submit the annual troop finance report.

Pin and Badge Placement for Junior Uniforms

Girl Scout Junior Vest



Place your first Journey awards at the bottom of your vest. As you earn additional Journey awards, work your way up.

If your Journey awards and badges don't fit on the front of your vest or sash, you can wear them on the back.

Girl Scout Junior Sash



Place your Journey awards above your badges.

Working with Juniors

As a Junior leader, you will discover how fun the girls are as they begin to develop leadership skills, test boundaries, pursue new interests and become more independent. This is also a time girls will be learning how to build their relationship skills. Your job as the troop facilitator will be to ensure that activities are age-appropriate and based on their needs, interests and abilities.

Girl Scouts is girl-led!

Juniors (4th/5th Grade Girls)	This means
Are starting to change physically.	Girls are starting to have growth spurts and develop; some may begin to go through puberty and have questions about these changes. Be prepared for any situation.
Are experiencing social changes.	Girls are beginning to form cliques and developing new friendships. This is a great time to continue revisiting the GS Law and what each line represents.
Beginning to leave the child stage and become tweens.	Girls are more social, talkative and they are stretching boundaries. They may also experience fast emotional shifts.
Are discovering what they like.	This is a great time for the girls to try new things at meetings and outings. Support the interests of each girl and encourage the girls to go outside their comfort zone trying new things. Girls this age also like to plan and go on trips.
Are active and want to have fun together.	Girls want to be in action - this is a good time to really follow the 3 processes of Girl Scouts – girl led, learning by doing and cooperative learning.
More aware of the world around them.	The girls enjoy performing service and being involved in their community.
Like making decisions and leading.	The girls enjoy brainstorming & choosing the activities they participate in. Girls also want to be in charge, and letting girls lead the meeting is a great way to keep everyone's attention.

Helpful Tips!

- Let the girls establish troop rules with you.
- Give girls the opportunity to express themselves.
- Give girls the responsibility for tasks.
- Vary troop activities.
- Use secret ballots to vote.
- Teach girls how to build consensus.
- Have girls take turns partnering with each troop member.
- Consider creating secret sister opportunities during the year.
- Allow the girls more independence while keeping them safe at the same time.

Meeting as a Troop

Your Troop Year at a Glance

We have found that troops who meet twice a month have the best experience! Make sure you mix it up and that meetings and outings capture the interests of the girls in your troop! In the rest of your handbook we have provided a simple set of meeting plans for you to use. More information on leading these badges can be found in your **Volunteer Toolkit**.

This is a great starting place for a troop to get started, but a troop isn't just about earning badges or Journeys, it really about making sure that the girls are making age appropriate decisions and having fun. To that end, you will want to weave a variety of activities into your Girl Scout year. Girls will enjoy getting outdoors, performing community service, going on field trips and just hanging out together having fun and having new experiences. Two pieces of advice: keep it girl-led and keep it fun!

To help you create a well-rounded year in Girl Scouting, set up your troop calendar in the Volunteer Toolkit. Take the Volunteer Toolkit Challenge in gsLearn and see how easy it is to create a year plan based on the badges your Girl Scouts want to earn!

Resources For Planning Meetings

Virtual Meetings

In today's world many troops are finding the need to offer virtual meetings. Troops can meet virtually, -in-person, or a hybrid of the two. It's a great idea to discuss this with your co-leader(s) and your troop families. You can find tips, tools, and ideas for virtual troop meetings at **https://www.girlscouts.org/en/members/for-volunteers/virtual-meeting-planning.html**.

Virtual Meeting Playbook – This is a great resource for leaders to learn how to adapt to a virtual meeting format. Check it out at: **www.gsnetx.org/volunteertraining**

For Volunteers – Find resources, guides, and more that are essential to volunteers. The resources on this webpage will help you along the way in your volunteer journey. Whether you're looking for guidance on managing troop finances or need help planning your first year of meetings, you'll find everything you need. **https://www.gsnetx.org/en/members/for-volunteers.html**.

Jumpstart – Unsure how to lead STEM badges? This is your easy to use, on-the-go digital assistant helping leaders deliver empowering, enjoyable, STEM programming to girls! Just create an account on our website at **gsnetx.org/jumpstart**.

Here's to a great year in Girl Scouting!

The rest of this handbook includes 8-10 meeting plans that have been simplified to help you get your year started! These meeting plans are meant to be used in conjunction with the Volunteer Toolkit. We hope this helps you gain confidence as you embark on your own Girl Scout journey.

girl scouts of northeast texas

Let's Go! Your First Troop Meeting

Your first troop meeting is a great chance to get to know the girls and brainstorm all the exciting things they want to do in the year to come. If you're feeling a little nervous about leading troop meetings and experiences with your girls, that's OK! Just remember that:

It doesn't need to be perfect. Did an activity run over time? Or, maybe a field trip didn't go according to plan? Take a deep breath, roll with the changes, and have fun! The girls aren't expecting perfection from you: your time, attention, and guidance are the best part of your leadership.

Learn with your girls. Keeping activities girl-led also means that at some point, the girls will want to earn a badge or complete a project in a subject unfamiliar to you. Don't let that hold you back. Be open with the girls and when you don't know something and that you will be learning together. You'll show them that learning is a lifelong process and that with an open mind, they can overcome any challenge that comes their way.

Six Elements of a Great Troop Meeting

The only requirement for your troop meetings is that your girls are engaged and having fun! Many leaders use this basic structure for troop meetings:

1. **Ramp Up** – plan an opening activity for girls upon arrival at the meeting so that have something to do before the meeting begins. Plan about five minutes for this, it could be snack, or creating a thank you card, coloring a page to donate, etc.
2. **Opening** – Each troop decides what they will do regularly. Most begin with the reciting the Girl Scout Promise & Law, a song, game, story, or other activity designed by the girls. Plan 5-10 minutes for this.
3. **Troop Business** – Collect dues, take attendance, make announcements or plan upcoming activities while parents may be present.
4. **Let the fun begin!** This is your activity for the meeting, work on a badge, journey, or complete other activities during this time plan 30 minutes to 1 hour according to your meeting time.
5. **Clean Up** – Girls clean up all supplies and always leave a place cleaner than they found it. Plan about five minutes.
6. **Closing** – As a troop, girls decide how they will end each meeting – a song, a game, a Girl Scout tradition. Plan 5-10 minutes for this.

Got Snacks?

Snacks are optional, but if your troop has chosen to include snacks, guide families to consider healthy snacks and always share any food allergies the girls in your troop may have. Include snack time as part of your troop meeting.

First Meeting Checklist

- ❑ Cover the basics. Review the details about when and where the meeting will take place and make sure parents/caregivers are aware.
- ❑ Get ready. Use the VTK to verify your troop roster and email parents. This might be a great time to remind parents to send health history forms, uniform orders, and troop dues to the meeting.
- ❑ Know the agenda. Refer to the Six Elements of a Troop Meeting list and your meeting agenda/plans
- ❑ Review and practice your agenda. You'll feel calmer during the actual meeting and ready to make adjustments as needed.
- ❑ Prepare for Fun! When the girls and parents see that you're prepared for the meeting and ready to have a great time, they'll follow your lead!

Planning your Girl Scout year

- Choose your dates – be sure to consider holidays and schedules.
- Decide how many Girl Scout meetings/ activities a month the troop will do.
- We recommend you start with the badges included in your *My First Year Handbook* and let the girls vote on the order.
- Decide how the troop will choose meeting topics and activities. Remember to keep it girl-led.
- Have a list of ideas for the girls to vote on doing and when to do each, or have the girls bring ideas to your meeting for a vote.
- Alternate regular meetings with fun outings, field trips or events.
- Include a wide variety of activities for the girls to participate in throughout the year.
- Keep it age appropriate.
- Consider what the troop will do during inclement weather, illness, etc. Is virtual an option for your troop?
- Will the troop do one activity each month during the summer or be on a break?
- Remember to be flexible – be prepared for a meeting plan to run askew and adjust – keep it fun! If girls miss a meeting, it's okay. Making up a badge is voluntary.
- Take time to get to know the girls and their interests – make sure at least one meeting meets each girl's individual interests.
- As you plan your year, engage the parents with the girls – have each girl sign up to lead a meeting with her caregiver, she chooses the badge/activity and you serve as their mentor.

4 Girl Scout Pillars and The Girl Scout Promise & Law

- STEM
- Outdoors
- Life Skills
- Entrepreneurship

Other ideas to include

- Field Trips
- Service Unit Events
- Community Service
- Council-led Events
- GSNETX Patch Programs

Resources to help you plan

- Volunteer Toolkit
- GSNETX New Leader Rallyhood
- Service Unit leader meetings
- Get ideas from experienced Troop Leaders
- GSUSA Badge booklets & Journeys GSUSA & GSNETX Patch Programs

Example of how to plan your calendar

For meeting 1 & 2 each month – rotate badges/activities based on the 4 pillars

Month 1 Meeting 1 Meeting 2 Additional?	**Month 2** Meeting 1 Meeting 2 Additional?	**Month 3** Meeting 1 Meeting 2 Additional?	**Month 4** Meeting 1 Meeting 2 Additional?	**Month 5** Meeting 1 Meeting 2 Additional?	**Month 6** Meeting 1 Meeting 2 Additional?
Month 7 Meeting 1 Meeting 2 Additional?	**Month 8** Meeting 1 Meeting 2 Additional?	**Month 9** Meeting 1 Meeting 2 Additional?	**Month 10** Meeting 1 Meeting 2 Additional?	**Month 11** Meeting 1 Meeting 2 Additional?	**Month 12** Meeting 1 Meeting 2 Additional?

*GSNETX – Girl Scouts of Northeast Texas Council *GSUSA – Girl Scouts of the United States of America

Your Junior Year-at-a-Glance

Junior Girl Scout Adventures

Junior Girl Scouts are ready to broaden their world! Girls enjoy starting with a simple overnight trip of 1-2 days and look forward to extended overnight travel of 3 or more nights!

It's always best to start with a council camp for your troop's first campout and progress to traveling away from home. Planning for campouts and other trips is an opportunity for girls to develop decision-making skills and work collaboratively with leaders and troop volunteers. Be sure to include a Girl Scout purpose to your trip such as how the trip fits into badge earning opportunities and what skills the girls will gain from the experience. Make sure the girls are involved in each step of the planning process.

Things to think about before you get started:

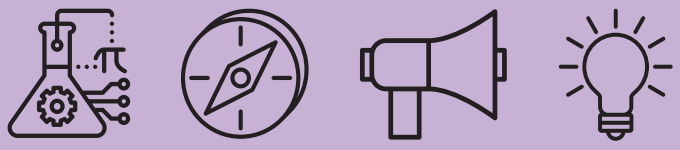
- What is the approval process from GSNETX?
- Financing your adventure
- Plan for safety
- Communication with families
- Permissions and paperwork

For more information about taking your troop camping or on a trip: **www.gsnetx.org/volunteeressentials**.

The Girl Scout Secret Sauce

WHAT:

Girl Scouts do activities in Four Pillars



Traditions | Troop Meetings | Field Trips
Badges | Patches | Journeys | Camp
Cookie Business | Take Action Projects

HOW:

Girl Scouts experience our unique environment and three processes

Environment = all-girl safe space with supportive adult mentors (you!)

Three processes = girl-led, learn by doing, cooperative learning

The **"secret sauce"** is the vehicle that distinguishes Girl Scouts from other youth organizations and the driver of amazing leadership outcomes!

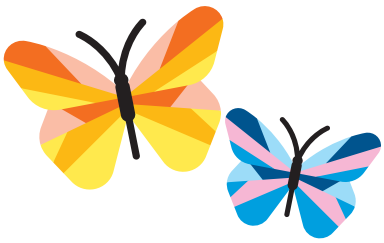
WHY:

Girl Scouts become people of courage, confidence, and character who make the world a better place.

Outcomes, or benefits, of the Girl Scout experience include:

Sense of Self • Positive Values
Healthy Relationships • Challenge Seeking
Community Problem Solving

Junior Social Butterfly





Have you ever found yourself in a group or place where you didn't know how to act? It happens to everyone. In this badge, have fun practicing the social style and good manners that will make you comfortable in any situation. When your girls have earned this award, they'll know how to act at many types of events, from picnics to weddings to parties.

Materials: White poster board, index cards, writing and coloring utensils, table manners game handout, computer/device with internet connection

Step 1: Hold a conversation (15 minutes)

Introduce: It's easy to have a conversation with your best friend, but what about people you don't know very well? Practicing your conversation skills will help you in in making new friends, and even in your job one day!

Ask the girls some questions to get them thinking: Does anyone know, or does anyone want to guess what "social cues" are? How might you know that someone is happy, excited, sad, angry, or nervous without them saying so.

Do this activity: Have girls brainstorm a list of 10 questions they can use to start a conversation. To help with thinking up questions, think about different situations you may find yourself-meeting a new student at school, joining a new group, speaking to an adult. Asking others about what interests them or about their family are often good places to start. Make a list on the poster or white board for reference. Have girls pair up and role play using the conversation starters and see if they can keep the conversation going. Don't forget to start with a simple introduction! Have the girls tell their partner their name first. After the girls have practiced using the conversation starter questions, have them choose 5 of their favorite questions to write down on index cards. Tell girls they can keep these cards in their backpack to help them make new friends at school.

Reflect: Now that you've practiced this skill, how could you help a friend how has a hard time with starting a conversation?

Step 2: Use table manners (10 minutes)

Introduce: Manners can be important at mealtime. Practicing your manners will help you feel more comfortable at the table.

Ask the girls some questions to get them thinking: What are some table manners that you use with your family?

Do this activity: As a troop or as individual girls, name at least five things we should NOT do at the table. For each thing named, come up with the positive substitute. If time allows, play "Table Manners Charades" as a group and have the girls guess what good or bad table manner is being acted out.

Reflect: Let's recap. What are some good table manners we should practice and some bad ones to avoid?

Step 3: Be prepared for special occasions (15 minutes)

Introduce: Special occasions all have their own rituals. When you know what they are, you know how to act! Let's find out what the expectations are for a special occasion.

Make sure to access your Volunteer Toolkit for more info on leading this badge and for meeting aids to assist you. Also, check out the Virtual Meetings Playbook at gsnetx.org/volunteertraining for help adapting your in-person meeting to a virtual meeting.

Ask the girls some questions to get them thinking: What special occasion have you been a part of? What did you do differently or special for that occasion?

Do this activity: As a troop, list as many special occasions as possible (wedding, Bar/Bat Mitzvah, surprise party, retirement celebration, holiday meal, confirmation, etc.). Break the girls up into smaller groups (3-4). Each group should choose one occasion and research how it is celebrated (include facts like dress code, important rituals, when and where the occasion is usually held, and other helpful information). Once all the groups have answered each question, invite each group to share what they learned with the others.

Reflect: After what you have learned about special occasions, will you feel more comfortable attended a special occasion ceremony?

Drawing



When you pick up your pencil, anything could leap from your mind onto a sheet of paper. That's what makes drawing so fun. In this badge, you'll find techniques to make your drawings even better – which will make it more fun to see what your imagination can do. When your girls have earned this badge, they'll know some great drawing techniques.

Materials: paper, drawing & coloring supplies, fruit/vases/bowls/stuffed animals/knick knacks, desk lamp/flashlight, poster board (1 per girl)

Step 1: Experiment with different materials (15 minutes)

Introduce: There are many types of materials that can be used to be successful at drawing. What you use to draw can have a major effect on how your picture looks – and you might just enjoy some materials used for drawing over others. What is your favorite drawing tool? Have girls to list things that they have used in the past to help them successfully draw.

Ask the girls some questions to get them thinking: What kinds of things do you like to draw?

Do this activity: Display on a table still life objects such as stuffed animals, still flowers, fruit, miscellaneous paintings, and or favorite artist. Girls may also use a personal item. Have girls select an item and place it in front of them to begin their drawing. As girls create, encourage them to share techniques, similarities, and differences. Girls will decide on whether they will use part or all the items in their still life drawing.

Reflect: How did your drawing turn out? Does it look like the object in front of you? What types of techniques did you use? Do you think professional artists always get their drawings right the first time? How can you improve your drawing? What do you think the key to success is?

Step 4: Say thank you (10 minutes)

Introduce: When you receive a gift or an invitation somewhere, it's good manners to say thank you. There are other times that thanking someone is less obvious, but just as important!

Ask the girls some questions to get them thinking: What are some reasons you might want to thank someone?

Do this activity: Ask each girl to think about someone they would like to thank. Once each girl has someone in mind, have her write a thank you note for that person. Ask for volunteers to share their notes.

Reflect: Why is it important to say "thank you?" Challenge yourself to write 3 thank you notes this month. Who can you thank and why?

Make sure to access your Volunteer Toolkit for more info on leading this badge and for meeting aids to assist you. Also, check out the Virtual Meetings Playbook at gsnetx.org/volunteertraining for help adapting your in-person meeting to a virtual meeting.

Step 2: Learn how to add shading (10 minutes)

Introduce: Shading is a major part of drawing. Think of a face – depending on the light, a person will have some areas on their face that are darker than others. Showing the dark areas is shading. It adds depth and makes the picture look more real. We are going to work on adding shading by practicing a new technique.

Ask the girls some questions to get them thinking: When you look at an object in real life, what do you notice about the relationship between the light source and the shadows?

Do this activity: Position and shine a new source of light onto the still life for dramatic contrast. Have the girls add shading to their still life drawings based on the added light. Ways to add shading include Hatching: Drawing lines close together; Crosshatching: Making a grid of lines together, similar to hatching; Smudging: Darkening shadow areas with pencil, charcoal or pastels and smudging them with a finger or tissue.

Reflect: What was challenging about adding shading to your picture? How will this new technique help you improve your drawing skills?

Step 3: Get some perspective (10 minutes)

Introduce: Perspective means that some objects in a picture look farther away than others. For example, if you draw a big house at the bottom of your paper and a tiny dog at the top, the dog will look like it's behind the house, in the distance. We are going to further our drawing skills by practicing using a new perspective next.

Ask the girls some questions to get them thinking: How would an object or scene look if you were a bug? If you were a bird?

Do this activity: Ask the girls to choose bug or bird for their perspective drawing. Give each girl fresh paper and any drawing supplies available. Have the girls draw a scene from a bug or bird perspective. Tell them to use their imagination tofill the page. Once the girls have finished their drawings, have them share their images with the group!

Reflect: Perspective wasn't used in drawings until the Renaissance. At that time in history, artists began to use what's called a "horizon" in their drawings. The horizon shows the distance from the drawing to where the viewer is looking at the art.

Step 4: Become a graphic artist (15 minutes)

Introduce: Logos are used to identify a business and promote public recognition. Graphic artists create logos as part of their job, which is to communicate messages or ideas in visual form. We are going to design logos for ourselves next and learn to think like a graphic artist!

Ask the girls some questions to get them thinking: What are some logos that you are familiar with? What makes a logo memorable?

Do this activity: Discuss what makes the logos unique or stand out. Tell the girls that they will design a logo that represents themselves. Distribute paper and drawing supplies to the girls and have them start drawing their ideas. You may encourage the girls to start with their initials or something that represents their interests. Girls should experiment with drawing materials and colors until they are satisfied with the result. Once the girls are satisfied with their logo design, have them present their drawing to the group.

Reflect: What makes your personal logo unique? How does it represent who you are?

Step 5: Show off your masterpiece! (10 minutes)

Introduce: Artists and graphic designers use portfolios to carry their work and show it off to others. Today, each of you will be creating your own artist's portfolio where you can keep your artwork and share it with friends and family!

Make sure to access your Volunteer Toolkit for more info on leading this badge and for meeting aids to assist you. Also, check out the Virtual Meetings Playbook at gsnetx.org/volunteertraining for help adapting your in-person meeting to a virtual meeting.

Ask the girls some questions to get them thinking: Why would an artist want to share their work with others?

Do this activity: Distribute one sheet of poster board to each girl. Have the girls fold their poster board in half the short/ horizontal/ hamburger way. Distribute duct tape for the girls to seal the top and bottom sides of their poster board. Remind them to leave the side opposite the fold unsealed. Punch two holes through both boards of the open side, about an inch below the edge of the board and about 8 inches apart. Cut a piece of ribbon long enough to thread the holes and tie together, making a handle. Have the girls draw their logo on the front of the portfolio, then decorate it using the drawing materials or other supplies. After the portfolio is decorated, girls may slide their artwork into the portfolio and tie the ribbon so it doesn't slide back out.

Reflect: By creating this portfolio, you now have a great way to carry your art around so you can show it off whenever an opportunity presents itself!

Savvy Shopper



Food and water, clean clothes, a place to live: These are things everyone needs. A closet full of shoes, a new desk, tickets to a movie: These are things people want. But how do you figure out what you need and what you want? You might find it's not as easy as you think! When your girls have earned this badge, they'll know the difference between what they need and want – and they'll be able to smartly save for both. Girls will also learn how to help people in need.

Materials: Magazines/grocery ads/retail ads, scissors, glue sticks, poster board (2), sticky notes, computer/tablet, writing utensils, paper

Step 1: Explore your needs and wants (10 minutes)

Introduce: People enjoy things like swimming pools and amusement parks, and fancy new clothes. We don't necessarily need these things, though. For this first activity, we are going to spend some time figuring out the difference between wants and needs.

Ask the girls some questions to get them thinking: What is the difference between wants and needs? What are some things that we absolutely need?

Do this activity: At the top of a piece of poster board, write: "Needs vs. Wants". Have girls sort through the advertisements and cut out pictures of items that a family uses. Once they have a number of pictures, discuss the items as a group, and discuss whether each item is a need or a want. Have girls glue the pictures on the poster board with wants on one side and needs on the other. Ask the girls if they agree with all of the wants and needs that are on the poster board.

Reflect: Looking at our poster, do you think we've captured all the things a family needs? Is there anything missing? How does thinking about our own needs help us evaluate what others need?

Step 2: Look into why you want what you want (10 minutes)

Introduce: Advertisers create exciting commercials to convince you to buy things. Or you might want something simply because your friend has it. Think about all the forces that make you want something you may not need.

Ask the girls some questions to get them thinking: Ask the girls why they want something. What influences them? Commercials? Ads in a magazine? A website? Who influences them-A celebrity? A best friend? An older sibling?

Do this activity: Talk about fads from your

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childhood. Have the girls heard of these things before? What is a fad now that they feel that they must have? How do they know about it?

Reflect: Sometimes it's hard to tell the difference between what you need and want. What are some things you can do to help yourself know if you NEED something or WANT something?

Step 3: Find out what makes people happy (or not!) with what they buy (10 minutes)

Introduce: When you find the thing to buy that you have wanted or have been looking for, how does this make you feel? Have girls use words to describe how this emotion.

Ask the girls some questions to get them thinking: How do we know when something you spent money on is wasted?

Do this activity: Give the girls ten minutes to talk about one thing they absolutely love that they bought or one thing they wish they had not wasted their money on.

Reflect: How can we practice smart shopping?

Step 4: Learn how to decide what to buy (20 minutes)

Introduce: There are so many products available that it can be hard to decide if something you want to buy is worth the money.

Ask the girls some questions to get them thinking: What are some ways you can tell if a product is worth the money? For this activity, you're going to go online and find reviews about an item you want to buy someday.

Do this activity: Have the girls work in pairs on their own to find 10 reviews on a product they would like to buy one day. They should compare the 10 reviews to each other and use the information they gain to decide if the item is worth buying.
Reflect: Did your attitude toward the item you wanted change after doing this activity?

Step 5: Make a plan to buy something you need or want (10 minutes)

Introduce: Now that we know the difference between needs and wants and how to decide if something is worth buying, let's decide on how we want to spend our cookie money!

Ask the girls some questions to get them thinking: What is a something you really want to do as a troop?

Do this activity: Have each of the girls share an answer that comes to mind. Once each girl has shared her answer, pass out a pen or pencil and a piece of paper to each. Ask the girls to write down three different ideas for projects or goals they'd like to achieve with the cookie money they earn. Once everyone is finished, have each girl share her three ideas. As they listen to the ideas, have them write down the ones they like. After everyone shares, you can vote as a troop on what you want to spend your cookie money on.

Reflect: Now look at these possibilities we could do with the cookie money!



Make sure to access your Volunteer Toolkit for more info on leading this badge and for meeting aids to assist you. Also, check out the Virtual Meetings Playbook at gsnetx.org/volunteertraining for help adapting your in-person meeting to a virtual meeting.

Entertainment Technology



There's an old saying that all work and no play makes life pretty dull. But if you learn the ins and outs of entertainment technology, you can end up with work that's all about play! Discover the waves of sound, the magic of lighting, and the topsy-turvy physics of roller coasters. When your girls have earned this badge, they'll know the science behind the world of entertainment.

Materials: Blank index cards (1 per girl), pencil, tape, pad of paper (optional), computer/tablet, blue cellophane (can buy at craft store or make your own using clear cellophane and coloring it with a blue permanent marker, scissors, items to make sound effects, sound effect chart (available in full Launch Kit)

Step 1: Animate your own artwork (10 minutes)

Introduce: We're going to start learning about animation today by creating our own thaumatrope! A thaumatrope is an optical toy with two images that are spun to create the illusion of one persistent image.

Ask the girls some questions to get them thinking: What are some of your favorite animated shows or movies?

Do this activity: Cut an index card in half (cut the halves into two equal circles if you like) and draw a picture on each half. A common thaumatrope uses a bird for one image, and a cage for the other. Be sure girls draw their images in the center of each card so the pictures line up. Tape the cards to opposite sides of a pencil. The image should face out on both sides. Tape around the edges of the cards. Have the girls spin the pencil between her hands. She should be able to see her two images blend. For example, if you were to draw a bird and a cage, the bird would appear to be inside the cage.

Reflect: Why do we see one image when we spin the thaumatrope? Persistence of vision means that our eyes retain an image for about 1/20 of a second after the object is gone, so when we spin the toy quickly, our eyes continue to see the two images shortly after each has disappeared, and our brains read it as one continuous image.

Step 2: Dig into video game development (20 minutes)

Introduce: Some software developers get to play games all day! Think you might like that kind of career? In this step, we are going to practice our coding skills.

Ask the girls some questions to get them thinking: Do you play any video games? What's your favorite game?

Do this activity: Games are built by programmers entering lines of code or moving objects around to animate the game and make sure that when you play it the choices you make give you the right outcome. The first thing you're going to do is go to Code Monster. You can either search "code monster" or go to www.crunchzilla.com and click on "code monster" once you're there. Give them about 20 minutes total with Code Monster. Take breaks for them to ask questions of each other. Coding may look confusing and feel overwhelming at first, but it's just like drawing or learning to spell.

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Reflect: What do you think it's like to be a game developer?

Step 3: Try the science of roller coasters (15 minutes)

Introduce: The science of physics makes most theme park action possible, from the flume of the roller coaster to the merry-go-round. For this next step, we are going to play with physics and create our own catapult!

Ask the girls some questions to get them thinking: What was your favorite amusement park ride? What makes a ride fun?

Do this activity: Have the girls break into pair a yardstick or ruler, a fulcrum (banana, thread spool, or brick), a marshmallow and a ball. Explain the parts of a catapult and what materials they will need for each (more detailed instructions in VTK). Using the materials provided, the teams should create a catapult that can launch the ball and marshmallow. Give girls several minutes to experiment with their catapults.

Reflect: Did your catapult launch the "rider" far? What could make it go further?

Step 4: Create your own special effects (10 minutes)

Introduce: Chances are that special effects (FX) play a big role in many of your favorite movies. Sometimes the effects are obvious, but lots of times they're hidden! For this next activity, we are going to learn about a common filmmaking technique.

Ask the girls some questions to get them thinking: What is your favorite non-animated movie? Does it have any nighttime scenes?

Do this activity: Make sure the space you are in has bright, white light or daylight. Give each girl 3 pieces of blue cellophane. Make sure the cellophane is cut large enough to cover their eyes and cheeks (but not nose and mouth). Have the girls look around the space closely and take note of what they observe. Then have them put a piece of the blue cellophane over their eyes so it blocks the light and look again. Have them do this again, adding a piece of cellophane. With 3 pieces of cellophane (you may need more or less, depending on the light source), it should look like night, but they should be able to see details.

Reflect: What you just did with your eyes is essentially the same thing filmmakers do with their cameras to create different mood effects. Blue filters can simulate moonlight or a cold feeling. What effect do you think orange or yellow filters would create?

Step 5: Surf a sound wave (5 minutes)

Introduce: Sound is an important part of movie making. For our final badge activity, we are going to make our own sound effects!

Ask the girls some questions to get them thinking: How do you think sound effects are made in movies today?

Do this activity: Have all the girls sit down and close their eyes. One at a time, using directions in the sound effect chart, make the sound effects and ask the girls to guess what sound you are simulating. Remind the girls that they are trying to guess what the sound could be, not what the sound is. After the girls have made a few guesses, have them open their eyes. Reveal what you were doing, what materials you used, and what the simulated sound effect was that you were trying to achieve. When you have gone through all your chosen sounds, have the girls take turns trying to make the sounds – or come up with their own sound effects – with the materials available.

Reflect: What was your favorite activity? What was the most memorable thing you learned?

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Junior Flowers



Flowers are so beautiful; we bring them from the outside into our homes to add cheer to a room. But there's more to flowers than just good looks. Without them, plants could not make seeds, and scientists think the world would be much drier (and a lot less pretty). Dig up more flower secrets be completing this badge meeting! When your girls have earned this badge, they'll know all that's wonderful about flowers.

Materials: live flowers or pictures of flowers, white flowers (live carnations work well), food coloring, clear cups, paper, drawing supplies, tissue paper, pipe cleaners, scissors, device with internet connection, What Flowers Mean handout (VTK)

Step 1: The science of flowers (10 minutes)

Introduce: Scientists called botanists track the history of different kinds of flowers. Today we are going to become botanists and learn more about flowers together!

Ask the girls some questions to get them thinking: Before we get started, does anyone want to share what their favorite flower is? What are some parts of a flower that you can name?

Do this activity: After talking about types of flowers, and the parts they already are familiar with, invite the group to look at the flowers that you have. You could take the group to look at flowers outside, have them look at potted flowers inside, or have each girl individually examine a flower online or in a book. Ask each girl to draw the flower as best she can, paying careful attention to draw each part of the flower. Once they have drawn their flowers, help the girls label each part of the flower. Ask for volunteers to share their drawings.

Reflect: Why do you think flowers have all these parts? How do they function?

Step 2: Look under the petals (10 minutes)

Introduce: Flowers aren't just pretty. They may look like they aren't doing a lot, but they're quite busy! We are going to do an activity now to see a flower's root system in action.

Ask the girls some questions to get them thinking: Flowers are living things that need nourishment to grow. How do you think flowers "eat?"

Do this activity: Fill each cup about 3/4 full of water. Have the girls pick a color and add 20 to 30 drops of food coloring to each glass. Leave one glass free of dye as the "control." Tell each girl to cut the stems of her flowers on a diagonal (cut must be fresh to allow for maximum water absorption). If using a knife instead of scissors, be sure to supervise/ assist cutting. Have each girl place her carnation in her cup/ vase with the food coloring & water mixture. Set flowers aside and explain that you will check in on your flowers periodically to observe what happens.

Reflect: What do you think will happen to your flowers? How long do you think it will take for them to change color? What color do you think they will turn?

Step 3: Find out how flowers help people (15 minutes)

Introduce: Now that you've discovered that flowers offer more than meets the eye, it's time to look into how flowers help people.

Ask the girls some questions to get them thinking: Who can name a few ways flowers are helpful? In this activity, you're going to research how flowers produce fruit, which are nutrient for people.

Do this activity: Tell the girls they are going to

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find a flower that turns into a fruit to research. They should find out where it grows, how it grows, and when the flower fruit is at its best. After they've discovered all they can, have them report out to the troop.

Reflect: Did you learn something new about flowers or fruits?

Step 4: Have fun with flowers (15 minutes)

Introduce: Now that you've learned all about what flowers can do, we are going to create something beautiful inspired by them!

Ask the girls some questions to get them thinking: What makes flowers attractive?

Do this activity: Have the girls choose the color of tissue paper they would like to use. They will need three half-sheets for this project. Have the girls stack the three sheets on top of each other and make a fanfold the length of the paper. To do a fanfold, start at the bottom and fold about 1-inch of the paper up and make a crease. Flip the tissue paper over and fold another 1-inch section up. Flip the paper over again and repeat, folding and flipping each time. Once folded, take a pipe cleaner, and place it on the middle of the strip of paper. Secure it around the middle. Separate the sheets of paper by gently pulling the top sheet up, the middle sheet out, and the bottom sheet down. Fluff it up as needed.

Reflect: How do flowers make us feel? How are artists inspired by flowers?

Step 5: Send a message in flower code (10 minutes)

Introduce: Many flowers are symbols that send a specific message when you give them. You are probably already familiar with some flower meanings! Flowers have meaning in Girl Scouting, too – the Daisies have a garden full of Flower Friends who help them learn the Girl Scout Law.

Ask the girls some questions to get them thinking: What are some flower meanings you are familiar with? Where do you think these flower meanings come from?

Do this activity: Share the flower meaning guide (found in Flowers pt 2 in the VTK) with the girls, and tell them what the meaning of each flower represents in U.S. culture. Ask them is they agree or disagree with what each flower is "supposed to" mean. Ask the troop to create its own "flower code" based on what flowers they like and what they mean to each other. Each girl will pick one flower to draw and describe its meaning.

Reflect: Why do you think people use flowers to represent feelings? What are some other ways we communicate our feelings without using our words?



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Business Jumpstart



Everyone can come up with an idea—it's what you do to bring it to life that makes you an entrepreneur! When your girls have earned this award, girls will have come up with an idea, gotten feedback on it, and pitched it to others—just like an entrepreneur!

Materials: Paper, writing utensils, cardboard, string, clean objects from recycle bin, rubber bands, coloring materials, poster board for each girl

Step 1: Be a community hero (15 minutes)

Introduce: Most people feel a strong personal attachment to the town, neighborhood, or city that they call home. It is where we live, play, and spend most of our time. Our communities are almost like living things and they need new ideas to grow. Today, you are going to come up with an idea that could help your community grow.

Ask the girls some questions to get them thinking: What is an entrepreneur? What do you love about your community? Is it a favorite park or bike path? Is there a way you could make it even better? Is there something that you would like your community to have that's not already there?

Do this activity: Ask the girls to think about a way they could make their favorite community place better. Maybe they could come up with a way to make a playground more fun for kids with physical challenges or something that could make a street crossing safer. Next, have the girls choose an idea and build or draw a prototype! Explain that a prototype is a quick way to show your idea to others or to try it out. It can be as simple as a drawing, or it could be a 3D model made with simple materials. When the girls have finished their prototypes, have them share what they came up with!

Reflect: What from this experience can you take into other parts of your life? How can you share what you've learned with other girls?

Step 2: Get feedback (10 minutes)

Introduce: An important part of being an entrepreneur is learning to get feedback and use that feedback to improve your ideas.

Ask the girls some questions to get them thinking: What is feedback? Do you know the difference between feedback and criticism?

Do this activity: Have the girls take turns sharing their prototype with the group again, this time, have the others provide feedback on how to make they could improve their design.

Reflect: Did you receive helpful feedback that you can use to make your designs even better?

Step 3: Revise your prototype (15 minutes)

Introduce: Ideas are almost never perfect the first time. This means you can keep improving on them! Now you are going to take the feedback you received and revise your prototype.

Ask the girls some questions to get them thinking: Do you think you need to use all the suggestions given to you in the feedback session? How do you know what to keep and what to change?

Do this activity: Give the girls 15 minutes to revise their prototypes.

Reflect: Now that you have a revised vison of your product, we are going to work on our pitches.

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Step 4: Come up with a pitch (5 minutes)

Introduce: Once you've made at least one revision for your prototype, come up with a pitch to get others excited about it. When you see a salesperson explaining a product and asking you to buy it, that's called a pitch. Decide who your customers are and make a list of all the reasons they will want your product.

Ask the girls some questions to get them thinking: What makes you want to buy something?

Do this activity: Give each girl a poster board (or half if you'd prefer). Have them create an ad for their product. They should include everything they believe will sell their product to their target audience.

Step 5: Pitch your idea to an audience (10 minutes)

Introduce: In Step 4, you created a pitch. Now pitch it to a group. Be sure to hold a question-and-answer session at the end of your pitch. Remember, it's important to invite feedback about how to make your idea or your pitch better. It's never too late to keep making changes and improving. That's part of being an entrepreneur!

Ask the girls some questions to get them thinking: How do you feel about your pitch?

Do this activity: Let the girls take turns sharing their pitch with the group. Provide time for feedback and questions after each pitch.

Reflect: What did you learn about being an entrepreneur?

Space Science Investigator



Venture through the Solar System and beyond, and see that space is even bigger than you may have imagined. When you've earned this badge, you'll understand that the Earth orbits the Sun, and how far away the Sun, Moon, planets, and stars are from our home planet, Earth.

Materials: computer or tablet, mini pretzel sticks, mini marshmallows, paper, writing and coloring utensils

Step 1: Model the Solar System (10 minutes)

Introduce: Our Solar System is made up of planets, moons, asteroids, comets, and dust the orbit the Sun. The whole system is spread out through space.

Ask the girls some questions to get them thinking: Do this activity: Go to YouTube and search for the video titled "DRONE Solar System Model- How far is Planet 9?" Tell the girls you are going to watch a video to help understand the scale of the universe. Play the video and then discuss. Check out the VTK or badge handbook for more hands-on options for this step.

Reflect: Did that video surprise you?

Step 2: Circle the Sun (10 minutes)

Introduce: What is a year? How do we measure a year? The Earth orbits the Sun, and one orbit is equal to one year.

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Ask the girls some questions to get them thinking: How many times have you orbited the Sun?

Do this activity: Tell the girls that while they know their age on Earth, it would be different on other planets because they all orbit at different speeds. Use a website such as www.girlscouts.org/SpaceSciencePlanetAges. How old are you on the other planets?

Reflect: Did any of your discoveries surprise you?

Step 3: Discover the stars (15 minutes)

Introduce: For as long as people have been looking at the sky, they've noticed shapes and patterns in the stars. Groups of stars that form shapes are called constellations.

Ask the girls some questions to get them thinking: Can anyone name a constellation?

Do this activity: Pass out plates or napkins, pretzel sticks, and mini marshmallows to each girl. It may be helpful to pre portion these in baggies before the meeting. Help the girls find pictures of constellations online. Have the girls choose which one they want to make. Once girls have finished creating their constellations, ask the girls to make up a story about their constellation. If time allows, read, or watch some constellation stories.

Reflect: Why do you think people in the past made up stories about these constellations?

Step 4: Use the tools to explore (15 minutes)

Introduce: More than 60 years ago, people launched the first spacecraft and began to explore our Solar System. Today, scientists and engineers use all kinds of tools to study planets and collect more information than ever before.

Ask the girls some questions to get them thinking: What do you think it was like for the first scientists to study a planet up-close?

Do this activity: Make a travel brochure for tourists on a trip to another planet in our Solar System. Be sure to use photos or drawings and some fun facts about the planets as well as the name of a robotic spacecraft or lander that has already explored there.

Reflect: What fun facts did you learn about the planet you highlighted?

Step 5: Share your sky (10 minutes)

Introduce: Now that you've learned about the Solar System and the stars, it's time to celebrate and share what you've learned!

Ask the girls some questions to get them thinking: What is something you learned today?

Do this activity: Pass out a piece of paper to each girl. Ask the girls to pick something they learned during the meeting and draw a picture they can use to share their knowledge with others.

Reflect: Great job! Make sure to share what you learned with others.



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Camper



When you've earned this badge, you'll know how to have a great overnight camping trip at a campsite or cabin. *To complete this badge your troop will need to go on a camping trip.

Materials: poster board, paper, compasses (or phone with compass feature), writing utensils, paper

Step 1: Start planning your adventure (15 minutes)

Introduce: Camping is the perfect adventure! We are going to work on planning a fun camping trip as a troop.

Ask the girls some questions to get them thinking: Who has gone camping before?

Do this activity: As a group, come up with a list of things that you would pack on a camping trip. Have a volunteer write down the suggestions on a piece of poster board. When you have a good list, go back and have the girls circle the items they think are must haves.

Reflect: The items that aren't circled would be nice to have but not essential. Can you think of anything we missed?

Step 2: Gain a new camping skill (30 minutes)

Introduce: There are lots of special skills that can help you when camping. We are going to learn more about how to use a map and compass.

Ask the girls some questions to get them thinking: Why is it important to know how to use a map and compass?

Do this activity: Tell the girls they are going to split into groups and create a treasure map using cardinal directions (you can use a compass or the compass feature on an iPhone) and symbols to represent landmarks. When the groups are finished with their maps, have them swap and try to follow them.

Reflect: Was it easy or hard to follow each other's maps? Did you use similar symbols?

Step 3: Find your inner camp chef (10 minutes)

Introduce: Girl Scouts have lots of campfire recipes designed to make on camping trips. We are going to look at some and pick one for a future camping trip.

Ask the girls some questions to get them thinking: What kinds of food would be easy to cook outside?

Do this activity: As a group, look up some popular Girl Scout camping recipes. Write down your favorites on the back of your camping list poster board.

Reflect: Now that we have a list of potential camp meals, let's vote as a group on the one we want to try when we go camping.

Step 4: Try a new activity (5 minutes)

Introduce: There are tons of fun things to do outdoors! Because there are so many things we can do, it's important to plan some activities before going camping.

Ask the girls some questions to get them thinking: What activities do we want to do on our camping trip?

Do this activity: Write down the girls' suggestions.

Reflect: Great list! We have planned out a fun camping trip. What part are you most excited about?

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Girl Scout Glossary

- **CASC:** Collin Area Service Center
- **CIT:** Counselor in Training. An opportunity for High school girls at our summer camp locations.
- **DC:** Digital Cookie is an online platform that helps girls run and manage their Girl Scout Cookie business online.
- **DSC:** Denton Service Center
- **eBudde:** The online cookie software system volunteers use to manage the Cookie Program
- **ETRC:** East Texas Regional Center
- **FP:** Family Partnership – direct donation program from members to GSNETX
- **G.I.R.L.:** The spirit of Girl Scouts: Go-Getter, Innovator, Risk Taker, Leader
- **G.O.R.P.:** Good Old Raisins & Peanuts or Granola, Oats, Raisins & Peanuts; trail mix
- **GSE:** Girl Scout Entrepreneur-Loyalty program for girls that sold in the 2021 Cookie Program.
- **gsEvents:** GSUSA Events & Activities Platform
- **GSLE:** Girl Scout Leadership Experience - The experience identifies all the elements that need to be in place for Girl Scouting to achieve its mission; Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. When Discover, Connect, and Take Action activities are combined with the Girl Scout Processes of Girl-Led, Learning by Doing, and Cooperative Learning, girls achieve the desired and expected short-term leadership outcomes, ultimately resulting in Girl Scouting achieving its mission.
- **gsLearn:** GSUSA Training Course Platform
- **GSLI:** Girl Scout Leadership Institute – older girl career programs such as job shadowing and career exploration
- **GSNETX:** Girl Scouts of Northeast Texas
- **GSRI:** Girl Scout Research Institute – delivers customer-centric, data-driven insights across the GS Movement
- **GSUSA:** Girl Scouts of the United States of America – Girl Scout movement in the United States
- **IO:** Initial Pre-Season Order-The number of cookie packages, broken out by flavor, that you want to begin the cookie season with.
- **JAFSC:** JoAnn Fogg Service Center
- **JULIETTE/IRM:** Independently Registered Member; a member who participates without a troop
- **LIA:** Leader in Action. Cadette Girl Scouts show their leadership skills and assist Brownie sisters in completing their National Leadership Journey! They will actively assisting during Journey sessions, use organizational skills, help the Brownies complete their requirements, and—most importantly—helping them reflect on their experience.
- **LIT:** Leader in Training. The L.I.T. award is for Girl Scout Senior and Ambassadors who would like to mentor a Girl Scout Daisy, Brownie, Junior or Cadette group outside of the camp experience. A LIT project (working with a troop) needs to span a 3 to 6 month period.
- **LBB:** Little Brownie Bakers is the company that GSNETX partners with for the Girl Scout Cookie Program.
- **My GS:** Your Girl Scout Account Management System
- **NLA:** New Leader Academy – interactive, informational & digital support group for new leaders
- **OFR:** Outstanding Funds Report - form that is completed when a Girl Scout family has an unpaid cookie balance
- **PA:** Program Aide – Girl who has completed 6th grade, taken a specialized training to help troop leaders with activities for their girls
- **PGA:** Per Girl Average, is the total number of cookies assigned to the troop divided by the number of girls selling
- **PGL:** Program Grade Level. Daisies (K & 1st), Brownies (2nd & 3rd), Juniors (4th & 5th), Cadettes (6th-8th), Seniors (9th & 10th), and Ambassadors (11th & 12th)
- **PPF:** Parent Permission Form - allows participation in the Cookie Program.
- **RALLYHOOD:** Digital Communication Tool for GSNETX staff & volunteers
- **Safety-Wise:** the number of adult Girl Scout members with a background check needed to safely supervise a troop
- **SSSC:** Southern Sector Service Center
- **STEM COE:** Science, Technology, Engineering, Mathematics Center of Excellence; GSNETX Camp
- **SUM:** Service Unit Manager – administrative volunteer for a specific geographical area
- **SU:** Service Units support troops in their local communities and is comprised of a team of volunteers who serve as the first point of contact for troops and volunteers in their area.
- **SUCPC:** Service Unit Cookie Program Coordinator
- **SWAPS:** Some Whatchamacallits Affectionately Pinned Somewhere; small tokens exchanged between Girl Scouts
- **TCM:** Troop Cookie Manager
- **TL:** Troop Leader
- **VTK:** Volunteer Toolkit – digital support for leaders – manage troop, communications & Girl Scout program materials
- **WAGGGS:** World Association of Girl Guides and Girl Scouts – global association supporting female-only Guiding and Scouting Organizations in 150 countries.