

My First Year
Multi-Level

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

girl scouts of northeast texas

Table of Contents

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.

Checklist for New troop Leaders 3
Welcome to Girl Scouts! 4
Getting Started 5
New Leader Training 6
A New Leader's Support System 7
Co-Leaders, Leading Together 8
Working with Parents/Caregivers 9-10
How Many Volunteers Do You Need? 11
Pin and Badge Placement for Daisy Uniforms 12
Pin and Badge Placement for Brownie Uniforms 13
Pin and Badge Placement for Junior Uniforms 14
Pin and Badge Placement for Cadette, Senior & Ambassador Uniforms 15
Girl Scout Troop Finances 16
Girl Scout Traditions 17
Keeping Girls Safe and First Aid Kits 17
Troop Communication 18
Commonly Used Forms 18
The Volunteer Toolkit: Your Digital Troop Assistant 19
Product Sales Program 5 Skills + Financial Literacy 20
Working with Girls at Every Age 21-22
The Girl Scout Program Badges 23
The Girl Scout Program Journeys 24
Girl Scout Camping 25
Girl Scout Higher Awards – Bronze, Silver & Gold 26
GSLI – Girl Scout Leadership Institut 27
Travel with Girl Scouts 28
Graduating Ambassadors 28
Ready, Set, Take Action 29
Your First Year – Planning Your Girl Scout Year 30-31
Let's Go! Your First Troop Meeting 32
Jumping Ahead – Planning the End of Year Celebration/Court of Awards Ceremony 33-34
Planning Your Troop Year – Field Trips, Patch Programs, Service Projects, Just for Fun, and Family-Friendly Meeting Ideas 35-36
Girl Scout Calendar Highlights 37
Meeting Plans by PGL (Program Grade Level) 38
Daisy Meeting Plans 39-50
Brownie Meeting Plans 51-65
Junior Meeting Plans 66-82
Cadette Meeting Plans 83-89
Senior Meeting Plans 90-96
Ambassador Meeting Plans 97-102
Girl Scout Glossary 103

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 – printable 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

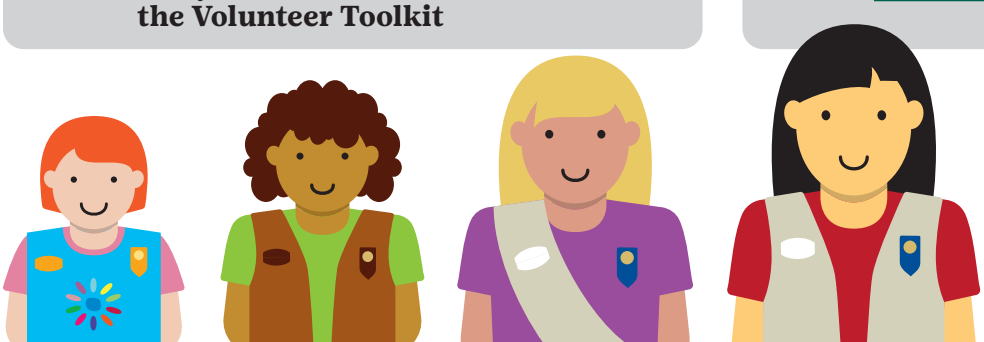
- [ ] Complete new leader training (complete within first 60 days)
- [ ] Discover the ins and outs of the Volunteer Toolkit (VTK)
- [ ] Find a bank for your troop account and submit the opening a bank account form – GSNETX Bank Account Process Request to Open a Bank Account
- [ ] Meet with your co-leader 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
Research has found that 10-12 girls is the "sweet spot" for a successful Girl Scout troop. Most CSA troops see a decrease as the girls age and become involved in activities at a greater level. To combat this make sure your girls know the benefits of graduating with Girl Scouts on their resumes. Asking girls to recruit a friend is also a great way to keep girls involved. A great way to ensure you have enough girls to have a great experience is to keep your troop open to adding new girls throughout the year.

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. When it comes to Cadettes, Seniors and Ambassadors, meeting times and even locations is going to depend on the schedules of everyone in the troop. Flexibility is going to be your best friend. You may meet at a different location and different time for each meeting and that is perfectly okay! Do what works best for the majority of the troop. Consider having your girls own the meetings – choose the meeting topic, time & place – just make sure troop communication is clear and everyone responds! At this age the girls should also be driving the decision on how long meetings should last. Listen to your girls and make sure that above all else, meetings are fun and engaging! Some troops host regular meetings at a favorite local restaurant and that's great!

As a multi-level troop, you will want to ensure you have enough space so that girls of different program ages have space to work separately. You may also consider meeting at different times and/or on different days/weeks.

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. If your troop has Daisies, Brownies and/or Juniors, plan to take the GSUSA program level training videos for each.

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.

- How many leaders/volunteers will the troop need? We recommend at least one leader/volunteer per program grade level, but two is even better!
- Meeting Logistics: Will the troop meet all together, or will different groups meet at different times or days of the week? Where is a place with extra space so that you can reserve more than one room? Be sure you have lots of seating and workspace for the size of your troop.
- 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?
- Plan out the parent/caregiver meeting.



For more information, check for the Co-leader Discussion Questions in the Getting Started Section of the New Leader Rallyhood - **https://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.
- If you have girls 16 years and old with a driver's license discuss driving rules for GS activities. Per Policies & Procedures and Safety Activity Checkpoints girls may drive themselves to and from activities but not other girls. Due to GS insurance policies, even if a troop member is 18, she may only transport herself to GS events, even with parent permission.
- Mobile Phones – talk about troop rules on phone usage during meetings/activities. She should be actively engaged in their meetings.

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 an "All about Me" info sheet that girls can fill out and share with about themselves with leaders and the other girls in the troop
- Get to know the parents in your troop, even though you may be communicating directly with the girls over text, etc.
- You can find a list of troop duties for parent participation and a girl info sheet in the New Leader Rallyhood - **https://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 camp outs. 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 Volunteer".
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. https://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. These safety-wise ratios are especially important with a multi-level troop. You will need to always follow the guidelines for the youngest group of girls in your troop. 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.

Pin and Badge Placement for Daisy Uniforms

Girl Scout Daisy Tunic



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

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

Girl Scout Days Vest



Pin and Badge Placement for Brownie Uniforms

Girl Scout Brownie 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 Brownie Sash



Place your Journey awards above your badges.

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.

Pin and Badge Placement for Cadette, Senior & Ambassador Uniforms

Girl Scout Cadette, Senior, and Ambassador Vest



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

Girl Scout Cadette, Senior, and Ambassador Sash



Place your Journey awards above your badges.

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**

Additional Money Earning Activities – 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
- Non-latex gloves
- Instant cold compress

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

Troop Communication

A happy Girl Scout troop is one where good communication exists between volunteers and between volunteers and parents. Set up a consistent communication pathway with parents. Find out who needs a phone call, an email, or text messages? Or maybe a combination of all three. Work with each family to ensure everyone is in agreement and commits to responding in a timely manner. Girls at the Cadette level and higher should beincluded directly for communications. We recommend text and emails.

Best practices for good communication:

- Use bullet points.
- Be concise and consistent.
- Give deadlines.
- Require responses – yes or no.
- Assign a troop communication person.
- Send reminders and follow-ups.
- Create a social media group, preferably a Rallyhood group to be the troop communication hub.
- Be open and honest where behavior issues/special needs arise – ask parents to help.
- When you need help, ask parents directly.
- Find out how to set up a **Rallyhood** account for your troop.

Commonly Used Forms

Girl Scout Forms can be found at **gsnetx.org/forms**

Girl Scout Leaders work with a lot of forms and here are the most commonly used forms you may need in your first year.

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

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 name tags, 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.

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 opportunity to 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.

Working with Girls at Every Age

When working with your troop members, always ensure that the emotional/mental health of the girls is a priority. Keep in turn with your girls and their personalities/moods. Acceptance and encouragement are important during these year.

Daisies (kindergarten/1st grade)

As a Daisy leader you will facilitate activities enabling girls to experience planning, decision-making, leadership, and even failure. Girls should be given simple choices and encouraged to share their opinions. With loads of energy these girls enjoy outdoor exploration such as nature walks and scavenger hunts. While they may need assistance with fine motor skills girls this age love working with their hands and getting creative.

Plan activities where the girls can share in the experience of what they are learning. Use the cookie program and counting supplies to help girls learn about basic number concepts, time, and money. Give specific, simple directions and expectations for girls to be successful and celebrate when they do a good job. Having girls act out or create a picture boosts confidence of girls who may not have mastered reading and writing at this point. Adjust your own expectations of your girls based on their attention spans and capabilities. Keep activities short and varied.

Brownies (2nd & 3rd grade)

Girls at this age have a variety of skills at different levels. Reading abilities, attention spans, and small motor skills are still developing. Second and 3rd graders are full of energy and need to run, walk, and play outside so be prepared to give them time to get the “wiggles” out! Break down instructions, have girls role-play, ask questions, and encourage girls to get creative and use their hands. Girls at this age enjoy crafting, working together in small groups and singing/dancing/performing. Allow girls to complete tasks on their own and provide lots of recognition for a job well done. Allow girls to try new things and make mistakes. Give multiple options to Brownies and let them make decisions as a troop.

Juniors (4th & 5th grade)

As a Junior leader, you will discover how fun the girls are as they begin to develop leadership skills, test boundaries, purse new interests and become more independent. This is also a time girls will be learning how to build their relationship skills. Girls will begin to grow physically at different rates and may begin to experience puberty, so be prepared for any situation. Cliques and new friendships begin to appear at this age along with other social changes. This is a great time to revisit the Girl Scout Law and what it represents. Girls are more adventurous and interested in trying new things while having a lot of fun. They are ready to start taking charge of troop activities and having their voices heard. Make sure as a troop, you let the girls take the lead on decisions involving activities.

Working with Girls at Every Age

Working with Cadettes (6th, 7th, & 8th grades)

As a Cadette Leader, you will be the coach who mentors the girls as they lead the planning, decision-making, learning and fun for their troop. When girls guide their experience, they add to their skill set and are more engaged. As the girls become teens and continue to develop, they are beginning to form peer groups based on similar interests. During this time, leaders will observe a lot of growth and friendship changes. Continue to encourage friendship and acceptance among troop members by following the Girl Scout promise and law. Cadettes enjoy engaging in their community and providing service to others. Encourage the girls to plan challenging and new activities. As a leader, you will be there to encourage, direct and guide from the sidelines.

Working with Seniors (9th & 10th grade)

Senior Leaders mentor and cheer on the girls being careful not to take over. Girls should be active in all parts of troop activities: goal setting, planning, budgeting, and implementation. Leaders will act as a guide and resource for girls as they plan their own complex projects. It's important that as a leader you help the girls break down tasks into smaller steps and keep on track and schedule. Girls at this age are used to responsibility and stepping into leadership roles gradually. Help them make time to reflect and learn from their experiences as they grow. Seniors benefit from working in teams and in an environment where they can speak openly and often about how responsibility and implementation are working. Help Seniors identify topics that matter to them and let them explore in a natural direction. Engage girls in new activities that spark their imagination and encourage trips to discover new horizons. Girls should be engaged in the scheduling of meetings – where, when, and how often. Encourage girls to mentor younger girls and share their new adventures with their peers and family.

Working with Ambassadors (11th & 12th grade)

As an Ambassador leader, your success will be measured by how your girls take control of their Girl Scout experience. At this stage girls are confident leaders who should oversee all planning, goal setting and execution of activities – especially with higher awards. Girls at this age really enjoy the conversation and making the decisions. Your job will be to be their biggest advocate. Ambassadors should make the final decisions on meeting logistics and conducting full meetings. Remember to let the girls decide how they want to team up on projects and identify challenges in their communities and the world. Assist your girls in developing connections with individuals and organizations on national/international levels; let them research policy making processes, make calls, send emails, and conduct interviews on their own.

The Girl Scout Program Badges

Badges are the most traditional way of showcasing individual skill-building accomplishments of a Girl Scout. For each badge, a girl completes 5 activities related to a specific subject and demonstrates proficiency at each. Life Skills, Outdoors, Entrepreneurship, Science, Math, Technology, Engineering are the 7 areas the girls concentrate upon as skill-builders. Seven legacy badges are also available for each level of Girl Scouting, from Brownie to Ambassador. Over the course of the year, girls should be encouraged to choose badges across the different focuses to create a well-rounded experience that engages everyone in the troop and sparks new areas of interest. Badges can usually be earned in a single meeting or two.

Badges for Cadettes, Seniors and Ambassadors can be found in the Volunteer Toolkit or can be purchased through our GS shop. Legacy badges are included in the Girl's Guide to Girl Scouting. Be sure to share access with the girls in your troop so that they can choose which badges to earn and have the requirements to lead the badges themselves.



The Girl Scout Program Journeys

A Journey is another way for girls to build leadership skills while learning about themselves and their world. Each journey focuses on a theme and is made of the three Keys to Leadership - Discover, Connect and Take Action. At each program grade level (Cadette, Senior, Ambassador) there are different Journeys to explore that include a sustainable Take Action project and all the exploration, discovery, and adventure to power a lifetime of leadership and success.

As a troop, the girls will want to decide how they will work on Journeys – individually or as a group. Girls may choose to closely follow the Journey books and complete all activities within over the course of a semester, at a camp out or the troop may choose to attend an organized event there the different parts of a journey are earned at a one day event. In that day, they might complete the take action project or that might be completed at a later time. There's no right way, girls should choose the option that works best for them. You will be able to purchase Journey books for girls and leaders or use the plans in the Volunteer Toolkit.



JOURNEY SERIES	CADETTE	SENIOR	AMBASSADOR
It's Your World - Change it!	aMAZE!	GIRLtopia	Your Voice, Your World
It's Your Planet - Love it!	Breathe	Sow What?	Justice
It's Your Story - Tell it!	Media	Mission: Sisterhood	Bliss: Live it! Give it!
Citizen Science	Think Like a Citizen Scientist	Think Like a Citizen Scientist	Think Like a Citizen Scientist
Engineering	Think Like an Engineer	Think Like an Engineer	Think Like an Engineer
Outdoors	Cadette Outdoor Journey	Senior Outdoor Journey	Ambassador Outdoor Journey
Programming	Think Like a Programmer	Think Like a Programmer	Think Like a Programmer

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.



Girl Scout Higher Awards – Bronze, Silver & Gold

As a Junior, girls may earn the **Bronze Award**, the first of the higher awards in Girl Scouting. Girls may earn this award on their own or as a group. Girls will make a difference in the community, learn important leaderships skills and watch how seemingly small actions make a big impact as a team. Girls are required to earn one Journey before they begin the project.

The **Silver Award** is the highest award a Cadette may earn. Girls choose an issue in their community so that they can make a change for the better. Girls are required to earn a Cadette Journey before starting their project. The Silver Award is a leadership project that addresses an issue at its root cause and makes a long-term impact in the community. Make sure to use the report forms at **gsnetx.org**.

The **Gold Award** is the highest award a Senior or Ambassador can earn. Projects are based on an individual girl's passion for an issue and desire to make a difference in a big way! This award requires completion of the silver award plus one Journey or the completion of two Journeys to hone the skills a girl will need to earn the Gold Award. This award is difficult to earn, but the long-term results are definitely worth it! Colleges, employers, peers, and the community know what a go-getter and leader a Gold Award Girl Scout is and value her contribution. Before starting this project, make sure to visit our website or attend a Gold Award Round Table to learn more.

Each spring, GSNETX holds a special Gold Award event for girls who have become Gold Award Girl Scouts. Be sure to watch for this event if any girl in your troop has earned this distinction.

For more information and report forms for the Silver and Gold Award visit **gsnetx.org/higherawards**



GSLI – Girl Scout Leadership Institute
sponsored by Amazon

The Girl Scout Leadership Institute helps high school girls build their resumes for higher education and careers. These are opportunities for girls to apply to participate through GSNETX.

College Preparation – Throughout the year events are offered for high school girls to help prepare for college, applications, choosing a college that is the right fit, scholarship opportunities and more.

Career Exploration – These events give girls an opportunity to leader about various occupations that match a girl's skills, interests, and values.

Job Shadowing – Girls have a chance to learn about a particular occupation or profession as she accompanies employees throughout their day-to-day work schedule.

Each year GSNETX offers a number of different Clubs or special interest groups that are year-long programs that are open to Cadettes, Seniors and Ambassadors only.

For more information about GSLI visit **gsnetx.org/gsli**



Travel with Girl Scouts

Some of the most memorable moments in a Girl Scout's life happen while taking trips. As girls get older there are more opportunities to travel and explore new places. For detailed information about trips and travel as a troop check **GSNETX Safety Activity Checkpoints, pages 192 – 198** available on our website.

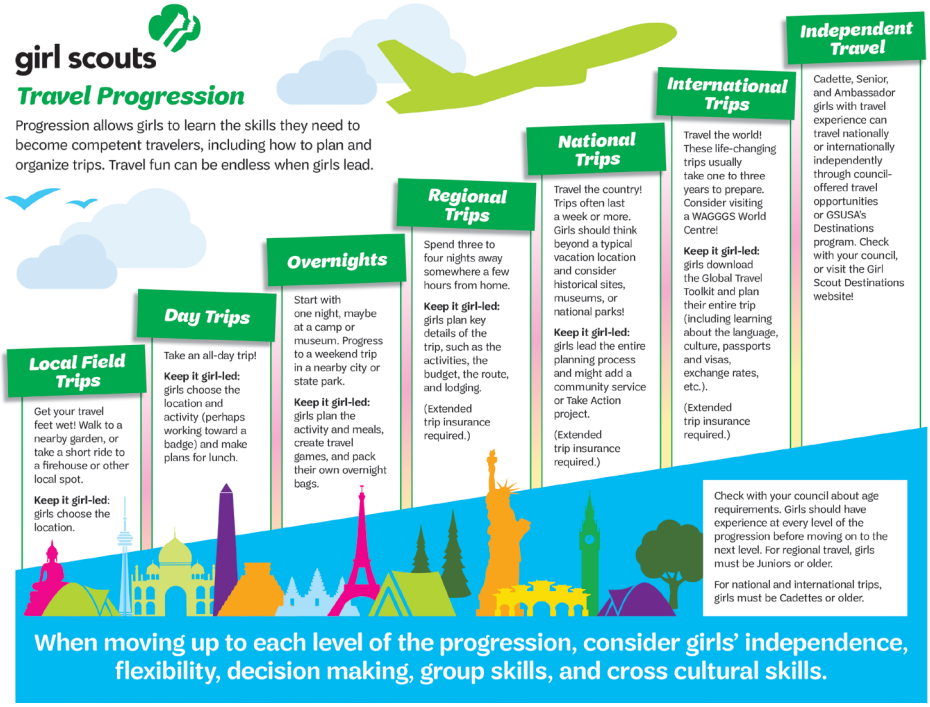
Cadettes, Seniors and Ambassadors love a fun weekend camp out, especially at Camp Bette Perot in Bette's Treehouse! As they become more independent girls also enjoy a girl planned extended trip beyond our council's borders. Girls should have the opportunity to plan trips within Texas, across the U.S. and beyond as a troop. Many graduating Ambassador troops plan big exotic trips to celebrate their Girl Scout sisterhood! Leaders may need additional training courses before planning a trip begins! Be sure to check

Other Girl Scout opportunities: Destinations, Getaways, and International Event ideas can be found at **girlscouts.org/travel**.

Destinations – The ultimate adventure for individual CSA Girl Scouts. Travel to different states to have a unique, life-changing experience for every girl. By far the most popular experience for girls ages 11+. Girls apply for different trips each year.

Getaways – Short travel programs designed specifically for Girl Scout Troops

International Events - GS Troops go global! Find out about international events for troops hosted by global scouting organizations.



Graduating Ambassadors

Girl Scouts who are 18 years old and graduating high school are eligible to become Lifetime members each summer at a discounted price. This is a great gift for a troop to award to members as they graduate.
If troop funds don't allow for this type of gift, make sure to inform your troop families of this opportunity. Girl Scouts today make wonderful Girl Scout Alums of the future who return to share their experiences and help empower tomorrow's girls to become the leaders of the next generation!

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.

Your first Year – Planning Your Girl Scout Year

- Choose your meeting dates. Be sure to consider holidays and schedules.
- Plan to hold two regular meetings a month and additional activities throughout the year.
- As a multi-level troop, there are a lot of decisions to make about your meetings: Will the entire troop meet at the same time, same day? Same day, different times? Different weeks, same day of the week time? Do you have at least one leader for each program grade level?
- If meeting at the same time, we recommend having the start-up activity and opening together as a whole. You may also do business together then separate for the meeting activity or separate into grade levels for the business and activity. You should end your meeting with the troop together as a whole for the closing.
- Plan to use the meeting plans/ideas included in this handbook. A badge meeting, an activity meeting and additional ideas for each month are included.
- Most badge steps can be found in your Volunteer Toolkit (VTK). You can download the steps and print or email to your troop members. You will also find hand-outs and additional tools in the VTK that are helpful when working on badges.
- For badges not found in the Volunteer Toolkit, you can purchase the badge booklet through the GSNETX shop or contact **programs@gsnetx.org** and request more information.
- **Keep it girl-led, learning by doing and working cooperatively.** Successful meetings are meetings where the girls stay engaged and have fun! When earning badges consider having the girls work in stations. While some steps work best if the troop is making decisions together as a group, many badges work best if you have stations for each step required to earn the badge. This is also a great way to pair girls up in different ways so that every girl gets to know all troop members creating an inclusive atmosphere.
- **Planning your badge meetings.** You can plan to complete the required steps in one meeting or two meetings. We suggest dividing most of the badge plans included here into two meetings. You will want to plan enough time for girls to complete each step without feeling rushed or behind (this helps the girls and you, as the leaders). Be sure to use the six parts of a meeting as part of your planning.
- Be sure to include a wide variety of activities throughout the year.
- Keep activities age appropriate for each grade level.
- Ensure that older girls are receiving the Girl Scout Leadership Experience and fully participating in their age-appropriate opportunities. A multi-level troop provides room for mentoring younger girls but that should not be the norm for older girls. You may even choose to do separate outings for each age group.
- Refer to the Troop Leader Blueprint, Volunteer Toolkit, and Jumpstart for help leading badges.
- Plan for meeting dates with inclement weather, illness, etc. Is virtual an option for those troop meetings?
- Remember to be flexible. Be prepared for a meeting plan to run askew and adjust – keep it fun!
- If a girl/family misses a meeting, it's okay! No one is required to do make-up work.
- Take time to get to know each girl/family and their interests. Make sure at least one meeting meets each girls' individual interests and needs.
- Engage families in every activity!

Your first Year – Planning Your Girl Scout Year

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



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

As a multi-level troop, you will want to start and end each meeting together. We recommend completing the Ramp-Up and Oening together, then break into program grade levels to work on Troop Business, The Activity and Clean-up. Closing should be inclusive of all members in your troop.

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 and girls should be aware of others food allergies/restrictions. Your troop may not need to plan snacks for meetings, but let the girls make that decision – snacking often allows girls to relax and connect with their peers more. Maybe the girls can take turns making snacks for meetings or everyone brings their own food.

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!

Jumping Ahead - Planning the End of Year Celebration/Court of Awards Ceremony

By the end of the year, girls have learned new skills, made new friends and discovered their inner leaders! Celebrate this year's accomplishments by hosting a troop end of year celebration and/or Court of Awards Ceremony. These can be combined or held at different times and should be one of the items on the girls' budget and planning during cookie season each year.

Be sure to keep it girl-led – that is, the girls should make all the decisions and participate in the preparation.

Girl Scouts is girl-led!

The End-of-Year Celebration

Your celebration is a great way to end your Girl Scout year on a high note! To ensure a successful celebration make sure families know the dates to reserve far in advance, there should be no scheduling conflicts.

A year end celebration is really a big party celebrating the hard work of the troop members for this year and may be anything the girls vote upon from a simple ice cream party to an extended trip over the summer that has been planned for multiple years. It's a great idea to make these celebrations a once in a lifetime fun event. Do something different each year!

Have the girls make decisions in advance:

- Will it be a short celebration? (1-2 hours)
- Will families be included?
- Will it be during the troop's regular meeting time or a special occasion date?
- How much money does the troop have to spend on this event? Will the troop cover all the costs, or will families incur some of the cost?
- Food? Will girls/families bring food, or will it be purchased? Cupcakes or cake?
- Will the girls make decorations, etc.?

Fun, simple ideas for a troop's first end of year celebration:

- Special field trip
- A family potluck picnic or barbeque
- Host a mother/daughter tea party
- Outdoor game day
- Backyard water park or a trip to a local water park with lifeguards
- A slumber party/overnight adventure
- A special camp-out
- A special night out to dinner and a play

Check out this blog for fun ideas - **https://trailhead.gsnorcal.org/fun-ways-to-celebrate-the-end-of-girl-scout-cookie-season/**

Don't forget a fun patch for the back of the girls' uniforms!

Court of Awards Ceremony

A special ceremony recognizing each girl's accomplishments are called a Court of Awards. During a Court of Awards, girls may be presented with badges they have earned, membership year pins, and other recognitions earned during the year. It's a good practice to ensure every girl receives some sort of recognition. A troop may design their own annual troop awards such as for perfect attendance, personal growth, or first-time accomplishments. An annual Court of Awards is also a great time for parents to see their girls' accomplishments, so be sure to include families! Girl should plan the ceremony and make all decisions regarding the event. Some troops do this annually, some bi-annually and some monthly. It's up to your troop to decide how often they want to celebrate their Girl Scout accomplishments.
A Court of Awards Ceremony can be combined with a Bridging Ceremony on years girls will bridge to the next Girl Scout Level.

Jumping Ahead - Planning the End of Year Celebration/Court of Awards Ceremony

Bridging
When girls advance from one program grade level (PGL) to the next it is called "bridging." During the bridging ceremony, girls receive their membership star, the uniform for the next grade level, and the Bridging Award (rainbow bridge) for their grade level.

Girls usually bridge between the end of May and the end of September. Troops usually plan a special Bridging Ceremony combined with a Court of Awards ceremony and either cross an actual or symbolic bridge to symbolize a girls' advancement in Girl Scouts.

Girl also must complete bridging steps at each level before a ceremony is held. For more information check your Volunteer Toolkit.

Basic Elements of a Bridging Ceremony:

- Opening – Welcome your guests and share the Girl scout Promise and Law.
- Main section – Girls, whether physically or symbolically, cross a bridge and are welcomed to the next Girl Scout level.
- Closing – Girls participate in a friendship circle and thank their guests.

The rest is up to the girls!

- Keep it girl-led.
- Get family and your community involved.
- Check to see if your service unit is hosting a service unit wide Bridging event!

For more ideas about bridging:

- GSUSA - **https://www.girlscouts.org/en/tips-for-troopleaders/traditions/planning-your-first-girl-scout-bridging-ceremony.html**
- GSRV - **file:///C:/Users/mreddy/Downloads/guide-to-bridging%20(1).pdf**
- GSNORCAL - **https://trailhead.gsnorcal.org/how-to-plan-a-bridging-ceremony/**

Do you have 12th graders in your troop? At the end of the year, these girls will Bridge to Girl Scout Adult!

This is the time for these girls to embrace what they have learned in Girl Scouting, honor how that will forever be a part of who they are, and step into the world as a young woman of courage, confidence and character. It's time to being her adult journey!

Once a Girl Scout, always a Girl Scout!
The adventure doesn't stop here!

As part of the bridging steps to complete girls should be invited to become a Lifetime Member with the young alum discount. Get more information about how to become a Lifetime Member from GSUSA or GSNETX.



Planning Your Troop Year - Field Trips, Patch Programs, Service Projects, Just for Fun, and Family-Friendly Meeting Ideas

Beyond the badge or Journey, building a well-rounded fun year is more than just regular meetings earning badges or a Journey. Below are ideas for troop meetings, field trips, family inclusive activities/events that will enhance the experience for your troop members.

Make sure to use the Planning Worksheet when planning any of these types of activities/events. Have girls vote on the activities they would like to do as a troop or with families included and keep your troop budget close at hand. Include families in at least four activities/events. Any of the ideas below can be done as a troop, or individually as a family and can be done as a regular troop meeting or an additional opportunity for troop members. To plan a well-balanced year, your troop will want to choose 1-2 from each section.

When planning be sure to consult Volunteer Essentials and Activity Safety Checkpoints to ensure your follow all GSNETX guidelines.

Celebrate Girl Scout Traditions

These are events that are celebrated annually in Girl Scouts. You can do something together as a troop on your own, with your service unit or at the council level.

- Juliette Gordon Low Birthday (October)
- World Thinking Day (February)
- Girl Scout Birthday Week (March)
- Parades – Juneteenth, 4th of July, Christmas, others – check options in your community.

Family Activities/Events

These are fun and can easily include everyone in the family! Each of these can be planned by a troop parent using the Activity/Events Planning Worksheet.

- Back to Girl Scouts skate party
- GS Night at the Mesquite Rodeo (August)
- Earth Day (April) – This can also be a service project.
- Family Camp Day – Get out to one of our camps for the day and experience everything they have to offer!
- Family Outdoor Adventure – Create a fun outdoor day. Go hiking, go on a scavenger hunt, run an obstacle course, or play outdoor games.
- Family Picnic, father/daughter soccer game – Plan a potluck picnic at a nearby part and have a father vs. kids soccer/volleyball game.
- Family Swim Party – Plan a trip to a community pool with lifeguards and invite all family members to attend.

Field Trips

These are a few suggestions to get your ideas flowing. Be sure to use the Activity/Event Planning Worksheet. Contact a location and request a tour with your Girl Scout troop or check online to plan your visit. GSNETX has many program partners you will want to check out for more field trip suggestions. https://www.gsnetx.org/en/events/program_partners.html

- Dallas Zoo
- Texas State Fair Day (September/October)
- Fire or Police Station Visit
- Home Improvement Workshop
- Visit an animal shelter or vet office
- Take a workshop or class: karate, gymnastics, cheer, dance, etc.

Planning Your Troop Year - Field Trips, Patch Programs, Service Projects, Just for Fun, and Family-Friendly Meeting Ideas

Cultural Awareness

Girls should be encouraged to share their cultures and learn about other cultures in Girl Scouting (see World Thinking Day). Below are just a few of the diverse types of events your troop could plan to learn about, plan to attend or participate in together. Some of these events will be hosted by GSNETX, service units or can be done on your own. There are also Girl Scout patches that can be earned by celebrating different cultures.
www.gsnetx.org/patchprograms

- Hispanic Heritage Month (September/October)
- Native American Heritage Month October)
- Black History Month (February)
- Asian-American/Pacific Islander Heritage Month (April)
- Holiday Parties (December) – learn about and celebrate the big holidays for different religions/cultures

Virtual Activities and Events

Even when Girl Scouts are not able to meet up in person, they can participate in amazing Girl Scout events—online and in real time. GSUSA's website features a virtual events calendar where Girl Scouts can participate in online events in real time or watch past events on demand. Event categories offer something for everyone. Log on, tune in, take part! **https://www.girlscouts.org/en/activity-zone/virtual-event-calendar.html**

Awesome Girls: Hosted by Girl Scouts of the USA for girls in grades K–12 explore timely topics, learn new skills, and meet experts that will inspire them to change the world.

Local Council Events: Girls in grades K–12 can join events led by Girl Scout councils around the country.

Campfire Chats: Hosted by GSUSA's Alum & Lifetime Membership Team for Girl Scout adults, Campfire Chats bring together notable Girl Scout alums and supporters at the top of their field to educate and inspire people who are striving for a better world.

Service Projects

Service projects cover a wide range of topics and interests. Be sure to find out what your girls are interested in and where they see a need in your community they want to address. You can find ideas online or if you or a troop member have a connection, contact them directly to find out how the troop can help.

- Sing carols at a senior center
- Plant flowers at school
- Plant a tree at a local park
- Volunteer at a local community garden
- Assemble kits – birthday boxes, snack kits, toiletry kits, etc.
- Color-a-smile
- Collect food, books, clothing to donate
- Make treats for community helpers
- Clean up a local park

GSNETX & GSUSA Patch Programs

Find descriptions and instructions for each patch at **https://www.girlscouts.org/en/activity-zone/virtual-event-calendar.html**

- Okay to Say
- Fluor Engineering
- Pajamas for Seniors
- Celebrate Diversity
- GSUSA Multicultural patches
- GSUSA Resilient. Ready. Strong.

Leader Tip: There are more patch programs available for the girls in your troop to earn. Let your girls look over the options on our website and choose which ones they would like to earn and when.

Girl Scout Calendar Highlights

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
National S'more Day	Hispanic Heritage Month begins	Kite Festival	Native American Heritage Month
GSNETX Leader Kick-Off	Fall Product Sale begins	Hispanic Heritage Month Continues	Troop Family Outdoor Adventure
Troop Family Event	Invite new girls to join	Juliette Gordon Low Birthday	Service Project
Invite new girls to join	Girl Scouts Love State Parks Weekend	Service Project	GSNETX Share the Warmth Patch
Girl Scout Day at the Mesquite Rodeo	GSNETX Okay to Say Patch	Investiture Ceremony	
GSNETX Museum Patch			

DECEMBER	JANUARY	FEBRUARY	MARCH
STEM Patch	Cookie Program Starts	Black History Month	Women's History Month
Holiday Parties	MLK Celebration	World Thinking Day	Girl Scout Birthday
Service Projects	GSNETX Tackle Hunger Patch	Engineering Week	Girl Scout Week
Holiday Parades		Fluor Engineering Patch	Girl Scouts Celebrate Faith
			Family Event
			Girl Scout Grand Prix Races Begin

APRIL	MAY	JUNE	JULY
Earth Day Service Project	Asian American Pacific Islander Heritage Month	Field Trip	US Independence Day Parades
Girl Scout Leader Appreciation	Mental Health Awareness Month	National Get Outdoors Day	Girl Scout Resident Camps
GSNETX Verizon Earth Day Patch	Early Bird Renewal	Girl Scout Day/Twilight Camps	
	Bridging Ceremony	Girl Scout Resident Camps	
		Juneteenth Celebration	
		LBGTQ Awareness Month	

Visit **www.gsnetx.org/events**
https://www.gsnetx.org/en/members/for-girl-scouts/program-providers.html
to learn more about our events and find the most up-to-date information.
All events are subject to change without notice.

Meeting Plans by PGL

Below are the corresponding badge plans included for each program grade level. You will notice that the Cadette, Senior, and Ambassador plans are outlines for the girls to use to determine how they will earn the badges. Your troop may vote to change when each badge is earned throughout the year. A complete list of **proficiency badges for all program grade levels** is found on the GSUSA website. Note that there are two meetings where there is not a specified badge for Ambassadors. This is a great time for them to mentor younger girls in the troop or branch out and discover what their interests are.

1st MONTH	2nd MONTH	3rd MONTH	4th MONTH	5th MONTH	6th MONTH
Promise (Center of the Daisy)	Vi & Mari Petals	Clover & Rosie Petals	Gerri & Gloria Petals	Lupe & Tula Petals	Zinni Petal
Brownie GS Way	Making Friends	Outdoor Art Creator	Democracy for Brownie	Fair Play	Pets
Junior GS Way	Social Butterfly	Outdoor Art Explorer	Democracy for Juniors	Practice with Purpose	Junior Animal Habitats
Cadette GS Way	Netiquette	Outdoor Art Apprentice	Finding Common Ground	Good Sportsmanship	Animal Helpers
Senior GS Way	Business Etiquette	Outdoor Art Expert	Behind the Ballot	Cross-Training	Voice for Animals
Ambassador GS Way	Mentor/Patch/ Gold Award Work	Outdoor Art Master	Democracy for Ambassadors	Coaching	Mentor/Patch/ Gold Award Work
7th MONTH	**8th MONTH**	**9th MONTH**	**10th MONTH**	**11th MONTH**	**12th MONTH**
My First Cookie Business	Space Science Explorer	Shapes in Nature	Design in Nature	Sunny Petal	Year End Celebration/ Bridging
My Cookie Customer	Space Science Adventurer	Painting	Design with Nature	Snacks	Year End Celebration/ Bridging
My Cookie Team	Space Science Investigator	Drawing	Shapes in Nature	Simple Meals	Year End Celebration/ Bridging
My Cookie Venture	Space Science Research	Science of Happiness	Trees	New Cuisines	Year End Celebration/ Bridging
My Cookie Network	Space Science Expert	Collage Artist	Sky	Locavore	Year End Celebration/ Bridging
My Cookie Business Resume	Space Science Master	Photographer	Water	Dinner Party	Year End Celebration/ Bridging



Daisy Meeting Plans

Promise Center: Introductory Caregiver Meeting

Materials:

- Girl Scout Promise & Law*
- Girl Scout Family Promise*
- Name Tag Template*
- Scissors
- Glue
- Yarn

*Found in the VTK, see page 19

Activity 1: Meeting Agenda

- Introduce yourself to your troop caregivers and have them do the same
- Share the Girl Scout Family Promise

Activity 2: Practice Girl Scout Traditions

Daisy Circle
Girls come together to share thoughts and ideas and make plans for their troop.

Girl Scout Hand Sign
While reciting the Girl Scout Promise & Law, hold up your right hand with the three middle fingers up and hold your thumb and pinky finger together.

Quiet Sign
When Girl Scouts see a hand raised, they raise their hand and wait quietly while others do the same.

Practice the Quiet Sign

- **Have** everyone stand up and wiggle, jump in place, make lots of noise
- **Raise** the Quiet Sign, encourage the girls to stop what they are doing, raise their own hands, and be quiet.

Activity 3: Daisy Name Tags

- Have girls color their names on the Daisy name tag
- Cut out and glue the Girl Scout Promise to the back of the tag and tie a piece of yarn to the top

Ask your girls:

- What does it mean to make a promise and why is it important to keep our promises?
- Do you think these three parts of the promise are good things to live by? Why?

Activity 4: Daisy to Daisy Game

- Girls make the Girl Scout sign with their right hands and shake hands using their left
- Girls introduce themselves to their partner and tell her something about herself
- Give them more directions such as: Touch your partner elbow-to-elbow, now try knee-to-knee
- When you say Daisy to Daisy, the girls scurry and find a brand-new partner
- Repeat until all of your girls have met each other!

Activity 5: Closing Ceremony

- Ensure your caregivers have all of the information they need, collect health and permission forms
- Close with a Friendship Circle, singing “Make New Friends” and passing a gentle squeeze around the circle (page 13)



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.

Clover: Use Resources Wisely

Materials:

- Girl Scout Promise & Law*
- Clover Coloring Sheet*
- Clover's Story*
- Crayons
- Assorted Containers (Soup cans, deli tubs, yogurt containers, etc.)
- Scissors
- Tape or Glue Stick

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color the Clover the Clover coloring sheet as they arrive
- Tell them that Clover stands for using resources wisely

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Ask your girls:
  * What do you think 'use resources wisely' means?
  * One way to use resources wisely is to reuse something instead of throwing it out. Another way to use resources wisely is to save water. Another way to use resources wisely is to recycle. Do you recycle at home or school?
- Read Clover's Story, A Visit to the Busy, Buzzy Bees
- Have the girls act out words they hear like:
  * Honeybee—stand up and buzz around like a bee
  * Car—call out "vroom vroom!"
- After the story, ask the girls:
  * How did Clover save water?
  * Why do you think she came up with the idea to have a tea party?
  * What do you think would happen to the leftover yogurt and apples if Clover hadn't suggested making a dip?
  * What have you done that shows you use resources wisely?



Activity 3: Recycled Pencil Holders

- Color strips of scrap paper with flowers, bees, plants, and trees
- Tape or glue the paper, magazine clippings, etc., to the used containers
- Remind the girls:
  * These holders are made from things that would have gone into the trash. You can use it to put your crayons, markers, and pencils in. This is a good start to using resources wisely!

Activity 4: Take Action Pause

- Help the girls think of a way to Take Action like Clover. Taking Action means finding a need, coming up with a plan to help, and putting the plan into action.
- Ask the girls:
  * Can you think of some ways that you can use resources wisely or teach others how to use them wisely too?

Activity 5: Closing Ceremony

- Remind the girls what they have experienced and learned together.
- Invite girls to make a pledge, about using resources wisely, such as picking up trash, recycling, or reusing things instead of throwing them away.
- Close with a Friendship Circle, singing Make New Friends, and passing the gentle squeeze around the circle (page 13)

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.

Rosie: Make the World a Better Place

Materials:

- Girl Scout Promise & Law*
- Rosie the Rose Coloring Sheet*
- Rosie's Story*
- Crayons
- Cardboard Squares
- Glue
- Magnetic Tape
- Sand
- Objects No Longer Being Used (Wrappings, cards, jewelry, etc.)

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color the Rosie the Rose coloring sheet as they arrive
- Tell them that Rosie stands for making the world a better place

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Tell the girls they'll be learning more about making the world a better place.
- Ask the girls:
  * What are some things you can do to make the world a better place? For example, pick up trash? Recycle? Plant flowers? What other things can you think of?
- Read Rosie's Story, A Better Beach for Everyone
- Have girls act out words they hear like:
  * Trash—pretend like you're throwing out a piece of trash
  * Beach—pretend like you're swimming
- After the story, ask the girls:
  * How did Rosie show that she wants to make the world a better place?
  * How did the Flower Friends make the world better when they gave other people tips about reducing the amount of trash they have to throw out?
  * What have you done that helps make the world a better place?

Activity 3: A Better Beach Magnet

- Girls spread a layer of glue on their cardboard square
- Girls can add small objects to make beautiful pictures out discarded and found objects (Make shapes like flowers, birds, etc)
- Sprinkle sand over the exposed glue to remind them of the beach
- When dry add magnetic tape to turn their art into a refrigerator magnet



Activity 4: Make a Better World Pledge

- Ask the girls:
  * Now that you've learned about how to make the world a better place. What are some ways you can help to make the world a better place?
- Help the girls write their pledges on their Rosie coloring sheet. Tell them to take home their Rosie sheet as a reminder of their promises

Activity 5: Closing Ceremony

- Form a Friendship Circle. Remind the girls what they have learned together. You might say:
  * Now that we've listened to Rosie's story, learned about keeping our world clean, and made your pledge, we will all remember make the world a better place everyday!
- Close with a Friendship Circle, singing Make New Friends, and passing the gentle squeeze around the circle (page 17)

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.

Gloria: Respect for Myself and Others | Gerri: Respect Authority

Materials:

- Girl Scout Promise & Law*
- Gloria and Gerri Coloring Sheets*
- Gloria's Story*
- Gerri's Story*
- Crayons
- Snack

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color the Gloria the Morning Glory and Gerri the Geranium coloring sheets as they arrive
- Tell them that Gloria stands for respecting myself and others, and Gerri stands for respecting authority

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Read Gloria's Story and Gerri's story

For Gloria, ask the girls:

- How did Gloria show that she had respect for herself?
- How did she show she had respect for others?
- How do you show you have respect for yourself and others?

For Gerri, ask your girls:

- Why was it important that they respect authority?
- What are some ways you can show respect for authority?



Activity 3: Snack Chat & Manners Game

- Have girls set the snack table with napkins, plates, and utensils
- Everyone will sit at their place and begin eating their snack. Go around the table, and for each girl, call out an action and they will say good or bad manners. Then call on the next girl with another action.
  Some sample actions:
  * Chew with your mouth open
  * Greet someone by saying hello
  * Say please and thank you
  * Get up from table during the meal without asking
- Then ask:
  * Did you agree with how everyone said good or bad to these actions?
  * How can you show good manners at home and school?

Activity 4: Take Action Pause

Help the girls think of a way to Take Action like Gloria and Gerri. Taking Action means finding a need, coming up with a plan to help, and putting the plan into action.

Activity 5: Closing Ceremony

- Form a Friendship Circle
- Have each person say one thing you will do to show respect for yourself, others, or authority.
- Close with a Friendship Circle, singing "Make New Friends", and passing the gentle squeeze around the circle (page 13)

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.

Lupe: Honest and Fair

Materials:

- Girl Scout Promise & Law*
- Lupe the Lupine Coloring Sheet*
- Lupe's Story*
- Snacks to Share
- Poster Paper
- Crayons

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color Lupe the Lupine coloring page as they arrive
- Tell them that Lupe stands for being honest and fair

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Ask the girls: What is an honest and fair thing you've done?
- Read Lupe's Story, A Fair Turn in the Flower Garden
- Have the girls act out what they hear:
  * Jump—Jump up and down or pretend to jump rope
  * Cheese—Pretend to nibble on a piece of cheese
  * Fair—Raise their hands

After the story, ask the girls:

- What does being honest mean to you?
- How about what it means to be fair?
- What are some of the things you've done that show you are honest and fair?

Activity 3: Snack Chat

One important thing Girl Scouts do is to help make the world a better place. As you go through Girl Scouting, you'll plan a Take Action Project. Taking Action means finding a need, coming up with a plan to help, and putting the plan into action.

Ask the girls:

- Remember in Lupe's Story, when Lupe suggested everyone take turns playing a favorite game?
- Why do you think it's important to help other people?

Activity 4: Take Action Pause

- Help the girls think of a way to Take Action like Lupe.
- Can you think of some ways that you can be honest and fair even when it is hard?

Activity 5: Closing Ceremony



- Form a Friendship Circle and remind the girls what they have experienced and learned together about being honest and fair. Ask your girls:
  * What are some ways you can be honest and fair at home?
  * How about at school?
  * Let's go around the circle and say one way you plan to be honest and fair. You can begin your statement by saying, "I pledge to be honest and fair by..."
- Invite the girls to sign a group poster that says "I will do my best to be honest and fair."
- Close with a Friendship Circle, singing "Make New Friends" and passing a gentle squeeze around the circle (page 13)

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.

Tula: Courageous and Strong

Materials:

- Girl Scout Promise & Law*
- Tula the Tulip Coloring Sheet*
- Tula's Story*
- Crayons
- Markers
- Strips of Red Construction Paper (Long enough to wrap around a girl's head
- Decorations

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color the Tula the Tulip coloring sheet as they arrive
- Tell them that Tula stands for being courageous and strong

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Tell the girls they will be learning more about Tula and being courageous and strong
- Read Tula's Story, Standing Up for Darla
- Have girls act out what they hear:
  * Hop—hop up and down
  * Kickball—pretend they're kicking a ball,
  * Dandelion—raise their right hands!
- After the story, ask the girls:
  * Courageous is another way of saying brave. What's a brave thing you've done?
  * We usually talk about being strong as a physical thing, like having muscles or being able to lift heavy objects. Did you know that you could also be strong in your mind?
  * How do you think Tula felt when she acted courageously?
  * Do you think she was scared? Can you be scared and courageous at the same time?
  * How do you think Darla felt when Tula asked the dandelions to stop teasing her?
  * How can you show you are courageous and strong?

Activity 3: Courage Crowns

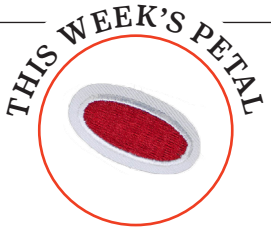
- For each girl, take a strip of paper and write one thing she thinks is good about being courageous and strong
- Let girls decorate freely
- Once girls are done decorating, wrap the strip around each girl's head and tape the crown at the ends so she can wear it to remind her that she is courageous and strong

Activity 4: Take Action Pause

- Help the girls think of a way to Take Action like Tula. Taking Action means finding a need, coming up with a plan to help, and putting the plan into action.
- Ask the girls:
  * Remember in Tula's Story, when Tula noticed that Darla was being treated unfairly and came to her defense?
  * Why do you think it's important to help other people?

Activity 5: Closing Ceremony

- Remind the girls what they have learned together about being courageous and strong.
- Close with a Friendship Circle, singing "Make New Friends" and passing a gentle squeeze around the circle (page 13)



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.

Sunny: Friendly and Helpful
Zinni: Considerate and Caring

Materials:

- Girl Scout Promise & Law*
- Sunny and Zinni Coloring Sheets*
- Sunny's Story*
- Zinni's Story*
- 4 Poster Boards
- Crayons
- Magazines
- Scissors
- Glue Sticks
- Snacks

*Found in the VTK, see page 19

Activity 1: Welcome

- Have girls color pictures of Zinni the Zinnia and Sunny the Sunflower as they arrive
- Tell them that Sunny stands for being friendly and helpful, and Zinni stands for being considerate and caring

Activity 2: Opening Ceremony

- Gather the girls into a circle to read the Girl Scout Promise and Law
- Read Sunny's Story and Zinni's Story
- After the story, ask the girls:
  * How did Zinni forget to be considerate and caring at first?
  * What reminded her to act in a considerate and caring way?
  * What are some of the ways you have acted considerate and caring?
  * Do you know what it means to be friendly?
  * How about what it means to be helpful?

Activity 3: Daisy Mural

- Divide the girls into four groups and assign each group to one poster: Considerate, Caring, Friendly, and Helpful
- Allow each group 3-5 minutes to cut out images from the magazines to glue to their poster
- Rotate posters every 3-5 minutes, giving each group a chance to contribute to each poster

Activity 4: Snack Chat

- Have the girls be responsible for dividing the snacks evenly
- Discuss the following question while the girls enjoy their snack:
  * Remember in Zinni's Story, when Zinni shared her green paint so the bird could finish painting its picture?
  * Can you think of other ways to be a considerate and caring Daisy?
  * Why do you think it's important to help other people?
  * Can you think of other ways to be a helpful Daisy?



Activity 5: Closing Ceremony

- Form a Friendship Circle and remind the girls what they have experienced and learned together: We've learned about Sunny's Story and Zinni's Story, made a Daisy mural, and learned about being friendly and helpful, and considerate and caring
- Ask the girls:
  * What are some ways you can practice being all these things at home? How about at school?
- Close with a Friendship Circle, singing "Make New Friends" and passing a gentle squeeze around the circle (page 17)

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.

My First Cookie Business



When you sell Girl Scout Cookies, you run your very own business! Find out how to sell cookies and excite your customers. Then decide how you'll use the cookie money with your Girl Scout friends.

Objective: When you've earned this badge, you will know how to sell Girl Scout Cookies and use your troop's cookie money

Materials Needed: finger puppets, posters, markers, paper, crayons, cookie flavor information

Step 1: Count it Up! (10-20 min)

Introduce: First we are going to look at our GS cookie order card and learn all about the different flavors

Ask the girls some questions to get them thinking: Have you tried Girl Scout Cookies before? What is your favorite king? Ask the girls if they know these words: entrepreneur, order card, package goal, pitch, troop goal

Do this activity: Using photos of the different cookies, have the girls practice saying the name of the cookies. What makes each different? Practice the price of each kind. Practice buying and selling 'packages' to one another. Practice counting how much money you need to buy two packages

Reflect: What excites you about selling Girl Scout cookies this year?

Step 2: Decide how to use your cookie money and set a goal (10-20 min)

Introduce: Think about the different way we can use our cookie money. Let's look at the Cookie Money Goals checklist and decide how many packages we each will sell. Draw pictures of what you will do to use at booth sales.

Ask the girls some questions to get them thinking: Spark their interests and begin the discussion of places you want to go as a troop. Brainstorm together.

Do this activity: As a group collect ideas of field trips you would like to take. Vote on your top 5 and set a goal to go on those field trips within the next year. Draw a picture of your goal and share with your customers.

Reflect: What does it feel like to vote on your choices?

Step 3: Practice your sales pitch (20-30 min)

Introduce: When someone tries to sell you a product or idea they use a sales pitch. Come up with sales pitch ideas to tell our customers why they should buy our Girl Scout cookies. Let's practice!

Ask the girls some questions to get them thinking: What information should you tell customers to get them interested in what you are selling? What questions do you think a customer might ask you?

Do this activity: Have each girl create a small puppet to be her Girl Scout. Write out your sales pitch and practice in pairs promoting each type of cookie and the cost. Let the puppet shows and fun begin! Step 3 example.

Reflect: Ask the girls what way does doing a sale pitch feel like putting on a show? How did it help to have someone ask you questions?

Space Science Explorer



When you've earned this badge, you'll have explored and observed the Sun, Moon, and stars.

Materials Needed: Construction paper, coloring utensils, objects to trace, pictures of a full moon, pretzel sticks, mini marshmallows, paper plates

Step 1: Explore the Sun (20 minutes)

Introduce: Have you ever heard the words "sunrise" and "sunset"? That's how we describe the Sun coming up in the morning (sunrise) and going down at night (sunset). But did you know that the Earth—the planet where we live—is actually spinning like a top in space? That's why the Sun seems to move across the sky. On the part of the Earth facing the Sun, it's day. On the part facing away, it's night.

Ask the girls some questions to get them thinking: What is a shadow? We're going to make shadow drawings to see how the position of the sun changes shadows.

Do this activity: Using any object set it on a piece of construction paper and draw the outline of the shadow. Once done leave the drawings and object where they are and come back later on and see if the shadows moved. You could also have them trace each other's shadows if able. As the day goes on the sun will be at different angles sending light in different directions which causes shadows to change shape and size!

Reflect: Do your drawings still look the same? What changed?

Step 2: Observe the Moon (15 minutes)

Introduce: Have you ever noticed that the shape of the Moon can look different on different days? What do you think is happening? The Moon doesn't actually change shape, but how much we see lit up does change! The Moon orbits (moves around) the Earth, and because of that, the Sun lights different parts of it. This makes the Moon look like it is changing shape. These changing shapes are called the "phases of the Moon." Today, we are going to talk about a Full Moon--the phase of the Moon where you can see one whole side lit up.

Ask the girls some questions to get them thinking: Look at this picture of the Moon. What do you see? Share your observations just like scientists do. Do you see a 'Man in the Moon'? Do you see an animal? A face?

Do this activity: Ask the girls to draw a picture of what they see. Then, they are going to make up stories about what they drew.

Reflect: Who wants to share their story?

Step 3: Meet 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?

Shapes in Nature



Nature is full of beautiful things. You can find rainbows. You can search for flowers. You can look for leaves.

This badge is all about looking carefully at nature. You never know what you'll find!

- **Search for shapes in nature**
- **Find and make patterns**
- **Create art inspired by nature**

When you've earned this badge, you'll know how to identify shapes and patterns in nature.

Materials Needed: paper, crayons, copies of the Shapes Tally chart

Step 1 – Search for Shapes in Nature (15-20 min.)

Introduce: Explain that in this step, participants will look at nature. Nature is full of beautiful things, like rainbows, flowers, and leaves. Natural objects are things from nature, like plants, animals, mountains, lakes, sand, planets, and rocks. Shapes are important parts of math that you can find everywhere, including in nature. By looking carefully at or observing nature, you can find shapes of all kinds. In this activity, you'll go on a scavenger hunt to search for shapes in nature. (triangles, ovals, circles, squares, rectangles)

Ask the girls some questions to get them thinking: What's your favorite object in nature? How would you describe it to someone else?

Do this activity: Go on an outdoor scavenger hunt. Using the shapes tally chart, have the girls look for different shapes outdoors can tally mark the different shapes they find. They can also draw pictures of the shapes they find in nature.

Step 2 - Find and make patterns

Ask the girls some questions to get them thinking: What is a pattern? What is sorting? Where do we see patterns in nature? Flowers, plants, animals? Name different animals, describe or draw their patterns and discuss what they look like and how they might be helpful. Does the pattern help the animal hide in nature from predators? Etc.

Do this activity: Take the girls outside and search together to find patterns in nature. Next, have them search for sticks, rocks, and leaves. Have each girl create her own pattern using these items they found. The girls can take turns showing their patterns to one another.

Step 3 – Create art inspired by nature

Ask the girls some questions to get them thinking: Think about objects that have texture or patterns such as a pinecone, a fork, corduroy fabric and a muffin tin.

Do this activity: Create a pattern you can touch. Create a pattern using puffy paint on cardboard of take different leaves and foil to create leaf pressings. Set a leaf on the table. Place foil on top and rub your hand gently across the area where the leaf is. These impressions are now works of art – you can create a collage of different leaves to take home. This can also be done with paper and crayons.

Design with Nature



Have you ever gone on a hike and wondered where the animals were? Have you ever wanted to go bird-watching? You can listen to nature. You can look at nature.

In this badge, you'll explore nature. You'll think about what you see. You'll make and do things in nature

- **Count with birds**
- **Identify parts of nature**
- **Make a map**

When you've earned this badge, you'll know how to use math to identify and sort things in nature.

Materials Needed: pencils, crayons, paper, 4 kinds of bird seed, zip log bags, spoons, My measurement chart, categories in nature handout

Step 1 – Count with Birds

In this step you'll use math to learn more about birds. There are 10,000 kinds of birds. Each has a different song or call. They eat different things such as bugs, fruit, seeds, or even other animals! You can learn a lot about birds just by watching and listening to them. It's also fun to watch birds eat. Today, we are going to make bird food that you can take home and put in a feeder.

Ask the girls some questions to get them thinking: Have you noticed any birds around your homes or school? What were they doing? What did they look like?

Do this activity: Go over the My Measurement Chart. Explain what tally marks are and how to use them. Show the girls the 4 types of bird seed and have them describe each one. What shape are they, what color? Explain that we will be creating our own mixes by using 10 spoonfuls of seeds. You can choose any combination ou want. Spoonfuls is our unit of measure. This is how we describe how much of something there is.

In pairs, the girls will take turns measuring their seeds, the other will tally each spoonful of seen on the scooper's measurement chart. When they reach ten spoonfuls, have the girls switch roles and repeat.

For more fun: help the girls build bird feeders for their seed either at the meeting or at home.

Step 2 – Watch and identify clouds

Use the Categories in nature handout for clouds for this step. You will want to go outside to look at clouds or have pictures of different clouds in the sky. Read through the categories with the girls.

In this step we will identify natural objects. Each set shows a different category of natural objects. A category is a group of things that have something in common. Today, we are going to sort clouds into categories and count them.

Ask the girls some questions to get them thinking: Watch and identify clouds. Ask, "Have you ever looked at clouds? What did they look like?" Daisies may say, "Like cotton balls, like cotton candy, different shapes, etc." Explain, "Clouds are a collection of very tiny water droplets or ice crystals that float in the air. Some clouds are white and puffy. Others are long and thin. Storm clouds appear darker because they carry more rain drops, letting less light through. The kind of cloud can tell you about the weather." Go over the clouds on Categories in Nature and help Daisies learn the names and characteristics of the different categories of clouds: cirrus, cumulus, nimbus, and stratus.

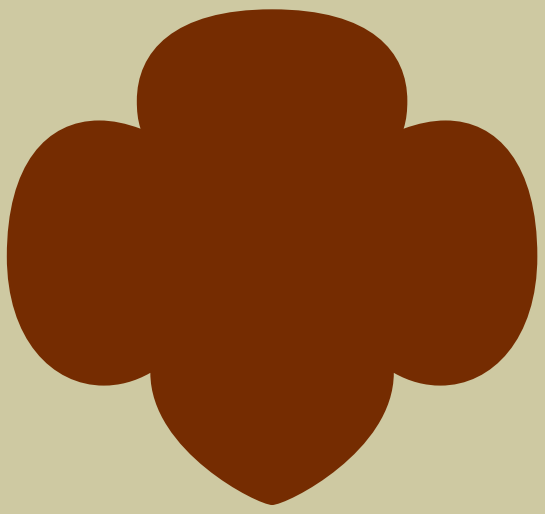
Next, take Daisies outside to look at clouds, play the video or live stream, or show them the photos. Have them draw each category of clouds on My Nature Tally Chart and add a tally for each cloud they see. Have them count or add their tally marks to find out how many clouds they found in each category and in all. It may help for Daisies to count on their fingers or write an equation. Then, have Daisies make a cloud collage. Help them to stretch and glue cotton balls on blue paper to make each cloud type. Have them label each kind of cloud and add the number of clouds they saw of that type. Have them write the total number of clouds they saw, too.

Ask the girls some questions to get them thinking: Which cloud did you see the most of? Which did you see the least of? How many in each category and in all?

Step 3 – Make a Map

A map is a drawing of a place, like your town, the world or a museum. When you follow a map and go from place to place, you create a sequence. A sequence is when things are put into a certain order.

Do this activity: Make an adventure map. Where will you go? Your home and yard? A park or your neighborhood? Draw the space. Add landmarks, like different rooms, furniture, trees, sidewalks, for example. Next add symbols and a legend for things like trash cans, water fountains, bathrooms. Then, choose a start and an end point on your map. Which places will you stop along the way to the end of your map? Draw a line from the start to your first stop. Now, draw another line to the next stop. Keep going until you reach the end point. (Maybe it's a pool or a cookie jar!)



Brownie Meeting Plans

Brownie Girl Scout Way



Find out how you can share the Girl Scout legacy. When you've earned this badge, you'll know how to practice and share the Girl Scout way.

Materials Needed: Paper, writing utensils, art supplies, posterboard (two sheets)

Step 1: Sing everywhere (10 minutes)

Introduce: Girl Scouts have lots of fun songs they sing to help build their sense of community and sisterhood. We are going to start out today by learning a very special Brownie song!

Ask the girls some questions to get them thinking: Why do we sing songs? How do songs help us feel connected?

Do this activity: Say: One great Girl Scout tradition is singing! We sing songs by campfires, when we hike, even in troop meetings! Today we'll sing the "Brownie Smile Song." I'll start by singing the line and you repeat. When you think you have it, you'll do it as a group without me! Here goes! *(If you have a multi-level troop with older girls, have them teach the younger girls a song for this step).*

Reflect: What did you think about the song? How does singing in a group make you feel?

Step 2: Celebrate Juliette Low's birthday (15 minutes)

Introduce: Now that we know a fun Girl Scout song, we are going to keep the fun going by celebrating a very special person.

Ask the girls some questions to get them thinking: What is a founder? Do you know who founded Girl Scouts? We are going to learn some more about the founder of Girl Scouts, Juliette Low, and then make cards to celebrate her birthday!

Do this activity: Read the story of Juliette Low to your Girl Scouts. Distribute paper & art supplies to the girls. Show each girl how to fold her paper hamburger style to make a card. Have the girls make birthday cards to celebrate Juliette Low.

They should include what they like best about Juliette or Girl Scouts. After girls are finished, have them share their cards with the group. *(If you have a multi-level troop with Seniors and Ambassadors, let them help the girls plan and throw their party.)*

Reflect: What did you learn about Juliette Low? Was there anything from her story that inspired you?

Step 3: Share sisterhood (10 minutes)

Introduce: Our troop is a sisterhood and that is a very special type of friendship. We are going to create something that shows the sisterhood between all the girls in our group.

Ask the girls some questions to get them thinking: What do you think it means to be a sister to someone? Who can you be a sister to?

Do this activity: Tell the girls they are going to write a troop cheer! Start by brainstorming some words of encouragement they might like to use in the cheer. Give each girl a turn to suggest something for the troop cheer. It can be a phrase, a rhythm, or some movements. Make sure each girl gets a turn to share her ideas. Work with the group to take all the ideas and finalize your troop cheer. After your cheer is finalized, write it down on the poster board or word doc so the girls can see it. Practice the cheer as a group!

Reflect: How does this cheer represent our troop? How did you feel when we all practiced the cheer together?

Step 4: Leave a place better than you found it (10 minutes)

Introduce: Girl Scouts always leave a place better than they found it. Since we sometimes make a mess during our meetings, let's decide on how we will leave our space better than we found it.

Ask the girls some questions to get them thinking: How do you feel when your space is messy? How do you feel when your space is clean?

Do this activity: Tape the large piece of paper to a wall. You could also use a word doc and share your screen with the girls. Have girls raise their hands and give examples of how to make your meeting space (or any space) better. Record the examples so everyone can see. Have the girls decide their top three. Give each girl a piece of paper and writing utensils and have them write a pledge to always leave a place better than they found it.

Reflect: What types of places do we go that we can leave better? How are we going to make sure we leave space a better place?

Step 5: Enjoy Girl Scout traditions (5-10 minutes)

Introduce: To end our meeting, we are going to learn about a Girl Scout friendship circle and do this tradition as a group.

Ask the girls some questions to get them thinking: Do you have any special ways you say goodbye to friends and family?

Do this activity: Girl Scouts have a special way to end meetings called a friendship circle. Have all the girls stand in a circle and hold hands with their right arms crossed over their left. Lead the girls through the first verse of "Make New Friends." When the song is finished, tell the girls to make a silent wish of friendship, and then squeeze their neighbor's hand. When all hands have been squeezed, have the girls twist out of the circle.

Reflect: What have you learned about being a Girl Scout?

The Story of Juliette Low

Juliette Magill Kinzie Gordon was born on Halloween, October 31, 1860, in Savannah, Georgia.
Her nickname growing up was Daisy.

Daisy was a sensitive, curious, and adventurous girl who was very caring and loved to laugh.
She liked all kinds of sports, art, animals-especially horses, and nature.

As a child, Daisy had ear injuries. When she became an adult, she married William Mackay Low. At her wedding, a grain of rice got stuck in her ear and she lost almost all of her hearing.

Juliette and her husband lived in England and Georgia. While in England, she met Sir Robert Baden-Powell, the founder of the Boy Scouts.

She was so excited about the wonderful things the Boy Scouts did that she decided to do the same for girls. She told her cousin, "I've got something for the girls of Savannah, and all of America, and all the world, and we're going to start it tonight."

That was in 1912, more than 100 years ago. Now the Girl Scouts is the largest leadership organization in the world!

Brownie Smile Song

I've got something in my pocket, it belongs across my face.
I keep it very close at hand, in a most convenient place.
I'm sure you couldn't guess it if you guessed a long, long while.
So I'll take it out and put it on, it's a Great Big Brownie Smile!

Make New Friends

Make new friends but keep the old
One is silver and the other's gold
A circle is round, it has no end
That's how long I want to be your friend

Making Friends

Suggested Activity Time 60 Minutes



Friends are another kind of family. They're the people you have fun with and who help you when you need it. Try this badge to learn how to make new friends, keep old friends, and be the best Brownie friend you can be.

Objective: When your girls have earned this award, they'll know how to be a good friend.

Materials Needed: 3 sheets of paper per girl, writing utensils.

Step 1: Introduce yourself (20 minutes)

Introduce: We are going to practice making introductions by playing a game. Introducing yourself to others helps you find out things you have in common and form friendships.

Ask the girls some questions to get them thinking: How do you introduce yourself to new people? Where can you make new friends?

Do this activity: Tell the girls they are going to get to know ach other a little better by introducing themselves. One at a time, have each girl introduce herself by stating her name and something she likes. After each girl shares one of her interests, ask the group, "if you share this interest, raise your hand!" If time allows, go around the group more than once to have girls share multiple interests.

Reflect: Did you have a lot in common with your friends? Did you learn something about a friend that you didn't know before?

Step 2: How to be a good friend (10 minutes)

Introduce: It is important to show your friends that you care about them. We are going to brainstorm ways to be a good friend.

Ask the girls some questions to get them thinking: What qualities do you look for in a friend?

Do this activity: Make sure each girl has a piece of paper and something to write with. Ask the girls to take a few minutes to list all the things that someone can do to be a good friend. After giving them a few minutes, go around and have the girls share their lists.

Reflect: Did you have some of the same ideas about how to be a good friend?

Step 3: Share an activity with a friend (10 minutes)

Introduce: A great way to show a friend you care is to pay special attention to what is important to them. Just because you are friends doesn't mean you both like the same things. We are going to learn about each other's favorite activities.

Ask the girls some questions to get them thinking: What activities do you like to do? *Don't have them answer just ask them to think about it.*

Do this activity: Have each girl make a list of their favorite things to do (songs, books, shows, movies, etc.). After each girl is done, have them share their list with the group. Each girl should then pick one of the activities from their friend's list to try before the next meeting.

Reflect: Did you have any favorite activities in common? Who wants to share what activity they picked to try?

Step 4: Kind words (10 minutes)

Introduce: Words can hurt, so it's important to use nice ones when you disagree. Practice using nice words to come to a solution that makes both people feel good.

Ask the girls some questions to get them thinking: What should you do if you disagree with someone? How does it make you feel when someone disagrees with you?

Do this activity: Tell the girls you are going to give them an example of a disagreement *(your friend is ignoring you, a classmate says they don't like your shoes, etc.)*.

After you give the example, ask for volunteers to tell the group how they would solve the disagreement.

Reflect: What did you notice about the problem-solving strategies? Did you deal with disagreements in similar ways?

Step 5: Make a friendship plan (10 minutes)

Introduce: Now it's time to practice your friend skills. First, make a list of the top three things you discovered that makes someone a good friend. Then make a friendship plan for how you can meet new people and be the friendliest you can be!

Ask the girls some questions to get them thinking: Can we get some volunteers to share their top three?

Do this activity: Give the girls a sheet of paper and have them divide it into three sections labeled places, ways, and friendship plan. Under places, girls should write places they can meet new people. Under ways, have girls write ways they can make friends. Finally, have them pick a place and way from the first two sections and come up with a friendship plan for making new friends in the third section.

Reflect: Would anyone like to share their friendship plan with the group?

Outdoor Art Creator



When girls have earned this badge, they'll know how to do different kinds of fun art projects outdoors.

Materials Needed: Nature Detective Walk Checklist (on VTK), tubes from paper towel rolls (one per girl), writing utensils, leaves, crayons, paper, index cards, camera or smartphone

Step 1: Find art ideas outdoors (15 minutes)

Introduce: In this badge, you'll learn how to do different kinds of fun art projects outdoors.

Ask the girls some questions to get them thinking: What are some examples of beautiful things you might see in nature? We are going to go on a nature detective walk to find some art ideas!

Do this activity: In this activity, you will go on a walk outdoors and use your detective eye to spot three things from the Nature Detective Walk Checklist. Give each girl a Nature Detective Walk Checklist handout, a pen or pencil, and a tube or paper towel roll. On your walk, look through your tube to focus on things close or far away. When you spot something, just observe, and make a checkmark next to the item on the checklist. Don't collect or touch anything! Feel free to find more than three items if you'd like. Art can be found everywhere, not just inside of a museum. While outdoors, also look for colors you can use in a drawing, a shape you want to copy, or a new way to be creative.

Reflect: How did it go? Were you able to find three items? Did anyone find more than three items?

Step 2: Make something! (15 minutes)

Introduce: In this activity, you will find different leaves outdoors and make leaf rubbings. When you're looking for leaves that you can work with, try to find ones that are different shapes and sizes. Find some soft leaves and hard leaves to see if there's a difference in the leaf rubbing.

Ask the girls some questions to get them thinking: Does anyone know what a leaf rubbing is? Have you ever made one before? You can make a leaf rubbing by placing paper over a leaf and rubbing it with a crayon. Then you'll have a colorful imprint of your leaf that you can create art with.

Do this activity: Girls go outside to find leaves for their leaf rubbings. Provide paper and crayons. Now that you've found your leaves, you can start to make your rubbings. Remember to place the paper on top of your leaf. Then you rub the crayon on the paper right over the leaf. Feel free to be creative! Use different colors and turn it into an outdoor art masterpiece of your own!

Reflect: Do you have a leaf rubbing you made that you like the most? Which one, and why?

Step 3: Dance or make music outdoors (10 minutes)

Introduce: Dance is a type of art, and there are so many ways to express yourself through this art form.

Ask the girls some questions to get them thinking: Did you know that dancing isn't just for humans? Animals and insects in nature can dance too! When a bee comes back to its hive, it does an eight-step "waggle dance" to tell its bee friends where the pollen and flowers are. The bee dances to share information with other bees. In this activity, you are going to pair-up to play a nature dance game.

Do this activity: Give each girl a few index cards and something to write with. The first step of this game is to write the names or draw pictures of animals or insects that have fun movements. So, if you like the bee's eight-step "waggle dance," you would write bee on the front of the card. Come up with a few ideas! Split girls into pairs. You can combine your index cards with your partner's to make a pile.Now, one at a time, you will take turns pulling a card from your pile of index cards. Then you'll try to move like the animal to get your partner to guess the name written on your card.

Reflect: Were you able to guess all of the animals your partner acted out? Was she able to guess yours?

Step 4: Be a nature photographer (10 minutes)

Introduce: In this activity, you will become a nature photographer, but with a twist! You'll take pictures the way an insect would see things in the outdoors.

Ask the girls some questions to get them thinking: Who can explain what a nature photographer does?

Do this activity: Pretend to shrink yourself and take pictures with a camera or smartphone as if you were that insect. Think about how your insect would see nature around them. Give the girls a few minutes to take pictures from an insect's perspective.

Reflect: Who would like to share their photos? What insect were you? How did that change how you took your pictures?

Step 5: Design with Nature (5 minutes)

Introduce: Nature is made up of so many objects that come in all shapes, colors, and sizes. We are going to make a drawing inspired by the nature you saw today.

Ask the girls some questions to get them thinking: What are some objects in nature that come in interesting shapes or colors?

Do this activity: Give the girls a piece of paper and coloring utensils. Ask them to draw a picture inspired by nature.

Reflect: Who would like to explain where they got the idea for their nature scene?

Democracy for Brownies



Find out how people in the government decide what rules are made and how they are followed. When your girls have earned this award, they'll know the three branches of government—and some of the things they are responsible for.

Materials Needed: 2 pieces of paper per girl, Markers/crayons, Pictures of the capitol, 3 Levels of Government video, President Fun Facts video, Sesame Street: Sonia Sotomayor video

Step 1: Learn about local government (10 minutes)

Introduce: The badge we're going to start today is all about our government.

Ask the girls some questions to get them thinking: Do you know what the word "government" means? It's a big word for something important! When a group of people live together--in a town, city, state, or country--they follow rules. These rules, and the people who make the rules, are called the government. We're going to start learning more about our government today.

Do this activity: Find an age-appropriate video on YouTube about the 3 levels of government and show it to the group. When the video is over, go through the discussion questions in the "Reflect" section.

Reflect: Which level of government is the biggest? **Federal**

Which level is the smallest? **Local**

Can someone give an example of a role someone may have in government? **President, Senators, mayors, governors, city council, judges, etc.**

Step 2: Find out about state government (10 minutes)

Introduce: Let's look a little closer at state government.

Ask the girls some questions to get them thinking: Who is the head of state government? What do you think a governor does?

Do this activity: Help the girls look up the responsibilities of a governor. Ask the girls to pretend that they are running for Governor of Texas. On their piece of paper, they should draw a campaign sign that they might use to get people to vote for them. Girls should also consider what they would do if they were governor. Have volunteers share their campaign signs and what they would do if elected governor.

Reflect: What qualities do you think a governor should have?

Step 3: Find out about our country's legislative branch (10 minutes)

Introduce: In this activity, you will start to learn about the legislative branch of the United States government. The United States government—and the government of every state—is broken into three parts, or branches. The government is divided in this way to make sure that power is shared, so no part has too much.

Ask the girls some questions to get them thinking: What is the legislative branch responsible for? The executive branch? Judicial? The legislative branch makes laws. The executive branch makes sure the law is carried out. The judicial branch decides what the law means if there are questions.

Do this activity: To set up the activity, say: The legislative branch of government is called Congress. Congress is made up of two parts: the House of Representatives and the Senate. This is the part of our government that makes laws. Congress meets in Washington, D.C., in a place called the United States Capitol. The Senate meets on one side of the building and the House of Representatives meets on the other. Ask the girls to design their own version of the capitol building on a piece of paper. Ask for volunteers to share.

Step 4: Find out about our country's executive branch (5 minutes)

Introduce: Just like the Governor is the head of the executive branch for state government, the president is the head of the federal executive branch.

Ask the girls some questions to get them thinking: What are some things the president is responsible for? We are going to learn some fun facts about US Presidents!

Do this activity: Search YouTube for the video "PRESIDENTS - Fun Facts! - Wiki for Kids at Cool School". Watch the Presidents Fun facts video then answer the discussion questions in the reflect section.

Reflect: What was the most surprising thing you discovered? Would you want to be president of the United States? Why or why not?

Step 5: Find out about our country's judicial branch (5 minutes)

Introduce: The last of the three branches of government we will talk about is the judicial branch.

Ask the girls some questions to get them thinking: What does the judicial branch do? The highest court in the nation is called the Supreme Court. The Supreme Court is made up of 9 justices who serve for life. We are going to learn about what justices do from Justice Sonia Sotomayor!

Do this activity: Search YouTube for the video "Sesame Street Sonia Sotomayor." Watch the video with the girls and then ask the questions in the reflect section.

Reflect: Which of the three branches of government (legislative, executive, judicial) would you choose to be in?

Fair Play



Playing fair means that everyone has the same chance to play, because everyone follows the same rules. That's what this badge is about. You'll learn to work together to have the most fun possible. That's fair play!

Materials Needed: Poster board, markers, computer or device with internet, an orange or ball of similar size.

Step 1: Follow the rules (20 minutes)

Introduce: Games are fun to play but have to be done a certain way so they are fair. Rules make games fair for all!

Ask the girls some questions to get them thinking: What are some rules for your favorite games?

Do this activity: As a group, choose a simple game to play, such as Duck, Duck, Grey Duck or Tag. Think of the rules needed to play the game. Make a poster listing the rules. Play the game, following the rules on the poster. Now, come up with two new rules for the game. Play the game with your new rules.

Reflect: How does this change the game? Which rules do you like better?

Step 2: Include everyone (15 minutes)

Introduce: People who play sports professionally are called athletes.

Ask the girls some questions to get them thinking: Who are some of your favorite athletes? What sport do they play?

Do this activity: Learn about a sport that women play professionally. Find information from books or online.

Reflect: Discuss some of the favorite things you learned.

Step 3, 4 & 5: Have a team field day (20 minutes)

Introduce: We are going to play a fun game together to test our teamwork!

Ask the girls some questions to get them thinking: What is teamwork?

Do this activity: Form two teams. Have each team stand in a single file line. Pass an orange or ball down the line from chin to chin. If it is dropped, the team needs to start back at the beginning. The first team to get to the end wins! Do this a few times, keeping score of how many times each team wins.

Reflect: How did you use teamwork in this activity?

Pets



Learn how to choose the pet that's right for you—or find out how to take the best care of a pet you already have. When your girls have earned this award, they'll know how to take care of a pet.

Materials Needed: Paper, crayons/markers, 2 pipe cleaners per girl, 1 piece of ribbon or string per girl, cheerios, device with internet.

Step 1: Find out what care different pets need (10 minutes)

Introduce: Pets are a part of our families! Just like people, pets need a lot of care and what they need depends on the kind of pet. Let's learn about what your pets need!

Ask the girls some questions to get them thinking: Raise your hand if you have a pet! Keep your hand up if you want to share a bit about your pet with the group!

Do this activity: Select a few volunteers to share the following with the group: What kind of pet do you have (If multiple select one to elaborate on)? What do you do to take care of your pet?

Reflect: Are some pets more work than others? Why do you need to consider what kind of care different pets need before adding one to your family?

Step 2: Keep a pet comfy (10 minutes)

Introduce: Now that we know more about what pets need, we are going to design a house for a pet!

Ask the girls some questions to get them thinking: What do you have in your house/room to keep you comfortable? Just like us, pets like to be comfortable. What do you think a pet would like in their home?

Do this activity: Tell the girls they are going to design a house for a pet. They should include everything they think that pet would need to be comfortable. Let the girls work for about 8 minutes then ask for volunteers to share their designs.

Reflect: Do pets and people need similar things? What things are different?

Step 3: Help a pet stay healthy and safe (5 minutes)

Introduce: Besides being happy and comfortable, it is important that pets are healthy.

Ask the girls some questions to get them thinking: We go to the doctor when we get sick, where do pets go? We are going to watch a short video about what vets do and how they help keep pets healthy.

Do this activity: Search YouTube for a video titled "Veterinarian - Career Spotlight" from USAgov. Show the video to the group.

Reflect: Besides what we saw in the video, what else might a vet do?

Step 4 & 5: Make a pet feel loved/feed a pet (10 minutes)

Introduce: We have learned a lot about pets today and how to take care of them. It is important to respect and appreciate all animals, even ones that aren't pets.

Ask the girls some questions to get them thinking: What kinds of wild animals can you find around your home? We are going to make a bird feeder that you can hang up to feed wild birds!

Do this activity: Make sure each girl has 2 pipe cleaners and a cup of Cheerios. Have girls string Cheerios onto the pipe cleaners and form them into a spiral, circle, or heart shape (or whatever shape they want). Have them secure the ends of the pipe cleaner. Then attach a ribbon and tie a knot or bow. Girls can hang the bird feeder outside at their home.

Reflect: Does anyone want to share something they learned about pets today?

My Cookie Customers



Find out how to manager your money by pretending to be a customer. Then use what you learned to make sure your cookie customers enjoy buying from you.

When you've earned this badge you'll know how to find customers and be comfortable swelling to them.

Materials Needed: index cards, pencils, crayons, pretend money, poster board, markers

Step 1: Learn about Girl Scout Cookies (20-30 min)

It's much easier to sell when you know your product well! First, do your research.

Ask the girls some questions to get them thinking: What are the different flavors and what are the ingredients for each? What makes them special? Which one is your favorite? How much do they cost? Which ones are the most popular?

Do this activity: Make Flash Cards. Each girl should make her own cookie deck. Use 9 index cards – 1 for each flavor. Write the name of a cookie on one side. On the other side, write a description of that cookie and draw a picture of it. Take turns going through the decks. Practice at home with family members.

Reflection: Think about who you can play this game with at home to practice. Does using the flash cards help you remember all the special details of each cookie?

Step 2: Decide how to use your cookie money (10-15 min)

This is called goal setting. Have a posterboard and markers to write down ideas or use sticky notes to put each idea on and stick to your poster. Vote on 1-5 choices of things you will do with your cookie money and set your goals. Track your goals throughout the cookie program.

Ask the girls some questions to get them thinking: Leaders might have a list of ideas already on the poster that will help get the girls started.

Do this activity: Come up with a cheer. Ccreate a cheer that you troop can say when you update your sales goals. Then, come up with another cheer you can do to celebrate when you reach your goals.

Bonus idea: Create a sales tracker on a poster to have at all booth sales so that your customers and see how they can contribute to your goal success!

Step 3: Find Customers (20-30 min)

People often say they didn't buy Girl Scout Cookies because they were never asked! You can change that!

Ask the girls some questions to get them thinking: Think of new ways to find customers and inspire them. What places around your community could you set up a booth sale? School? Place of worship? Your parent's work places? Where else?

Do this activity: Using a large poster board of craft paper roll have the girls draw a map of their community and mark locations where they might sell cookies to new customers. This is their community of customers mural!

Step 4: Money and Make Change (20-30 min)

Part of selling cookie is handling money from your customers.

Ask the girls some questions to get them thinking: Ask girls the price of each cookie type and have them figure prices for multiple boxes of each kind. How many boxes do they think most customers will purchase? 2? 3? 5? 12?

Do this activity: Have the girls make fake money or use toy money to practice selling and making change together. Girls might choose to make a cookie calculator to use at booth sales to help them remember quickly the change a customer may need. This is also a great time to practice talking about the different flavors!

Step 5: Connect with Customers (20-30min)

Practice what you'll say to customers. Ask how their day is, what their favorite cookie is, share your troop goals with them. People may be inspired by your chat and buy more or tell their friends about their awesome Girl Scout Cookie Salesperson!

Ask the girls some questions to get them thinking: Have the girls think about how to handle success and rejection. How will they thank buying customers? What will they say when a potential customer says "No, thank you."

Do this activity: Create a video to inspire customers. Include details from the "Tell Your Customers" handout. Don't forget to include your Digital Cookie link! Or take picture of your cookie business in action and make a slideshow. Show how people

make the world a better place by buying Girl Scout Cookies. Ask an adult to share your video or slideshow online.

Space Science Adventurer

Suggested Activity Time 60 Minutes



Whether you've searched for shooting stars or found shapes in the clouds, you've probably already spent some time looking at the sky. Now's your chance to see the sky in a new way—like a space scientist does!

Objective: When your girls have earned this award, they'll know how to investigate and learn about the Sun, Moon, planets, and stars.

Materials Needed: paper, writing utensils, computer/tablet, pretzel sticks, mini marshmallows, chocolate sandwich cookies, paper plates

Step 1: Meet the neighbors (10 minutes)

Introduce: There are 8 planets in our solar system. Let's see if we can name them all!

Ask the girls some questions to get them thinking: Can someone name a planet in our solar system? We are going to create a way to remember all 8 planets.

Do this activity: Go over the 8 planets in the solar system. As you name them, have the girls write the first letter of each planet down the side of their paper. Tell the girls to come up with a poem, sentence, or song that uses the first letter of every planet. Ask the girls to share what they came up with.

Reflect: This memorization trick is called a mnemonic. Do you think it will help you remember the planets? What other mnemonic devices do you know?

Step 2: See more than before (10 minutes)

Introduce: The objects in our Solar System—and beyond—are far away. In order to look at them in more detail, space scientists need to use tools. You can use some of these tools too—and today we are going to give it a try!

Ask the girls some questions to get them thinking: Can someone tell me a tool that scientists use to observe space? We are going to look at some of the pictures taken by the Hubble Space Telescope. It is a large telescope that stays in space to take really clear pictures of our solar system and beyond!

Do this activity: Go to the Hubble Space Telescope image gallery online. Together with the girls, look at some of the pictures. Let the girls pick which images interest them the most. If time allows, have each girl draw the picture that she liked the best.

Reflect: Telescopes allow us to see much more than our eyes alone. Without telescopes, we wouldn't know as much about space because it is so big and far away.

Step 3: Investigate the moon (15 minutes)

Introduce: Have you ever noticed that the Moon looks different at different times of the month? It doesn't change shape, but it looks different. These shapes are called the "phases of the Moon."

Ask the girls some questions to get them thinking: How many phases of the moon are there? There are 8 phases. To better know these phases, we are going to create a model of all 8 next!

Do this activity: Pass out 8 chocolate sandwich cookies to each girl. Pull up a picture that shows all 8 phases. Have the girls recreate each phase by removing the white frosting to show the part of the moon we can see during each phase.

Reflect: Does anyone know or have a guess about why we see the moon in these different shapes? The Moon does not make its own light. It reflects light from the Sun, and the lit portion is what we see. As the Moon orbits (moves around) the Earth,

the Sun lights different parts of it. This makes the Moon look like it is changing shape.

Step 4: Be a stargazer (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 5: Celebrate and share (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.

Painting

Suggested Activity Time 60 Minutes



Artists take what they see and make it beautiful. Learn to paint and color your world in super strokes!

Objective: When your girls have earned this badge, they'll have new ideas about what to paint – and how to paint it.

Materials Needed: painting match up worksheet (VTK), washable paint, thick paper or small canvases, paper plates, paint brushes, large sheet of butcher paper or poster board

Step 1: Get Inspired (5 minutes)

Introduce: Today we are going to become artists! To help us become inspired, we are going to start by learning more about paintings you like, and the artists that created them.

Ask the girls some questions to get them thinking: What types of paintings do you like? What do you think makes a painting "good?"

Do this activity: Break the girls into small groups and give each group a painting match up worksheet. Read through the descriptions aloud as a group, and have each group try to match up the styles of each of the 4 paintings. Review the answers together as a group.

Reflect: Which of the 4 styles was your favorite? What do you like about that painting?

Step 2: Paint the real world (15 minutes)

Introduce: Painting what's around you is the first step to becoming an artist. For our next step, we are going to try to paint still life. A "still life" is an object, like a bowl of fruit or a vase.

Ask the girls some questions to get them thinking: Look around the room/meeting location. What items do you see that would be fun to paint? What do you notice about the item? As you are painting, be sure to think about the colors, the shape, texture, and the way the light hits it.

Do this activity: Have each girl choose which image she will paint and set her up with the object in front of her. Pass out the paper/canvases, paintbrushes, and paper plates. Help the girls put a little of each paint color on their plate. Let the girls work for 10-12 minutes. Once they are done, have then share their painting with the group.

Reflect: How did your painting turn out? Does it look like the object in front of you?

Step 3: Paint a mood (10 minutes)

Introduce: Some painters create "abstract" art. They don't paint objects or people. Instead, they use shapes, lines, and colors to paint a feeling or mood. In this next activity, we are going to pretend we are artists painting an emotion.

Ask the girls some questions to get them thinking: What colors would you use to create a calm feeling? *Ask the same for a few more emotions.*

Do this activity: Have each girl choose an emotion to paint. Be sure to affirm girls' choices. All emotions are valid, and it's healthy to be able to identify and feel a variety of emotions. On a new piece of paper, have the girls create abstract art to represent a feeling. Once the girls have finished their paintings, invite the group to guess which emotion each painting was meant to represent.

Reflect: Was your intended emotion immediately recognizable by other people? How?

Step 4: Paint without brushes (10 minutes)

Introduce: For our next painting activity, we are going to change our painting style by changing the tools we use. We are going to finish our paintings without brushes!

Ask the girls some questions to get them thinking: If we aren't using brushes, what do you think we will use to paint?

Do this activity: Have the girls put down their brushes and either start a new painting or continue their paintings with their fingers. When all the girls have clean hands, ask them to share their painting with the group. Encourage the other girls to say what they like about their friends' paintings.

Reflect: How did your painting change when you changed your painting tool? What other types of painting tools could you use if you didn't have a brush?

Step 5: Paint a mural (20 minutes)

Introduce: A mural is a big painting that tells a story. Today, we are going to work as a team to create our own mural.

Ask the girls some questions to get them thinking: What kind of story do we want to tell with our mural? What kinds of images should we include to tell this story?

Do this activity: As a team, have the girls decide on what they want to paint for their mural. Work together to make sure each girl understands how she will contribute to the final product. Give the girls their painting materials and have them work collaboratively to create their troop mural.

Reflect: What story does your mural tell? How did it feel to work collaboratively on this piece of art?

Design with Nature



Plants, bees, and birds are fascinating! They're all part of nature. This badge is all about using math to do things in nature.

Math can help you design a garden, build a bird feeder and explore the world of bees.

- **Calculate the age of a natural object**
- **Explore the shape of beehives**
- **Measure and build a bird feeder**
- **Use ratios to make bird food**
- **Graph data about birds**

When you've earned this badge, you know about natural objects and how to measure, use scale and ratios, and make a graph.

TIP: *We recommend splitting this badge into 2 meetings. Complete steps 3 & 4 in the first meeting; step 5 can be completed by the girls at home between the first meeting and the second meeting. Then, complete steps 1 & 2 in the second meeting and discuss the results of step 5. Don't forget to use the Volunteer Toolkit along the way.*

Materials Needed: paper, pencils, glue/tape, paper straws or other paper cylinders, different types of bird food, string/yarn, milk/orange juice cartons, dowels, measuring cups, tape measure or rulers, scissors, tape

Step 1: Calculate the age of a natural object

Use your observations to measure the age of different natural objects.

Do this activity: Calculate the age of a tree. Take a hike and find a tree stump in nature or look at a tree cookie to discuss the meanings of the annual rings. Have the girls count the rings to determine the age of the tree. Each ring mark equals 1 year. Next have the girls take the number of rings and subtract that from the current year. The result is the year the tree was planted.

Ask the girls some questions to get them thinking: Concentric circles – as seen in the tree; what does annual ring mean? Accounts for time – 1 year; what does tree cookie mean? A "slice" from a tree; Why is there more room between some of the rings? Denotes the growing conditions, thicker rings equal better weather, more rain.

Step 2: Explore the Shape of Beehives

Learn about ratio and scale in hexagonal shapes in tessellation (arrangement of shapes that create a pattern with no gaps or overlaps). Visit with a beekeeper or discuss bees and pollination and the shape of a beehive.

Do this activity: Make a bee hotel. Bee hotels are for the pollinators, bees that live solitary and do not make honey; they help with pollination. Look at pictures of bee hotels which are used to attract pollinators. Using paper tubes (paper straws are good for this) and other materials, have the girls create their bee hotel tessellations.

Step 3 & 4: Measure and Build a Bird Feeder

Discuss the types of birds we all see in our area. What do different birds like to eat? Look at different seed mixtures and have the girls learn what ratios and volume of each type of seed they should put into their own seed mixture for a backyard feeder.

Do this activity: Have the girls build a bird seed feeder. Follow the instructions for the feeder in your Volunteer Toolkit. This is also a great activity to do on a field trip to a DIY store for a workshop! Don't forget once the feeders are complete to have the girls measure and adjust the ratios of seeds to fit their feeders.

Step 5: Graph Data About Birds

In this step you will collect your data or information, in a data set, which is your collection of information for six days, and create a bar graph to show your data over the week. Scientists called Ornithologists study birds and collect data in this way. When collecting your data on the amount of food the birds eat each day you will use an x-axis and a y-axis. The x-axis will be the day of the week and the y-asis will be the amount of food you measure.

Do this activity: Girls will take home their feeders with food and hang in their yards. Girls should monitor the bird feeders each day for 6 days. Each day measure the amount of food left in the feed and keep a record the data (how much food is left in the feeder). Using the data collected, each girl will create a bar graph to share her findings.

At the meeting have girls put their results into bar graphs and compare.

Snacks



Make great snacks for yourself and your friends. When you eat them, they'll give you the energy to think, hike, run around, dress up – and do all the other activities you love to do!

- **Jump into the world of snacks**
- **Make a savory snack**
- **Try a sweet snack**
- **Snack for energy**
- **Slurp a snack**

When you've earned this badge, you'll know how to make yummy snacks for your family and friends.

Materials Needed: pencils, paper, index cards, old magazines, scissors, bowls, baggies, spoons, knives, cutting board, cups, blender, ingredients for the snacks, nutrition labels, crayons.

Step 1: Jump into the world of snacks – all about snacks

Do this activity:

- Old magazines and have the girls look through them and tear out pictures of snacks or have them draw pictures of snacks.
- Have the girls decide which snacks are healthy and which are unhealthy and why.
- Ask the girls what they know about the nutrition labels are on packaged snacks. Discuss what vitamins, fat, carbohydrates, and fiber are. Talk about why and how your bodies needs and uses these things. (have a few boxes with these labels on them at your meeting)
- Have each girl draw a picture of her favorite snack.

Step 2, 3 & 5: Make a savory snack; try a sweet snack & slurp a snack

Do this activity: Create different snacks to try. Make an easy salsa with chips, let the girls make their own trail mix and create a smoothie to slurp down. Use the simple recipes found for this badge in the VTK. Don't forget the napkins, cups, bowls, spoons

Salsa: Mix chopped onions, tomatoes, cilantro, salt pepper, chopped jalepenos, garlic and lemon juice.

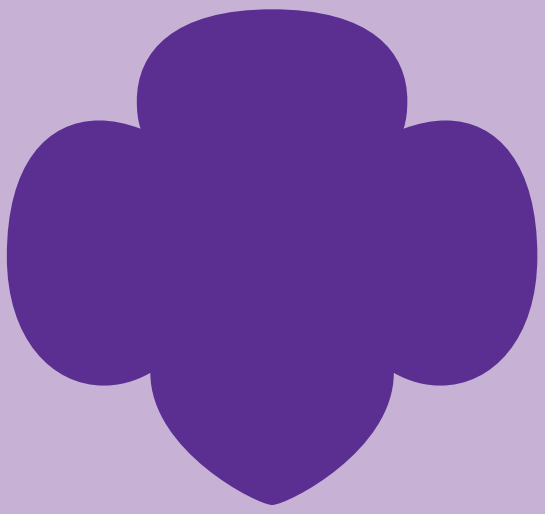
Trail Mix: Let the girls create their own with: raisins, marshmallows, cereal, pretzels, chocolate chips, etc.

Smoothie: Frozen fruit, honey, juice/water, ice and a blender

Step 4 – Snack Chat

As the girls enjoy their different snacks ask them what makes a good snack for energy? What types of things should they put into their snack? As the ideas flow, create a recipe for the girls to try at home with their families. Have each girl write down her recipe to take home and share.

Reflection: Ask the girls which type of snacks they enjoyed the most and least. Why? What would they change to make one of the snacks better?



Junior Meeting Plans

Junior Girl Scout Way



As a Girl Scout Junior, you're on an adventure to find your own path through the world. Our sisterhood is full of traditions to help guide you. In this badge, share activities and spirit that's a century strong and growing stronger every day- because of Girl Scout stars like you! When your girls have earned this award, they'll know all about Girl Scout traditions.

Materials Needed: Web enabled device, index cards, markers, SWAPS materials

Step 1: Match songs to an occasion (10 minutes)

Introduce: Girl Scouts sing in special places or to mark special times- or sometimes just for the fun of it! There are songs for many different events and choosing the right ones can make an occasion more meaningful.

Ask the girls some questions to get them thinking: Why do you think songs are part of our tradition?

Do this activity: Divide the girls into small groups. Give each group 5 index cards and have them write down an occasion where there may be singing. All groups will then turn their index cards in. From their cards, select occasions at random and have each group think of a song that fits the occasion.

Reflect: How did you select the song you did? Why do you think singing songs brings people together?

Step 2: Celebrate Girl Scout Birthday (15 minutes)

Introduce: As a Junior, celebrate the Girl Scout birthday. On March 12, 1912, 18 girls gathered for the first Girl Scout meeting in the United States. This year, celebrate how Girl Scouts are still going strong a century later!

Ask the girls some questions to get them thinking: How could we make a Girl Scout birthday celebration different from other birthday celebrations?

Do this activity: Play the Girl Scout game Sally Walker. Girls get in a circle with one girl standing in the center. All the girls sing Sally Walker (lyrics below) while the girl in the middle walks around the circle. When the girls sing "stopped" the girl in the center jumps in front of a girl and the dance face to face. When the word "switch is sang for the first time, the girl in the center makes up a dance move. When switch is sang the second time, the girl she is facing goes into the middle and copies the dance move. She is now Sally Walker.

Little Sally Walker walking down the street, she didn't know what to do so she stopped in front of me and said hey girl do your thing do your thing and switch. Hey girl do your thing do your thing and switch.

Reflect: Besides playing games, what other ways can you celebrate Girl Scout Birthday?

Step 3: Share Sisterhood (15 minutes)

Introduce: "Sisterhood" doesn't mean just sisters in your family. All the girls and women who are Girl Scouts try to live by the Girl Scout Law. That's what makes us a Girl Scout sisterhood. Use our Girl Scout Law's important lines to get closer to your sisters across time and space.

Ask the girls some questions to get them thinking: What does sisterhood mean to you?

Do this activity: Make SWAPS (Special Whatchamacallits Affectionately Pinned Somewhere) -Pinterest.com has tons ideas for SWAPS. Pick 2-4 ideas that represent your troop, and let the girls vote on which SWAPS they want to make. You could also have each girl make a unique SWAP to share with girls in your group.

Reflect: How did this activity help build sisterhood among our troop?

Step 4: Leave a place better than you found it (10 minutes)

Introduce: It's the Girl Scout way to care about the world around us – whether it's a room, a campground

campground, or the world. For the next part of this badge, we are going to brainstorm ideas to improve our community and make a commitment to follow through on our ideas.

Ask the girls some questions to get them thinking: What are some places where you spend a lot of time? How could you improve that space for everyone?

Do this activity: Capture girls' answers from the thinking/ planning step on a whiteboard or poster for all the girls to see. From the list generated, have the troop identify one project to improve their community. This could be a park cleanup day, creating a trail education guide, or improving a community space. As a troop, make plans to implement this project later. (If part of a multi-level troop with Cadette, Senior or Ambassadors, do this step together following the instructions on Step 4 for the older group.)

Reflect: Why should we leave places better than we found them?

Step 5: Enjoy Girl Scout traditions (10 minutes)

Introduce: To end our meeting, we are going to learn about a Girl Scout friendship circle and do this tradition as a group.

Ask the girls some questions to get them thinking: Do you have any special ways you say goodbye to friends and family?

Do this activity: Girl Scouts have a special way to end meetings called a friendship circle. Have all the girls stand in a circle and hold hands with their right arms crossed over their left. Lead the girls through the first verse of "Make New Friends." When the song is finished, tell the girls to make a silent wish of friendship, and then squeeze their neighbor's hand. When all hands have been squeezed, have the girls twist out of the circle.

Reflect: What have you learned about being a Girl Scout?

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 Needed: 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.

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?

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?

Outdoor Art Explorer



When girls earn this badge, they will know how to find the art in nature and create their own outdoor artwork.

Materials Needed: Coloring utensils, paper, scissors, glue, leaves/shells/or other unique outdoor items, clay, computer or device with internet access, camera or smartphone

Step 1: Explore outdoor art (15 minutes)

Introduce: Outdoor art can really be found just about anywhere. And since art is often what you make it, you can be inspired by just about anything

in nature to create art. From color, to textures, to shapes, art in nature can be discovered all around you.

Ask the girls some questions to get them thinking: Who can name some of the local wildlife you notice in this area? Think of the different features of the local wildlife. How do these different features help the animals thrive in this environment? In this activity, you're going to create an art piece to show a whole new kind of wildlife that would be well suited for this area!

Do this activity: Give each girl a piece of paper and coloring utensils. Have them create a drawing to show a new kind of wildlife.

Reflect: Ask for volunteers to share with the group.

Step 2: Make something! (10 minutes)

Introduce: Did you know that nature is often a big inspiration behind crafts? Things like the ocean, trees, the sun, moon, stars and animals have long been used to inspire art and designs.

Ask the girls some questions to get them thinking: Does anyone know what an impression is? An impression is an indentation, or dents, on the surface of something. In this activity, you're going to use clay to make an outdoor themed impression by denting the clay with a nature object. But first, you have to have outdoor objects to make impressions with! We're going to head outside and you're going to take a few minutes to grab objects you'd like to use.

Do this activity: Girls go outside to find objects to use for impressions. Now that you have your object(s), you're going to press the object(s) into the dough/clay, then remove them after they've been pressed for a while. Ask for volunteers to share their impressions.

Reflect: Now that you've made your impression, you can preserve it by putting it outside in the sun or in the oven to dry. Now it's time to return the objects you used back to nature.

Step 3: Find music in nature (15 minutes)

Introduce: Did you know that for as long as musicians have been making music, they've been using the sounds of the outdoors as inspiration?

Ask the girls some questions to get them thinking: Who can think of a song where you can hear a sound of nature? Perhaps you hear rain or thunder or an animal of some sort. In this activity, you're going to sing a Girl Scout song outside.

Do this activity: Go online and find a Girl Scout song (or ask if the girls know any they can teach the group). Repeat songs like the Moose Song and Boom Chicka Boom are great for this activity. Once you have a song, go outside and sing together!

Reflect: What did you think of the song? What types of songs do you enjoy singing when you're by yourself?

Step 4: Be a nature photographer (10 minutes)

Introduce: In this activity, you will become a nature photographer, but with a twist! You'll take pictures the way an insect would see things in the outdoors.

Ask the girls some questions to get them thinking: Who can explain what a nature photographer does?

Do this activity: Pretend to shrink yourself and take pictures with a camera or smartphone as if you were that insect. Think about how your insect would see nature around them. Give the girls a few minutes to take pictures from an insect's perspective.

Reflect: Who would like to share their photos? What insect were you? How did that change how you took your pictures?

Step 5: Design with Nature (5 minutes)

Introduce: Nature is made up of so many objects that come in all shapes, colors, and sizes. We are going to make a drawing inspired by the nature you saw today.

Ask the girls some questions to get them thinking: What are some objects in nature that come in interesting shapes or colors?

Do this activity: Give the girls a piece of paper and coloring utensils. Ask them to draw a picture inspired by nature.

Reflect: Who would like to explain where they got the idea for their nature scene?

Democracy for Juniors



Find out how people in the government decide what rules are made and how they are followed. When your girls have earned this award, they'll know the three branches of government—and some of the things they are responsible for.

Materials Needed: 2 pieces of paper per girl, Markers/crayons, Pictures of the capitol, 3 Levels of Government video, President Fun Facts video, Sesame Street: Sonia Sotomayor video

Step 1: Learn about local government (10 minutes)

Introduce: The badge we're going to start today is all about our government.

Ask the girls some questions to get them thinking: Do you know what the word "government" means? It's a big word for something important! When a group of people live together--in a town, city, state, or country--they follow rules. These rules, and the people who make the rules, are called the government. We're going to start learning more about our government today.

Do this activity: Find an age-appropriate video on YouTube about the 3 levels of government and show it to the group. When the video is over, go through the discussion questions in the "Reflect" section.

Reflect: Which level of government is the biggest? **Federal**

Which level is the smallest? **Local**

Can someone give an example of a role someone may have in government? **President, Senators, mayors, governors, city council, judges, etc.**

Step 2: Find out about state government (10 minutes)

Introduce: Let's look a little closer at state government.

Ask the girls some questions to get them thinking: Who is the head of state government? What do you think a governor does?

Do this activity: Help the girls look up the responsibilities of a governor. Ask the girls to pretend that they are running for Governor of Texas. On their piece of paper, they should draw a campaign sign that they might use to get people to vote for them. Girls should also consider what they would do if they were governor.

Reflect: What qualities do you think a governor should have?

Step 3: Find out about our country's legislative branch (10 minutes)

Introduce: In this activity, you will start to learn about the legislative branch of the United States government. The United States government—and the government of every state—is broken into three parts, or branches. The government is divided in this way to make sure that power is shared, so no part has too much.

Ask the girls some questions to get them thinking: What is the legislative branch responsible for? The executive branch? Judicial? The legislative branch makes laws. The executive branch makes sure the law is carried out. The judicial branch decides what the law means if there are questions.

Do this activity: To set up the activity, say: The legislative branch of government is called Congress. Congress is made up of two parts: the House of Representatives and the Senate. This is the part of our government that makes laws. Congress meets in Washington, D.C., in a place called the United States Capitol. The Senate meets on one side of the building and the House of Representatives meets on the other. Ask the girls to design their own version of the capitol building on a piece of paper. Ask for volunteers to share.

Step 4: Find out about our country's executive branch (5 minutes)

Introduce: Just like the Governor is the head of the executive branch for state government, the president is the head of the federal executive branch.

Ask the girls some questions to get them thinking: What are some things the president is responsible for? We are going to learn some fun facts about US Presidents!

Do this activity: Search YouTube for the video "PRESIDENTS - Fun Facts! - Wiki for Kids at Cool School". Watch the Presidents Fun facts video then answer the discussion questions in the reflect section.

Reflect: What was the most surprising thing you discovered? Would you want to be president of the United States? Why or why not?

Step 5: Find out about our country's judicial branch (5 minutes)

Introduce: The last of the three branches of government we will talk about is the judicial branch.

Ask the girls some questions to get them thinking: What does the judicial branch do? The highest court in the nation is called the Supreme Court. The Supreme Court is made up of 9 justices who serve for life. We are going to learn about what justices do from Justice Sonia Sotomayor!

Do this activity: Search YouTube for the video "Sesame Street Sonia Sotomayor." Watch the video with the girls and then ask the questions in the reflect section.

Reflect: Which of the three branches of government (legislative, executive, judicial) would you choose to be in?

Practice with Purpose



When you've earned this badge, you'll know how to set a sports goal and practice to achieve it.

Materials Needed: Music, timer, dice, masking tape, paper, writing utensils

Step 1: Decide on your goal (5 minutes)

Introduce: Athletes set goals to help them be successful in their sports.

Ask the girls some questions to get them thinking: What is a goal?

Do this activity: To practice with purpose, it helps to have a goal. Have girls make an exercise or sports-related goal. They can make a goal individually or as a group.

Reflect: Ask for volunteers to share their goals.

Step 2: Increase your endurance (15 minutes)

Introduce: An important thing for athletes to work on is improving endurance.

Ask the girls some questions to get them thinking: What is endurance?

Do this activity: Tell the girls that one way to help them reach their goals is to build up their endurance. Play the music and ask girls to dance for one minute. Ask girls to make up dance moves that use their entire bodies. After dancing for one minute, take a brief break. Then, try for three minutes. After three minutes, try five. How long do they think they can dance without stopping?

Reflect: How long did you dance without stopping? Was it more or less time than you thought you would be able to dance?

Step 3: Build your strength (15 minutes)

Introduce: Athletes also need to build strength when training.

Ask the girls some questions to get them thinking: What are some exercises that build strength?

Do this activity: Have the girls stand in a circle. Each girl should take a turn standing in the center of the circle and picking an exercise for the group to complete. The girl in the center will pick an exercise and then role the dice to see how many the group must complete.

Reflect: Which exercise was your favorite? Least favorite?

Step 4: Drill for a skill (15 minutes)

Introduce: Athletes sometimes go through different skill drills to improve their performance.

Ask the girls some questions to get them thinking: What is a drill?

Do this activity: Create two ladders using masking tape to mark the floor. Ladders should be equal number of "steps" (about 8), parallel to one another and 10 feet apart from each other. Start one girl at the end of one ladder and the second girl diagonally opposite at the end of the second ladder. On command, both girls run in a clockwise motion through the ladders, trying to catch up with each other.

Reflect: What do you think this drill is used for?

Step 5: Practice, practice, practice (5 minutes)

Ask the girls some questions to get them thinking: What does it mean to practice?

Do this activity: Have the girls write down some things they can practice at home to build their strength, increase endurance and/or drill for a skill.

Reflect: Ask for volunteers to share.

Animal Habitats



Find out more about where animals live, how they play, and how humans can help them. When your girls have earned this award, they'll know more about wild animals and how to protect their homes.

Materials Needed: Paper, markers/crayons, computer/tablet

Step 1: Find out about wild animals (10 minutes)

Introduce: You don't have to go to the zoo to see wild animals, there are wild animals in your own backyard!

Ask the girls some questions to get them thinking: What are some animals that live around you?

Do this activity: Have the girls brainstorm wild animals that live in their area. Start with their backyard or neighborhood. Then, move out to city, region, and finally, state. As the girls brainstorm, write down their answers on a piece of paper. Go through the list and have the girls raise their hand if they have seen the animal, put tallies next to each.

Reflect: What is the most common wild animal that our group has encountered? What animals are less common?

Step 2: Investigate an animal habitat (5 minutes)

Introduce: Now that we know the animals that live around us, let's look at some more exotic animals and their habitats!

Ask the girls some questions to get them thinking: What is a habitat?

Do this activity: Go to YouTube and search for the video Inside the Zoo- Simmons Hippo Outpost: Part 1. This video gives a tour of the Hippo habitat at the Dallas Zoo. Watch the video and discuss.

Reflect: What did you learn about the hippo habitat? What do they need in a habitat?

Step 3: Create an animal house (10 minutes)

Introduce: We are going to pretend like we are zoo exhibit designers and create the perfect habitat for a wild animal!

Ask the girls some questions to get them thinking: What kinds of things do you need to consider when designing your exhibit?

Do this activity: Have the girls pick an animal they want to design a habitat for. Give them about 8 minutes to draw. Ask for volunteers to share their drawings.

Reflect: Why did you design your habitat the way you did? What features are specific to the animal that will live there?

Step 4: Endangered Animals (30 minutes)

Introduce: Think about the Gulf of Mexico, can you think of any animals that are endangered and their natural habitat is the Gulf of Mexico?

Ask the girls some questions to get them thinking: How do you think animals become endangered? Did you know that when an animal becomes endangered to the point it is added to the government's list it is illegal to harm it?

Do this activity: Let's partner up and choose an animal to research from this area. Alright use your computers to research your animal – where it lives and find out why it is in danger. Also, what is happening to the animals? What are people doing to help the habitat? Are the animals able to adapt? Once you have your information, we will take turns sharing with the group.

Step 5: Wildlife Awareness Party (15-20 minutes)

Ask the girls some questions to get them thinking: Now that you've learned so much about animal habitats, it's time to devise a plan to help protect them. Throw out a few ideas of possible ways you can help!

Do this activity: In this activity, you're going to have a wildlife awareness party!
Each of you will select your favorite endangered animal, you're going to then do your research, and prepare to tell the troop all about the animal. After you've learned about the animal, you're going to tell the troop everything about the animal including where they live and why they're endangered, and the troop will guess the animal you selected! When your animal is guessed, you'll share why you selected that animal with the troop!

Reflect: Ask the girls which animals they feel need to be the priority in saving and how those animals make an impact not only in their eco-system but across the planet. Begin thinking what changes in our way of life girls can begin to make to help save animals from extinction.

My Cookie Team



When you earn this badge you will learn that the secret to a successful cookie business is teamwork. Everyone has different skills and ideas to offer. Work with your Girl Scout group to meet your goals and have fun!

When you've earned this badge, you'll know how to use teamwork to help your cookie business.

Materials Needed: paper, pencils, photos, posterboard, glue, scissors, old magazines

Step 1: Find out about Girl Scout Cookies

Start by finding out about all the different kinds of cookies and what they cost.

Activity: Hold a Cookie Race – Create a list of questions about the cookie program, include such things as: how many flavors are there, info on each flavor, how does Digital Cookie work, different reward level items, how cookies can be donated, etc. Divide into two teams. Give the list of questions to each team. The first team to finish answering the questions will share the answers. If they make a mistake, the other team takes over to answer the questions.

Step 2: Decide How to Use Your Cookie Money

As a troop, discuss what your goals are for the upcoming year – the short team, medium range, and long-term range. Will you use your cookie funds to pay for badges, snacks? Plan an activity or trip for the summer? Is there an extended trip you and your friends would like to start planning for? Be sure to vote on your troop's goals.

Activity: Make a Vision Board – create a vision board with image and words that express your cookie business goals and how your troop will use the money. Your vision board could include a picture of your troop or inspirational phrases to help you reach your goals!

Step 3: Set Up a Troop Budget and Package Goal

Now that you have your list of goals, find out how much it will cost to meet each one. Then decide how many cookie package you need to sell as a troop to make your sales goal. Use the Cookie Planner handout to set your budget.

Activity: Create a Cookie Sales Chart – Create a cookie sales chart to track your goals and show your progress. With an adult, go online to find ideas to make your chart fun! Update your progress at each meeting.

Step 4: Build Your Team

What responsibilities does every girl in your troop share? Work as a team to have a successful cookie sale. Set responsibilities and deadlines for selling in person and online. Decide how you will communicate, track goals, and share responsibilities.

Activity: Draw Back to Back – Practicing good communication is import for every team. Divide into pairs. Sit back to back. Both of you should have paper and a pencil. Draw a shape or simple drawing. Now your partner should draw your picture as you describe it in detail for her. Then switch and have your partner describe what she drew while you try to draw it. When you're ready, compare drawings. Do they match the originals? What was it like listening to a description of an image and trying to draw it?

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Step 5: Create Your Pitch to Customers

Find out how to convince customers to buy cookies from you. Tell them all the things you've learned by being a cookie entrepreneur!

Activity: Practice Your Pitch with Your Troop – Take turns sharing your pitch with your Girl Scout troop and getting feedback. When writing your pitch brainstorm together what you want to include: introduce yourself, names of the cookies and their price, troop plans with the profits, how cookies can be donated, what you are learning through the cookie program, the "ask," and a thank you evening if they choose not to buy.

Reflection: Did working on this badge help you feel more confident in your sales skills? Did you notice that participating in the cookie sale is also honing your math skills? What additional preparation does your troop need to do before the cookie sale begins?

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 Needed: 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.

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.

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 Needed: 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 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 to fill 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!

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!

Shapes in Nature



How are butterfly wings, peacock feathers, seashells, and lightning alike? The're all patterns innature. A pattern is when something repeats itself, like a checkerboard ro stripes on a tiger.

Nature is a talented artist! It uses patterns, based in math, in many creations. In this badge, explore patterns found in nature and use math to create your own.

- **Identify symmetry in nature**
- **Explore bilateral symmetry in nature**
- **Create nature-inspired art with circular symmetry**
- **Find fractuals in nature**
- **Search for the Fibonacci sequence**

Materials Needed: Paint, hole punch, pencils, paper, scissors, string, wire coat hangers or other wire, tissue paper, glue, markers, pipe cleaners, paper plates, magazines or craft materials

Step 1: Identify symmetry in nature

Symmetry in nature. Symmetrical objects have parts that are identical or mirror images, like our faces, an acorn or, an apple. The line of symmetry shows where the side would be identical. It's like an imaginary line where you could make a fold and both sides would be identical. What are some things that are good examples of symmetry? Butterflies? Hearts? Snowflakes?

Activity: Create a paper snowflake with symmetry.

1. Start with a square piece of paper. If your paper is a rectangle, fold one corner diagonally to touch the other side of the paper. Cut or tear off the remaining rectangular flap.
2. Fold the square diagonally into a triangle.
3. Fold the triangle in half again, making a smaller triangle. Then fold one more time into an even smaller triangle. This will make six lines of symmetry, and six sides and angles.
4. Keeping your paper folded into the small triangle, cut into the folds to create a pattern.
5. Unfold to see the final design.

Once Juniors create paper snowflakes, have them each share their design with the troop and point out their snowflake's lines of symmetry.

Afterwards, challenge Juniors to make other symmetrical designs with paper. Ask, "How many lines of symmetry are there?" for each creation.

Step 2: Explore bilateral symmetry in nature

Bilateral symmetry is when you draw a line from the head to the tail of a tiger, down the middle of a butterfly or across some flowers, you will see that both sides are identical. The line of symmetry divides the thing in two.

Activity: Create a butterfly symmetry.

1. Take a coat hanger and bend the hook down toward the "shoulder" of the hanger, with the hook facing down to create one antenna. Repeat with the other coat hanger.
2. Attach the two hangers by wrapping a pipe

cleaner just under the hooks, creating the butterfly's body.

3. Bend or shape the wings, trying to make both sides symmetrical.
4. Apply glue to the edges of the coat hanger wings and then place the wings between two sheets of tissue paper, pressing down to get both pieces to stick.
5. While waiting for the glue to dry, sketch your wing decorations on a sheet of scrap paper.
6. When the wings are dry, trim away the excess tissue around the outside and decorate them with a symmetrical pattern.

Afterwards, have Juniors show their butterflies to the troop and talk about their symmetrical designs.

Step 3: Create nature-inspired art with circular symmetry

Let's create art with circular symmetry. Like a spider's web, this symmetry is circular or radial meaning that the lines of symmetry come from the center point of a circle and out to its edge. Have you seen mosaics, paintings, or stained glass? These are all examples of circular symmetry.

Activity: Review the steps on Designing with Circular Natural Symmetry with Juniors. Use a paper plate to draw a circle on paper or a whiteboard. Then draw and point out:

- **Diameter** (the straight line that runs through the center and touches both sides),
- **Radius** (the line from the center to the edge), and
- **Quadrants** (four equal parts of a circle).

Explain that these are all the circle's lines of symmetry. Finally, draw some circles inside bigger circles to demonstrate concentric circles. Explain, "When circles fit inside each other and have the same center point, they're called **concentric**. When concentric circles are stacked upon each other, they create a cone."

Next, take Juniors outside to gather natural objects from the ground (do not to break anything off plants) or show them the natural objects you collected for the activity. Find a place where Juniors, as a troop or in small groups, can make a circular picture or sculpture(s) on the ground (with permission). Ask Juniors to then imagine the circle for their artwork and find the center. Have them add natural objects along the outside and lines of symmetry. Then they can add more natural objects to create quadrants and use the lines of symmetry to complete their design.

Step 4: Find fractals in nature

In this step, you'll find **fractals** in nature. A fractal is a never-ending pattern. It's repeated again and again in different sizes and scales. Rivers are full of branching patterns that are actually fractals. They kind of look like tree branches, lightning, and even cauliflower. All of these are fractals! Fractals are all around you. They're outdoors, in your home, and even inside of you. You've been seeing, and maybe even eating, them your entire life! Across nature, you can find fractals in the human body, plants, shells, rivers, mountains, clouds, and even waterfalls. In this step, you'll search for fractals found in nature.

Activity: Search for fractals. Ask, "What fractals have you seen? Can you think of any you've seen outdoors, in your house, or the grocery store?" Juniors may say, "Lightning, tree branches, etc." Show Juniors **Natural Fractals** and discuss how each photo has a pattern repeated at many different sizes and scales.

Next, have Juniors look for fractals in the world around them, such as around your meeting space, indoors, or outdoors. If possible, go to a grocery store, garden center, or farmer's market or show photos or videos of fruit, vegetables, and fish in these places. Ask Juniors to write down, draw, or photograph the fractals they see. If they aren't sure if something is a fractal, have them write it down, draw it, or photograph it anyway and look it up later online or in a book. Once they've gathered several fractals, invite Juniors to look carefully at them and ask, "How are the fractals similar? Did you see the same patterns or shapes in different objects?"

Step 5: Search for the Fibonacci sequence

In this step, you'll search for the Fibonacci Sequence

If you've ever looked at a sunflower, pinecone, or daisy, you may have noticed a pattern. In math, a **sequence** is a list of numbers in a certain order. The Fibonacci sequence is named after Leonardo Fibonacci, a mathematician who lived 800 years ago in Italy. He loved numbers and saw a number pattern around him in nature. In this activity, you'll play charades with animals that show Fibonacci.

Activity: Find the Fibonacci sequence in animals. Write the Fibonacci sequence on chart paper or the whiteboard: "0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, ..." Invite Juniors to identify the sequence's pattern before explaining, "Each number is the sum of the two before it: 0 + 1 = 1, 1 + 1 = 2, 1 + 2 = 3, 2 + 3 = 5, 3 + 5 = 8, 5 + 8 = 13, and so on." Then show the photo of the golden rectangle from **Make a Golden Rectangle** and explain, "The Fibonacci sequence can be used to create a **Golden Rectangle** that can be cut up into a square and rectangle **similar** to the original one. That means the original rectangle and the smaller rectangle will always have sides that have the same ratio. A **ratio** is how much of one thing you have compared to another. It's a fraction or one number divided by another." Give one sheet of graph paper to each Junior. Following steps 1-5 of Make a Golden Rectangle, demonstrate how to create a Golden Rectangle as Juniors follow along, creating their own.

Then explain, "The Fibonacci sequence also forms a spiral. **Spirals** are another pattern that can be found in nature, like shells and horns, and explained by math and science. A spiral is a curve that circles around a fixed point. Sometimes, it spirals in both clockwise and counterclockwise directions.

Make a Springy Spiral Snake

Using a plain paper plate have the girls draw spirals from the center out to the edge of the plate. (paint the plate green)

Cut along the spiral line to make spring spiral snake.

Decorate the snake with it's design and give it eyes and a forked tongue.

Use a hole punch in the tail to tie a string.
Find a place at home to hang your springy spiral snake!

Simple Meals



There's steam and bubbles, interesting tools, and amazing smells...and lots of room for experiments. And it's not a laboratory – it's your own kitchen! Use these steps to make amazing meals and learn to create a whole meal of your own.

- **Step up your skills with a pro**
- **Whip up a great breakfast**
- **Fix a healthy lunch or dinner**
- **Create a delicious dessert**
- **Make your own meal**

When you've earned this badge, you'll know how to serve up a meal for family and friends.

Materials Needed: Cookbooks, either online or printed copies, paper, pen; recipe ingredients will depend on the recipes the girls choose

Step 1: Step up your skills with a pro

There are lots of important skills to learn before you start cooking up a masterpiece. Ask a great cook to tell you about cookie tools, safety, and cleanliness; what makes a nutritionally balanced meal; and how they present food to look nice on a plate.

Activity: Tour a Kitchen. With a knowledgeable adult, tour the kitchen of a friend or neighbor, a caterer, your school, or your very own kitchen.

Step 2: Whip up a great breakfast

Breakfast is the most important meal of the day – it gets you going! Work on improving your breakfast-making skills. Choose a dish that gives you the nutrition you need and tastes great, too!

Activity: Make a weekend breakfast.

The weekend is a great time to experiment creating a healthy, full breakfast! Try making something like French toast, pancakes, or homemade muffins. Don't forget to learn the basics – cook eggs, any style! Include as many good-for-you foods as you can. How many are in for banana walnut pancakes?

Step 3: Fix a healthy lunch or dinner

Now it's time to tackle some fo the bigger meals of the day. Follow a recipe that you have at home or ask an adult to help you find one online or in a cookbook. Does a neighbor from another country or one of your relatives have a great recipe they could share?

Activity: Flatbread. Lots of cultures have foods that are made with a flattened version of bread, like tortillas, chapati, blini or lavash. Tray a Mexican quesadilla, a French crepe stuffed with peanut butter and fruit, or a Kenyan stew that you dip the chapati in.

Step 4 – Create a delicious dessert

Dessert is a fun treat for ending special meals. Try making this sweet treat to share with your troop and families.

Activity: Make a dessert you've never tried before. Have you always wanted to make your own ice-cream cake, or to try a recipe for a French éclair full of pudding and covered in chocolate?

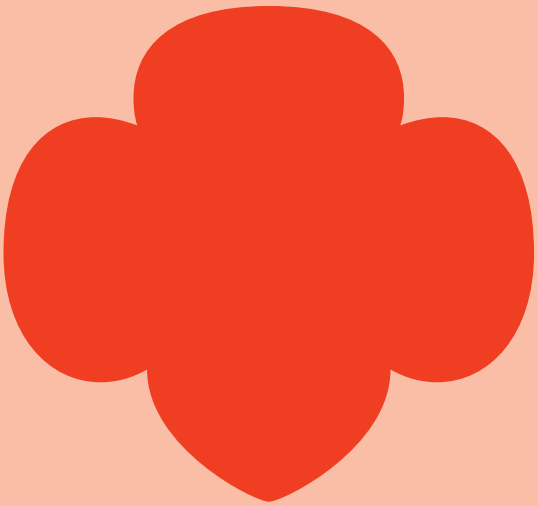
For more fun Make a dessert from another country, such as Thai sticky-rice pudding with sweet coconut milk and mango.

Step 5: Make your own Meal

Now that you've followed other people's recipes, come up with your own healthful meal. As a troop, plan your menu and get cooking!

Activity: Make 3 dishes for one meal. Make a separate protein, vegetable, and starch. If you have a large troop, consider making more dishes. Skill builder: pay special attention here to how long things take to cook. Try to plan your meal so that all dishes are ready at the same time. (using timers can help)

More to explore: Pretend you are opening a restaurant and choose a name and make menus to pass out before ethe meal. Take turns being waitstaff for one another.



Cadette Meeting Plans

Cadette Girl Scout Way

The Girl Scout Way is a compass that can help guide girls as they carve out their unique place in the world. Our proud traditions offer a strong foundation to build your dreams as part of a worldwide sisterhood. Girls join hands with thousands of other Cadettes to blaze the Girl Scout rail into our new century.



1. Lead a group in song
2. Celebrate Girl Scout week
3. Share sisterhood through the Girl Scout Law
4. Leave a camp better than you found it
5. Enjoy Girl Scout traditions

Materials Needed: GS Promise & Law posters, various supplies for clean-up, celebration supplies, Traditional GS songbook, bandanas, poster board, paper, markers, computer with internet access

- **Can you hear me now?** – Lead a group in singing traditional Girl Scout songs or create a new song .
- **Celebrate GS Week** – Plan a celebration during Girl Scout week to recognize all that Girl Scouts do.
- **Girl Scout SHEroes and Snack Chat** – Learn about famous Girl Scout Alums while enjoying a healthy snack.
- **Make the world a better place** – Identify a local outdoor area that could use a little TLC, make a plan for a clean-up and follow through.
- **Friendship Knots** – Using bandanas, learn to tie traditional neckerchiefs in a fun way.

When you've earned this badge, you'll know how to use Girl Scout Ways and traditions to make the world a better place.

Netiquette

Our digital world makes it easy to stay in touch and share friendships, memories, and ideas. But we've all heard embarrassing stories in which people wish they'd never hit the send button. Once you've put it out there, it never goes away. You can use that to your benefit. This badge is all about knowing how to make positive choices in the online world.



1. Explore "oops!" and "wow!" moments
2. Dig into stories of "ouch!" and repair some hurt if necessary
3. Look at e-mail, commenting, or blogging
4. Decide what makes a great social media profile
5. Spread better practices

Materials Needed: journal/paper, pen, computer with internet access

- **Explore Oops! And Wow! Moments** – The pros and cons of being able to communicate quickly via technology.
- **Online kindness Practice** – Think of ways to spread kindness to friends and family via technology and repair hurt feelings.
- **Social Media Chat** – Have a healthy snack and discuss social media profiles and why we post what we do on social media.
- **To Comment, or Not to comment...** – Learn about the whys and the hows of online commenting.
- **The character of Social Media profiles** – Dissect social media profiles to find out hwo we use and manipulate them to represent ourselves.

When you've earned this badge, you'll know how to make – and keep – your online world a positive place.

Outdoor Art Apprentice

Get ready to observe and collect things outdoors that will drive your art and creativity – from colors and patterns to landscapes and wildlife.



1. Explore art outdoors
2. Make something!
3. Get to know and create sounds of nature
4. Be a nature photographer
5. Design with nature

Materials Needed: computer with internet access, Spotify, pen, paper, mason jars, leaves, twine, modge podge, foam brushes, newspaper/tablecloth, tea candles, camera, colored pencils

- **Land Art Extraordinaire** – Learn about land artist, Nancy Holt.
- **Rock Out to Nature** – Make a playlist inspired by nature.
- **Get Crafty – with Nature** – Make a mason jar leaf candle.
- **Up Close & Personal** – Try your hand at nature photography.
- **A Landscape Wonderland** – Try your hand at landscape design.

When you've earned this badge, you'll have been inspired outdoors and created nature-themed art.

Finding Common Ground



1. Get to know someone different from you
2. Make decisions in a group
3. Explore civil debate
4. Understand a compromise
5. Find common ground through mediation

Materials Needed: computer with internet access, paper, pen, poster board, sticky notes, markers, venn diagram handout, 6 steps to Formal Mediation handout, healthy snack foods

- **Pleased To Meet You** – Learn differences and similarities between girls.
- **Four Corners Debate** – Explore debate topics by sharing opinions and trying to persuade others.
- **Can We All Agree?** – Work together to make decisions for the troop.
- **A Compromising Snack Chat** – Learn about the art of compromise to achieve a common goal while having a healthy snack.
- **Conflict Resolution** – Role-play mediating a conflict that needs a resolution.

When you've earned this badge, you'll know strategies for bringing people together to find common ground.

Good Sportsmanship

Encourage girls to make good sportsmanship a habit in games and in life. Girls know that others will want to play, handout with them and live up to their example. So, whether she's a dedicated athlete with a chosen sport or she just likes to enjoy an occasional game among friends, this badge will help her have more fun on and off the field.



1. Create your own definition of sportsmanship
2. Be a good competitor
3. Be a good teammate
4. Psych yourself up
5. Put your definition of good sportsmanship into action

Materials Needed: yardstick or measuring tape, paper, pencils, healthy snack, items needed to play a game or sport

- **Triangle Tag –** Work as a team to play a game.
- **Mental Leap –** Practice visualization techniques to prepare for a competition or event.
- **Good Sport Snack Chat –** Discuss the qualities of a good sport while having a healthy snack.
- **Let the Games Begin! –** Use the skills you've learned and compete in a team relay or other game/event.

When you've earned this badge, you'll know how you define sportsmanship and will have put your definition into action.

Animal Helpers

Animals have always provided humans companionship, joy and transportations, but today they're also trained to help people with disabilities and find people who re lost. With this badge, girls learn about the many ways animals help humans.



1. Explore the connection between humans and animals
2. Find out how animals help keep people safe
3. Know how animals help people emotionally
4. Check out how animals help people with disabilities
5. Look at how animals might help us in the future

Materials Needed: paper, pen, computer with internet access, healthy snack options

- **The Evolution of Dogs –** Look into the domestication of dogs and how dogs communicate with humans.
- **Rats! –** Learn about rats that detect landmines.
- **The Nose knows –** Explore the science of smell and put your nose to the test.
- **Snack Chat** - Discuss the many ways animals enrich our lives while having a healthy snack.
- **Assistance Animals –** Learn about the different assistance animals that help people.
- **Can you hear me now? –** Research how animals hear, then create a prototype for a 'better' ear.

When you've earned this badge, you'll know how animals help humans and how to help them keep it up.

My Cookie Venture

It takes a lot of planning to run your Girl Scout cookie business. Start by expanding your knowledge of your business resources and customers. Think about how much time you can devote to your sales goals. When you're ready, create a business plan that will guide you to your most successful cookie season ever!



1. Get prepared for your cookie business
2. Set goals and a budget
3 Create a mission statement
4. Plan to reach your customers
5. Write a team business plan

Materials Needed:
Find a complete list of materials needed in the Volunteer Toolkit.

- **Know your product and show it off** – Get familiar with your order card; decorate a clipboard with paint, stickers, and cookie info to hold your order card.
- **Make a plan** – Work as a team to plan ideas and what funds will be required to implement the ideas – take action/awards, field trips, adventure, and troop meeting activities are a good place to start.
- **Define who you are as a business** – Get inspired by the Girl Scout Mission statement to help create your troop mission statement.
- **Go digital!** – Come up with new ways to reach customers – create a video, utilize Digital Cookie.
- **Your cookie business plan** – As a team create a business plan to help guide your efforts and be specific.

When you've earned this badge, you'll know how to create a business plan for your cookie business.

Space Science Researcher

Observe and explore light, deepening your understanding of the sun, stars, and other objects in space.



1. What more can you see?
2. Explore 'invisible' light
3. See the stars in a new way
4. Expand your vision
5. Conserve the night sky

Materials Needed:
Find a complete list of materials needed in the Volunteer Toolkit.

- **Explore 'visible' light** – Construct a spinner and discuss visible light.
- **Just beyond your perception** – Explore the unique wavelengths of different kinds of light.
- **Look deeply into the Night Sky!** - Check out Stellarium online to see a realistic sky in3D.
- **Explore the sky beyond our solar system by helping real scientists** – Check out Galaxy Zoo! To understand galaxies.
- **Conserve the Night Sky!** – Make a plan look online to find ways to conserve thedark sky in your area.

When you've earned this badge, you'll understand more about the amazing properties of light and how you use it to make discoveries about the universe and space science.

Science of Happiness

Find out how scientists measure happiness and put their results into action.



1. Make yourself happier
2. Think differently for happiness
3. Get happy through others
4. Do a helpful happiness experiment
5. Create a happiness action plan

Materials Needed: paper, markers, pens, snack, journals, envelopes, stamps, cardstock, paper crafting items

- **Create a Memory Collector** – Create a special journal that is unique to you and your happiness.
- **Do your research: Project Happiness** – Create a survey for peers and other to complete .
- **Practice Gratitude** – Reflect on things you are thankful for.
- **Letter Writing** – Let others know how they make you happy.
- **Habit Tracking** – Discover how to track your happiness.

When you've earned this badge, you'll know how to use the science of happiness to make your world the happiest place it can be.

Trees

Observe and explore light, deepening your understanding of the sun, stars, and other objects in space.



1. Try some tree fun
2. Dig into the amazing science of trees
3. Make a creative project starring trees
4. Explore the connection between people and trees
5. Help trees thrive

Materials Needed: computer with internet access, carbon paper, white printer paper, scissors, sapling, shovels, gloves, planting soil, compass, maple syrup variety, small clear cups

- **Name that Tree!** – Get to know the native trees in your region.
- **Natural Navigator** – Head outside and use trees to find your way.
- **Maple Tasting** – Conduct a maple syrup taste test.
- **Birch Bark Art** – Watch a native artist create birch bark art, then create are of your own.
- **I speak for the Trees** – Plant a tree to ensure healthy forests for future generations.

When you've earned this badge, you'll have gone to the root of what trees are all about – and branched out as a naturalist.

New Cuisines

Culinary possibilities are as diverse as the globe of people who cook them. With this badge, girls cook up dishes from across time and distance, and find out where their taste buds want to travel.



1. Make a dish from another country
2. Create a dish from another region f the United States
3. Whip up a dish from another time period
4. Cook a dish that makes a statement
5. Share your dishes on a culinary 'tour'

Materials Needed: check the badge requirements for all ingredients in the Volunteer Toolkit

- **Tabbouleh Tasting** – Prepare a traditional Middle Eastern dish.
- **Johnnycake Journey** – Make Johnnycakes a staple of the US South.
- **Crazy Cake** – Make a recipe from the Great Depression.
- **Food-Allergy Friendly Frosting** – Learn about substituting ingredients to make foods that everyone can enjoy.
- **Bon Appetit!** – Share the dishes with the troop and your families!

When you've earned this badge, you'll be able to make amazing dishes from all ove the world and way back in time.



Senior Meeting Plans

Senior Girl Scout Way

As Girl Scout Seniors, girls might feel like life is a balancing act. On one hand, they're holding tight to the comforts of home and what's familiar, and on the other, they're excited to open themselves up to the possibilities in the larger world. In this badge, girls will share the Girl Scout Way and bring together generations of Girl Scouts.



1. Explore Girl Scout music
2. Help younger Girl Scouts celebrate a special day
3. Spread sisterhood throughout the Girl Scout Law
4. Leave our environment better than you found it
5. Enjoy Girl Scout traditions!

Materials Needed: computer/phone with internet access, pen, paper, white beads, bowls, lanyard/string, scissors, candles, matches or lighter, light refreshments

- **Say it through song** – Write a song about being a Girl Scout.
- **Promise** + **Law** – Reflect on what the Girl Scout Law means to you.
- **Pearls of Wisdom** - Plan a rededication ceremony for younger Girl Scouts. Make "pearl" necklaces to celebrate Juliette Gordon Low.
- **Rededication** – Hold your rededication ceremony.

When you've earned this badge, you'll know how to use the Girl Scout ways and traditions to make the world a better place.

Business Ettiquette

No matter what a girl's career dream is – astronaut, CEO, neurobiologist, rock star, or author – basic business manners will come in handy. From asking for a raise to presenting her persona online, this badge will help her create her business image.

Learn the basic business manners that will allow you to showcase just what you're capable of.



1. Communicate with style and confidence
2. Ace an interview
3. Try your hand at negotiating
4. Explore how to act on the job
5. Network with flair

Materials Needed: computer with internet access

- **Skills and Experience** – Create a resume and cover letter that highlight your skills.
- **Tell Me About Yourself** – Practice your interviewing skills through two mock interviews.
- **Negotiation 101** – Learn and try out some negotiation tactics.
- **A Tale of Two Employees** – Interview two employees at the same company to gain insight about their backgrounds and work experience.
- **Pitch Like a Pro** – Develop an elevator pitch to market yourself to potential employers.

When you've earned this badge, you'll know th kind of savvy you'll need to be successful in the business world.

Outdoor Art Expert

Get ready to become an outdoor artist as you connect with nature and create something helpful to the environment. You'll learn how to see nature with an artist's eye and find ways to express yourself.



1. Explore art outdoors
2. Make something!
3. Create or share music inspired by nature
4. Capture nature digitally
5. Design outdoors

Materials Needed: computer/internet access, notebook, pencil, pen, camera, various art supplies, found/recycled materials, computer/phone with internet access & audio capabilities

- **Taking Imagination Seriously** – Watch a TED talk highlighting artist Janet Echelman.
- **Art Investigator** – Visit an outdoor exhibit, sculpture garden, or mural.
- **Site Specific Art** – Create outside-inspired art and display/share it outside.
- **Create A Nature Song** – Record sounds and create your own song/piece of music.

Behind the Ballot

In a democracy like ours, voting isn't just a right; it's a responsibility. Voting is how to make your voice heard and make choices about how you think things should be done in government. In this badge, girls will explore the importance of voting and find out about the electoral process in the United States and around the world.



1. Find out more about elections
2. Investigate the ins and outs of voting
3. Get out the vote
4. Plan a campaign
5. Explore voting in other countries

Materials Needed: computer with internet access, wall calendar, pen/marker, I should run tip sheet

- **Keep it Local** – Explore different aspects of local fovernment and create a calendar of important election dates.
- **Voting 101** – Find out more about the voting process and how other countries conduct elections.
- **Get Out the Vote** – Learn about automatic voter registration and partner with a local organization to help others register to vote.
- **She Should Run** – Talk to a local elected official about their experience running a political campaign, and then consider running for student council yourself!

Once you've earned this badge, you'll know the importance of voting and how people get elected to office.

Cross-Training

Whether a girl is a competitive athlete, new to exercise, or wants to improve her skills in surfing, hiking, or even throwing a Frisbee, this badge will help her customize a cross-training fitness program that's effective and fun! Cross-training incorporates a variety of cardio, strength, and conditioning exercises into a routine that trains her whole body. Ready? Have the girls grab their sweatbands and create a plan that's perfect for their own body, mind, and goals.



1. Set your cross-training goal
2. Start a stretching and flexibility program
3. Add a cardio element
4. Add a toning or strengthening element
5. Stay motivated to reach your goal

Materials Needed: notebook, pen, phone/computer with internet access, wall calendar, marker

- **Eyes on the Prize** – Decide on your cross-training goal and get advice on the steps to achieve your goal.
- **Stretch Goal** – Use dynamic stretching to warm up before you train.
- **Pump it Up!** – Incorporate bodyweight strength exercises into your program.
- **Don't Break the Chain** – Use a calendar to keep track of your progress and stay motivated.
- **Weight for it...!** – Incorporate bodyweight strength exercises into your program.

When you've earned this badge, you'll have developed a great cross-training routine that keeps your workouts interesting and fun.

Voice for Animals

As pet owners, horseback riders, and consumers of beauty products, clothing and animal food products; our relationships with animals play a big role in our lives. What are the specifics of the complex relationship between animals and humans? If girls want to know more so they can make informed choices and help others make the, too, this badge is for them.



1. Find out about domestic animals
2. Investigate animals used for science
3. Explore animals in husbandry
4. Take a look at animals used for sports and entertainment
5. Look into an animal issue

Materials Needed: phone/computer with internet access

- **Animal Rights 101** – Learn about the laws that protext animals, then advocate for increased animal welfare legislation.
- **More Than a Guinea Pig** – Look into the pros and ons fo animal testing and discover the animal-free alternatives scientists are using.
- **We Bought a Zoo** – Explore how wild animals are cared for in captivity.
- **Born Free?** – Examine the case against zoos, and determine your personal opinion about the existence of zoos. Then, write a letter to the editor about your stance on the issue.

When you've earned this badge, you'll better understand animal issues worldwide and know what you can do to help.

My Cookie Network

Our network consists of the connections you make through your Girl Scout Cookie business. It includes your team, your customers, and the people around you who support your business. Find out how to use your network to strengthen your customer base and take your business to the next level.



1. Review your cookie business
2. Set a goal for all parts of your business
3. Share what you stand for
4. Build your customer base
5. Tailor your marketing messages

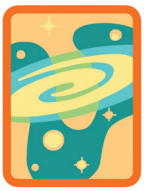
Materials Needed: computer with internet access, pens, paper, highlighters

- **Review Your business** - Plan a Cookie Kick-Off Meeting for your troop train each other.
- **Set Goals –** Hold part of your Kick-off Meeting for a goals and budget discussion.
- **What do you stand for? –** Research social conscious companies.
- **Get professional advice –** Talk to a female business owner.
- **What do successful businesses do that works? –** Research your favorite brands.

When you've earned this badge, you'll know how to leverage your network to run and grow your cookie business.

Space Science Expert

Explore light and discover what it teaches us about the Universe!



1. Uncover the stuff you're made of
2. Explore the brilliance of the stars
3. Discover telescopes as light collectors
4. Find the light in the darkness
5. Share your knowledge

Materials Needed: paper, pencils, telescope or binoculars, flashlights with red filters, Nighttime scavenger hunt, notebook, smartphone, science journal by google app

- **Uncover the Stuff You're Made of –** Make a stardust self-portrait or explore a universe without supernovae.
- **Explore the Brilliance of the Stars –** Go on a nighttime scavenger hunt.
- **Telescopes as Light Collectors** - Compare your eyes to telescopes.
- **Find the Light in the Darkness –** Explore standard candles.
- **Share Your Knowledge –** Picture a telescope.

When you've earned this badge, you'll understand more about the Universe – your place in it and how light is used to make discoveries about it.

**Get more info on this badge in the Volunteer Toolkit. It is divided into 3 meetings.*

Collage Artist

No matter how a girl will make her collage, there won't be another one like it in the world. Everything, from the materials she chooses to how the final piece is assembled, is up to her. Get ready to see the creative possibility in everyday objects. This badge is an opportunity for girls to make art as unique as they are.



1. Explore collage
2. Focus on composition
3. Create with color
4. Use found objects
5. Share a message

Materials Needed: computer with internet access, sturdy paper, wood, photos, magazines, scissors, glue, photos, paint, markers, fabric, ribbons, found objects (recycled), etc.

- **All About Collage** – Explore the history of collage and different tyeps of collage created by artists over the years.
- **Don't Lose Focus** – Create a collage with a strong focal point.
- **Holding Out for a Hero** – Create a collage of your hero or role model and share with others.
- **One Man's Trash** – Create a collage using found objects.

When you've earned this badge, you'll know how to create collages using different materials and color themes.

Sky

The sky is a masterpiece. Every day it graces us with living art, whether through a glorious sunset, shifting cloud formations, or the stunning display of night starts. No wonder we take every opportunity to spend time outdoors. Our world is a stage and the sky performs with beauty, wonder, and mystery.



1. Watch the skies
2. Investigate the science of the skies
3. Explore the connection between people and flight
4. Help clear sky pollution
5. Create sky art

Materials Needed: camera, internet, art supplies or an art application on a phone or computer

- **Watch the skies** – Investigate the colors of the sky – take five photos of the sky in different colors (daytime blue, sunset orange, etc.) Research the science behind the colors.
- **Investigate the science of the skies** – Make a map of the sky. Using art supplies or an app, create a map of the skies. You can map the layers starting from the Earth's lowest layer or a constellation map.
- **Explore the connection between people and flight** – Build a model plane, rocket, or space exploration vehicle. Be able to explain the scientific principles that governed your design.
- **Help clear sky pollution** – Explore the air or light pollution. Do some research on pollution that is specific to your county and list five ways to help reduce air or light pollution that you, as a high school student, can implement or lead.
- **Create sky art** – Make sky art and/or write a story about the northern or southern lights. Research an aspect of the sky that interests you and write and/or illustrate a story about it – or take a myth that is based on the sky and write/illustrate it in your own style. When you're able, share the story with your troop or younger Girl Scouts.

When the girls earn this badge, they will understand the sky – from science to stars to stories.

Locavore

Find out how the efforts of locavores – people who are committed to eating locally grown, seasonal foods – can be an important and delicious part of healthful eating.



1. Explore the benefits and challenges of going local
2. Find your local food sources
3. Cook a simple dish showcasing local ingredients
4. Make a recipe with local ingredients
5 Try a local cooking challenge

Materials Needed: seasonal produce calendar, local product list

- **Tomato, Tomahto** – Find out why supermarkets don't always source local produce, and research the possible barriers farmers face in getting their produce to customers.
- **What's Good?** – Discover what produce is available during each season and what local products are available year-round.
- **Farm-to-Table** – Create a three-course menu featuring local produce and products.
    - Create your menu with recipes that use local ingredients.
    - Cook a simple dish showcasing local ingredients.
    - Try a local cooking challenge.

When you've earned this badge, you'll know how to prepare a meal of seasonal and locally grown dishes.



Ambassador Meeting Plans

Ambassador Girl Scout Way

As Girl Scout Ambassadors, girls are perfectly poised to help our sisterhood fly into its second powerful century. Though many things have changed, some things have always been the Girl Scout way. Through song, celebration, service, and action, the Movement continues to educate, inspire, and bring people together. Girls share our legacy in this badge as they spread their wings and launch Girl Scouting into the future.



1. **Use song to bring people together or to spread a message**
2. **Celebrate World Thinking Day**
3. **Share sisterhood around the world**
4. **Leave your world better than you found it**
5. **Enjoy Girl Scout traditions!**

Materials Needed: phone/computer with internet access

- **Pass it On!** – interview a Girl Scout alumna, then teach a Girl Scout song to a younger troop
- **Path to Change** – learn about the UN's Sustainable Development Goals and read about women who are working to make the world a better place
- **Be the Movement** – pair with others to identify a Sustainable Development Goal to take action on in your own community
- **Enjoy Girl Scout traditions!** – celebrate by making and eating S'mores

When you've earned this badge, you'll know how to use the Girl Scouts ways and traditions to make the world a better place.

Outdoor Art Master

This is your chance to bring art and the outdoors together to get inspired by the beauty in nature and use that inspiration to get creative. Roll up your sleeves and dive in!



1. **Explore outdoor art**
2. **Make something!**
3. **Find music in nature**
4. **Be a nature photographer**
5. **Design with nature**

Materials Needed: notebook, pencil, computer/phone with internet access, camera, soil, seeds/plants, recycled materials, paper

- **Artist inspiration** – learn about three nature-inspired artists
- **Zoom In, Zoom Out** – explore unique vantage points in outdoor photography
- **Garden Art** – curate your own living art
- **Nature DJ** – design soundtracks inspired by nature
- **Share it!** – share art with your community

When you've' earned this badge, you'll have explored nature and created several different kinds of outdoor-themed art.

Democracy for Ambassadors

As Ambassador Girl Scouts, the girls in your troop are vey close to being old enough to vote – if they're not there already! The right to vote is one of the most important rights given to American citizens and it's now extra-important to be informed about their government and the officials they'll help elect. After completing this badge, they'll be ready to get out there and vote!



1. **Find out about local government**
2. **Find out about state government**
3. **Find out about federal legislative branch**
4. **Find out about the federal executive branch**
5. **Find out about the federal judicial branch**

Materials Needed: computer with internet access, pen, paper

- **Local Government** – visit your Town Hall, City Hall or Mayor's Office
- **State Government** – visit your State Capitol building – in person or virtually
- **The Federal Legislative Branch** – write a letter and visit a US Representative or Senator
- **The Federal Executive Branch** – look into lobbying
- **The Federal Judicial Branch** – judge a case

When you've earned this badge, you will have learned more about your local, state, and national government – you'll be ready to use that knowledge to inform your voting.

Coaching

What does it take to motivate a team to accomplish its goals? The best coaches put their answers into action at every practice. With this badge, find answers and share them! Coaching is an opportunity to share their love of a sport, demonstrate their athletic skills, and inspire to empower athletes to realize their potential.



1. **Begin to outline your coaching strategy**
2. **Conduct a first assessment**
3. **Design your coaching plan**
4. **Put your plan into action – and revise it, if necessary**
5. **Attend the big event, and make a final assessment**

Materials Needed: journal, pen paper, blank calendar, light refreshments

- **Strategize!** – interview a coach or athlete for tips and tricks to be an effective coach
- **Assess Yourself** – create a questionnaire for your athletes to assess their abilities and personal goals
- **In It to Win It** – create practice sessions for your athletes
- **Practice Makes Perfect** – run your practice sessions and solicit feedback from an experienced coach
- **Assess Yourself (Again)** – celebrate your athletes' success and conduct a final assessment

When you've earned this badge, you'll know what it takes for a couch to be successful.

My Cookie Business Resume

Find out how to showcase our cookie business accomplishments in a resume and portfolio.



1. **Get to know your business; set your goals and budget**
2. **Research resumes and track your experiences**
3. **Boost your marketing skills**
4. **Use marketing to expand your network**
5. **Create a cookie portfolio**

Materials Needed: computer with internet access, highlighters, pen/pencil

- **Setting Goals and your budget** – Explore with your team
- **Researching resumes and tracking your experiences** – Go online to get ideas
- **Boost your skills** – Define your cookie brand identity and your personal brand
- **Expand your network** – Create marketing messages for different segments of customers
- **Cookie portfolio** – Create a digital portfolio

When you've earned this badge, you'll know how to create a resume and portfolio that highlight the skills you've gained running your cookie business.

Space Science Master

Scientists and engineers who work on NASA space science projects are 21st century explorers. Your girls will explore, observe, design, and communicate what they discover – just like NASA scientists and engineers. Since space science encompasses the entire universe, there are lots of topics that might Quique their interest. Help them get their feet wet by exploring NASA and space science, and ways that they can be a part of NASA now and in the future.



1. **Discover worlds beyond Earth**
2. **Dive into NASA science**
3. **Explore your interests**
4. **Dig deeper**
5. **Share what you've learned**

Materials Needed: observation notebook, pencil, paper

- **Discover worlds beyond earth** – Design a habitat for an alien world
- **Dive into NASA Science** – Explore NASA's Science Mission Directorate
- **Explore what interests you** – Use a telescope remotely
- **Dig in deeper** – Plan a field trip
- **Share what you've learned** – Express yourself through visual art

When you've earned this badge, you'll understand more about space science and how you can be a part of NASA now and in the future.

Photographer

Photos show others how someone sees the world. The focus in this badge is on honing girls' artistic skills with any type of camera and presenting the world through their eyes.



1. Explore the power of photography
2. Focus on composition – shoot 5 landscapes
3. Focus on light – shoot 5 portraits or still life
4. Focus on motion – shoot 5 action shots
5. Tell a story with photography

Materials Needed: camera, notebook, pen, computer with internet access

- **One Thousand Words** – Explore the history of photojournalism.
- **Compose Yourself** – Practice techniques to compose great photos.
- **Golden Eye** – Spend a day photographing to practice shooting in different kinds of lighting.
- **Focus Pocus** – Use two techniques to capture motion in picture.
- **It's Your Story – Picture It!** – Use photography to tell a story, then share it with others.

When you've earned this badge, you'll know how to capture your vision of the world in photographs.

Water

Water surrounds us, sometimes in such quantities that we forget how precious it is. Water is both familiar and mysterious. It exists as a liquid, solid, and gas. It falls from the sky and exists deep within the earth. Water can nourish us and challenge us. For this badge, girls experience the bliss of water.



1. Have fun reflecting on your relationship with water
2. Celebrate water art – and your own
3. Find out about water issues
4. Explore water solutions
5. Educate and inspire

Materials Needed: water log, pen computer with internet access, various art supplies

- **Poison or Potable?** – Keep track of your daily waater use, then look into current water issues impacting your community and world.
- **Water Art** – Create art that reflects your relationship with water.
- **Make Waves, Make Change** – Interview someone involved in water issues, then raise awareness about a water issue and become a water steward in your community.

When you've earned this badge, you'll have dived deep into water – from its scientific origins to the joy of splashing around.

Dinner Party

Chefs are on the cutting edge of entertainment and are masters of building community at the table. They also have the thrill of defining and redefining delicious dishes in their kitchens every day. For the badge, girls try on a chef's apron as they throw a great dinner party, bring people together, and practice creating course after course with finesse and flair.



1. **Create your menu**
2. **Make a budget and shopping list**
3. **Practice timing your courses**
4. **Explore imaginative ways to present food**
5. **Host your party**

Materials Needed: phone/computer with internet access, shopping list, pen, recipes, ingredients for recipes to be made, access to a fully equipped kitchen

- **Make Your List (and check it twice)** – Create a shopping list of pantry staples.
- **What's for Dinner?** – Find recipes for simple and easy meals and decide on three to serve for your dinner party.
- **Recipe for Success** – Learn how to read a recipe and use measurements.
- **Eat with Your Eyes** – Come up with creative ways to serve your food.
- **Who's Ready to Party?** – Host your dinner party and swap recipes with guests.

When you've earned this badge, you'll know how to make and serve a fabulous three-course meal.

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.