



Family
Connection

Girl Scouts

*Your go-to,
super-fun guide
to getting the
most out of
Girl Scouts*

Get That Girl Scouts Glow Up

Girl Scouts have fun learning new skills, earning badges, and testing their abilities—but it's our community that makes us a must for your family.

In good times and bad, Girl Scouts is your:

FRIEND CIRCLE

4 out of 5 Girl Scouts have a best friend in their troop. We stick together, stand up for one another, and are sisters for life.

DREAM CENTER

94% say Girl Scouts helps them try new things. If your child can dream it, Girl Scouts can take them there.

RELEASE VALVE

95% say Girl Scouts is a safe space. The amazing support of Girl Scouts is more important than ever.

What Girl Scouts Means to Me

Use this space to draw or write about what it feels like to be a Girl Scout.

What We Value

Being “good” at everything isn’t the goal here. It’s the willingness to put yourself out there and really make an effort that will give you your fullest, funnest, and most successful life. That’s why both the Girl Scout Promise and Law—which members of all ages recite—start with the idea of trying to do your best.

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.

Girl Scout Family Promise

On my honor, I will try:

To support my Girl Scout and her troop,
To help girls lead at all times,
And to always keep it fun!

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





Ready, Set, Goals!

What do you want to be, do, or know more about? Fill in the first column of this chart with three ideas—dream big!—then ask your troop leader or another adult to help you find Girl Scout badges or awards to earn that can help you reach your dreams. Those go in the second column. Check out [girlscouts.org/badgeexplorer](https://www.girlscouts.org/badgeexplorer) to see all the different things you could try. Reaching your target has never been so fun.

I want to...	This can help
1.	
2.	
3.	

Get Started Now

Troop meetings are awesome, but why let the good times stop there? Head to [girlscouts.org/athome](https://www.girlscouts.org/athome) to check out some of our favorite activities—then try them at home with your family or friends for free!

Wear It Where?

You're earning badges, patches, and awards—but where do they belong? Here's the rundown on what goes where on your tunic, sash, or vest.

Flag patch, council name patches, and troop numbers go on the front right, in that order, starting at the top.

Badges and Journey awards always go on the front, starting at the bottom. On a vest, badges go on the right and Journey awards on the left. On a sash, badges go below Journey awards.

Fun patches from trips and experiences always go on the back.



Daisies
Grades K-1



Brownies
Grades 2-3



Juniors
Grades 4-5



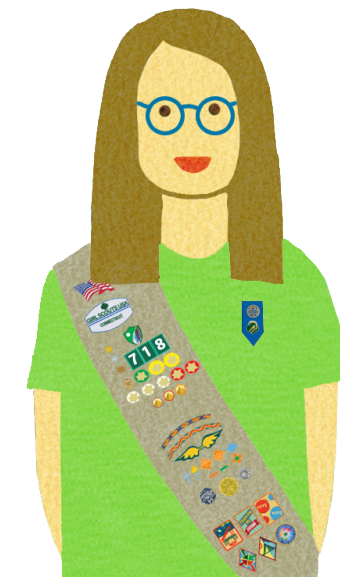
Cadettes
Grades 6-8

Need more help?
Go to [girlscouts.org/placement](https://www.girlscouts.org/placement).

Just for Juliettes



A Juliette, or individually registered Girl Scout, has the same experience as other Girl Scouts, just without being in a troop. If you're a Juliette family, connect with your council for support and to stay up-to-date on exciting events for the whole family.



Seniors
Grades 9-10



Ambassadors
Grades 11-12

And the Award Goes to...

From protecting our environment and supporting communities to changing laws, we know you shine brightest when you're making the world a better place. That's why we have three separate awards—the **Girl Scout Gold, Silver, and Bronze Awards**—to honor Girl Scouts who take their passions and turn them into actions in big ways.

- ▶ **Daisies and Brownies** learn the basics of what it means to be a good neighbor and how they can be helpful.
- ▶ **Juniors** can earn the Bronze Award by teaming up with other Girl Scouts to make a difference in their towns.
- ▶ **Cadettes** can earn the Silver Award by researching an issue, making a plan, and taking action to improve their communities.
- ▶ **Seniors and Ambassadors** can earn the Gold Award by developing and carrying out lasting solutions to issues in their neighborhoods and beyond.



When I'm a Gold Award Girl Scout...

Gold Award Girl Scouts are rock stars, role models, and real-life heroes. How do they do it? By using everything they've learned as Girl Scouts to fix a problem in their communities and make a lasting change in their world. Use this space to draw, write, or make a collage about the problem you want to tackle to become a Gold Award Girl Scout—and how you'll feel once you've done it.

Already working toward your Gold Award? Incredible. Use this space to celebrate all you've already accomplished.

Your Year in Girl Scouts

Check out important dates, then add your own troop meetings and activities you can do as a family.



October

- 10/9 GSGNY Celebrates Disability Employment Month
- 10/11 **International Day of the Girl**
- 10/16 GSGNY Highest Awards Kick-Off
- 10/26 GSGNY Celebrates Hispanic Heritage!
- 10/27 Women of Distinction Breakfast
- 10/31 **Juliette Gordon Low's Birthday**

November

- 11/19 **Women's Entrepreneurship Day**
- 11/30 GSGNY Celebrates Native American Heritage!

December

- 12/6-12/12 **Computer Science Education Week**
- 12/15 Cookie Program ACH Form Submission Deadline
- TBD Hour of Code
- TBD Digital Cookie Set Up and Training

January

- 1/17 **Martin Luther King Day of Service**
- 1/31 Silver/Gold Award First Submission Deadline
- TBD Cookie Season begins!

February

- 2/15 GSGNY Celebrates Black History!
- 2/17-2/19 **National Girl Scout Cookie Weekend**
- 2/22 **World Thinking Day**

March

- 3/10-3/12 **Girl Scouts Celebrate Faith**
- 3/12 **Girl Scout Birthday**
- 3/12-3/18 **Girl Scout Week**
- 3/29 GSGNY Celebrates Women's History!
- TBD Cookie Season Ends

April

- 4/1-4/30 **National Volunteer Month**
- 4/1 Spring Registration Begins
- 4/1 GSGNY Celebrates Autism Awareness Day!
- 4/22 **Girl Scout Leader's Day**
- 4/22 **Earth Day: Plant a tree with the Girl Scout Tree Promise**
- 4/26 GSGNY Celebrates Arab Heritage!
- 4/30 Silver/Gold Award Final Submission Deadline

May

- 5/8-5/12 **Teachers Appreciation Week**
- 5/9 Girl Scout Gold Achievement Gala
- 5/19 GSGNY Celebrates Mental Health Awareness Day
- 5/24 GSGNY Celebrates AAPI Heritage!
- TBD Volunteer Recognition Event
- TBD Camp Kaufmann Open House

June

- 6/11 **National Get Outdoors Day**
- TBD Highest Awards Ceremonies
- TBD STEM Expo

July

- 7/18-7/20 **56th National Council Session**
- 7/20-7/22 **Phenom by Girl Scouts**
- 7/22 GSGNY Celebrates Disability Pride!
- TBD Camp Kaufmann Summer Sessions

August

- 8/10 **National S'mores Day**

September

- 9/1 On Time Renewal Begins
- 9/30 **GSUSA Highest Awards Submission Deadline**
- TBD **Girl Scouts Love State Parks**
- TBD Back to Troop
- TBD Leadership Institute Applications Open

Key:

■ GSGNY Important Dates and Events ■ GSUSA Important Dates and Events

This calendar is NOT a comprehensive list of all GSGNY events, and dates are subject to change. For the most up to date version of our Council Events Calendar, visit our website at girlscoutsnyc.org.

Shake Up Family Time



Keep the Park in Your Heart

Take a walk, ride a bike, or have a picnic in the park with the whole family. Ask everyone to look around and name one thing they love about the park and one thing that could be better. This can also be a time to explore the history of your park and to learn about the Indigenous people who lived on this land before you.

Is there no place to recycle bottles and cans? Not enough park benches? Would it be fun to have a skateboard ramp, or could the basketball court use a fresh coat of paint? Write down everyone's ideas, then connect with local organizations that advocate for parks. Maybe your family could join them and turn some of your ideas into reality.

If there isn't already a team of people helping your park, bring up the idea with other families—especially those you know through Girl Scouts—or at your local city council meeting to see if you can start one. Taking care of and

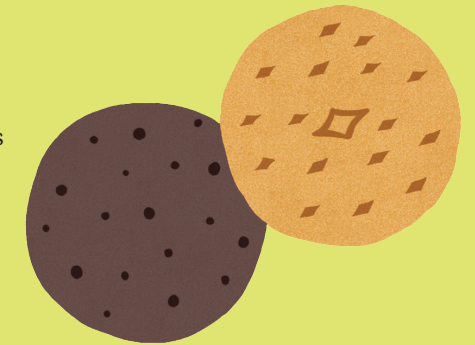
learning about our outdoor spaces together is a fun way to build community, make friends, and improve the world for everyone.

Ever feel like your life is on a cycle of wash, rinse, repeat? Break out of the blahs with these activities that bring the fun and learning of Girl Scouts to the whole family.

Go for the Goal

Learning how to set and meet realistic goals is one of the most important things the Girl Scout Cookie Program teaches—and the benefits of having that skill go far beyond cookies.

Use the first chart on this page to plan how your family will help your troop reach this year's cookie goal. Then use the second chart to choose another goal you'd like to work toward. It could be anything from learning a new language to mastering a cool skateboard trick. With a little planning and some dedication, you can make it happen!



Earn the Girl Scout Cookie Entrepreneur Family pin with your Girl Scout, and give them the business smarts of tomorrow, today! Learn how at girlscoutcookies.org/entrepreneurfamily.

Cookie Goal and Deadline

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Selling Strategies

My Second Goal and When I'll Meet It

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How I'll Reach My Goal



Focus on Feelings

Nobody's happy all the time—nor should they be. Sadness, anger, and even frustration are all healthy, normal feelings that can help us understand our lives and make them better.

Still, we all need a bit of comfort now and then to get us through. Take time to make “calm kits” with your family and then discuss what everyone put in theirs. You'll each build a go-to source of comfort and learn a little about one another in the process.

Once you've gathered everything, decorate the box and fill it with things that help you feel better when life gets hard. First, write a list of simple activities that make you feel good—whether you love running and making art or playing with your pet and baking, write them all down.

For each calm kit, you'll need:

- ▶ A shoebox or similarly sized box
- ▶ A few pieces of paper and something to write with
- ▶ Any art supplies you have around—construction paper, magazine pages, glue or tape, crayons, markers, stickers, etc.
- ▶ Two to three small personal items that are special to you but that you don't need every day
- ▶ Anything else small and nonperishable that makes you happy

Once you're done, fold the paper and pop it in the box to remind yourself of healthy ways to deal with stress. Consider writing a pep-talk letter to yourself to remind you of your strength and resilience in tough times. You might want to include a small toy, book, photo of someone who inspires you, or other trinket that makes you happy. Keep your calm kit in a safe spot and know that it's there for you whenever you need a pick-me-up!

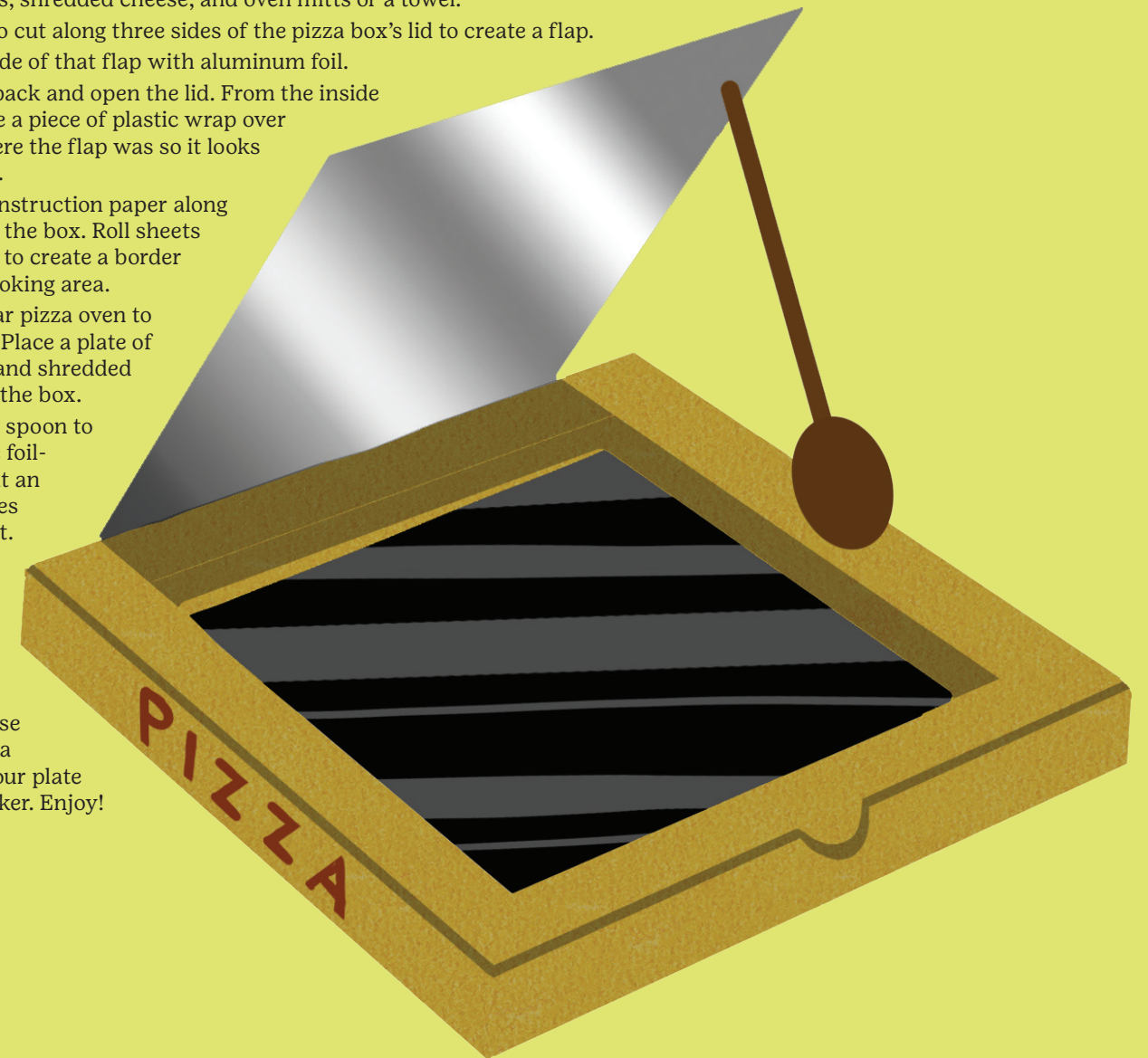


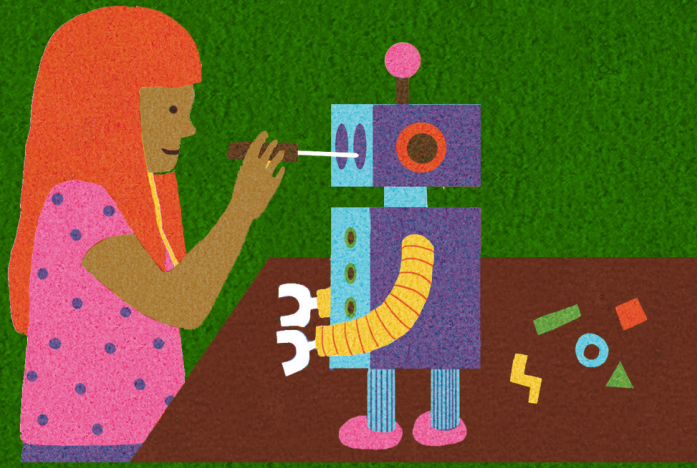
Nacho Grandma's Science Experiment

Did you know you can make tasty nachos without an oven or microwave? It's true! Follow these instructions to make a solar oven and cook up some melty goodness.

You'll need a sunny day, a cardboard pizza box, plastic wrap, scissors, aluminum foil, clear tape, black construction paper, old newspapers, a wooden spoon, a plate smaller than your pizza box, tortilla chips, shredded cheese, and oven mitts or a towel.

1. Use scissors to cut along three sides of the pizza box's lid to create a flap.
2. Cover the inside of that flap with aluminum foil.
3. Fold the flap back and open the lid. From the inside of the lid, tape a piece of plastic wrap over the space where the flap was so it looks like a window.
4. Tape black construction paper along the bottom of the box. Roll sheets of newspaper to create a border around the cooking area.
5. Take your solar pizza oven to a sunny spot. Place a plate of tortilla chips and shredded cheese inside the box.
6. Use a wooden spoon to prop open the foil-covered flap at an angle so it faces direct sunlight.
7. Wait for the cheese to melt—this may take a while if it's not very hot outside. Use oven mitts or a towel to lift your plate out of the cooker. Enjoy!





Give a Little, Get a Lot

Just like at a potluck, where you only bring one dish but get to munch on a full feast, Girl Scouts works best with a community. When each family pitches in just a little or steps up to take on one or two tasks, everyone benefits big time.

Here are a few ways to help out that take less than an hour per week:

- ▶ Organize a troop snack calendar
- ▶ Manage a troop carpool calendar
- ▶ Put together at-home badge supply kits
- ▶ Set up and maintain a troop social media account
- ▶ Volunteer to take pictures or videos at troop meetings



Peek into Their Future

When you think of your child a year from now, or even ten years from now, you likely picture a confident thinker and doer who does their best and makes the world a better place. Basically? You're picturing them as a Girl Scout.

Secure their spot for the upcoming Girl Scout year and consider becoming an adult member at the same time! Head to [girlscouts.org/join](https://www.girlscouts.org/join) to learn when and how to sign up.



All Girl Scouts are sisters, which means that all of us—from parents to volunteers—are family. So have a family meeting (make sure to include your troop leaders!) to figure out who can do what for the troop this year. We're all in this together.



We're Here For You

Family helps family, and you're part of ours! Whether you have questions about the troop experience or are going through a rough time on a more personal level, Girl Scouts is here to support you and your family through it all. Never hesitate to

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✉ customer care@girlscoutsnyc.org

📘 [facebook.com/girlscoutsnyc](https://www.facebook.com/girlscoutsnyc)

📷 [@girlscoutsnyc](https://www.instagram.com/girlscoutsnyc)

🐦 [@girlscoutsnyc](https://twitter.com/girlscoutsnyc)

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🐦 twitter.com/girlscouts

☎ 800-478-7248

All About My Troop

Fill in the details of your Girl Scout's troop and keep this handy all year long!

Troop number: _____

Troop co-leader phone: _____

Troop co-leader phone: _____

Meeting place: _____

We meet at _____ on _____, every _____ weeks.
[TIME] [DAY] [NUMBER]

The Girl Scouts in the troop are:

Important cookie dates:

My family is helping out by:

Other important information:

