

Senses [Meeting 1]

Overview

Girls have fun exploring their five senses and how they use them in everyday life. They also learn about what life would be like without one of their senses.

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Get your badges here.
- Gather a bowl of fruit—make sure each piece is different in shape, so for example, you could use an orange, a banana, a pear, strawberry, etc.
- Fill a plastic or glass jar with cotton balls, and then add several small items so they are nestled in between the cotton. Put on the lid, and shake it up so the items become a little hidden. Could use things such as dice, coins, figurines, safety pin, bouncy ball, army man, or a whistle
- Cut poster board into strips—one for each girl.
- Print out a PDF of Braille alphabet from online.
- Fill plastic eggs with snacks. Each egg should contain one type of snack, such as cheerios, goldfish, raisins, and jelly beans. Make enough so that each girl has an egg with each kind of snack.
- Print out a PDF of Girl Scout Promise in sign language from online, one for each girl.
- Print out a PDF of alphabet in sign language, one for each girl.

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

Meeting Length

90 minutes

Senses [Meeting 1]

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials

Activity 1: As Girls Arrive

- Sheets of paper
- Markers, crayons
- Bowl of fruit

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Drawing in the Dark — **Inside Option**

- Sheets of paper
- Markers, crayons
- Bowl of fruit (same as above)
- Blindfolds (one for each girl)

Activity 3: Drawing Outdoors — **Get Girls Outside!**

- Sheets of paper
- Markers and crayons
- Blindfolds, or just have girls keep eyes closed

Activity 4: Jar Jumble

- Plastic container or jar with lids
- Cotton balls
- Small items to fit in the jar, such as dice, coins, figurines, safety pin, bouncy ball, army man, whistle
- Music from any source that all the girls can hear: CD player, phone, radio
- Activity #5: Sight Words
- PDF of alphabet in Braille (one for each girl)
- Posterboard
- Markers or crayons
- Stick-on or glue-on gems
- Glue sticks

Activity 6: Snack Shakers — **Inside Option**

- Plastic eggs, 3-4 for each girl
- Snacks that might make different sounds such as cheerios, goldfish, raisins, and jelly beans

ACTIVITY 6: Outside Snack Shakers — **Get Girls Outside!**

Senses [Meeting 1]

- Plastic eggs, 3-4 for each girl
- Snacks that might make different sounds such as cheerios, goldfish, raisins, and jelly beans

Activity 7: Scout Signs

- PDF of Girl Scout Promise in sign language
- PDF of alphabet in sign language

Activity 8: Talking Telephone — **Inside Option**

- Music—could be from a CD player, phone, radio, computer, or other device

Activity 8: Sound Hunter — **Get Girls Outside!**

- Paper or notebooks
- Pens and pencils

Activity 9: Closing Ceremony: Take Action reflection

- None

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

5 Minutes

Materials

- Sheets of paper
- Markers, crayons
- Bowl of fruit

Steps

As girls arrive, have them draw a picture of a bowl of fruit.

SAY:

- *You are going to draw a picture of this fruit bowl. What shapes and colors stand out to you?*

Activity 2: Opening Ceremony

Time Allotment

10 minutes

Materials

- PDF of Girl Scout Promise and Law

Senses [Meeting 1]

Steps

Gather girls in a circle. Welcome them to their first Senses meeting.
Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *This meeting is all about how we use our senses. Does everyone know what your five senses are?*
- *Senses are what let us discover the world around us. Your five senses are sight—where you use your eyes to see, sound—when you use your ears to hear, smell—using your nose to sniff, taste—where you eat something, and feel—using your body to touch.*
- *So when you came in, what sense did you use to draw the fruit? [Give girls time respond.]*
- *Correct—your sight. And when you said the Girl Scout Promise, what sense did you use?*
- *Yes—you used sound because you could hear everyone saying it with you.*
- *What if you didn't have the sense of sound? How do you think you could say the Girl Scout Promise? We are going to learn some ways and try them out in this meeting. But first, let's have some fun with your sense of sight.*

Activity 3: Drawing in the Dark — Inside Option**Time Allotment**

10 minutes

Materials

- Sheets of paper
- Markers, crayons
- Bowl of fruit (same as above)
- Blindfolds (one for each girl)

Steps

Ask girls to sit around the table. Give each a piece of paper, a blindfold—ask them to put it on. Spread the markers and crayons out among the girls at the table. Pick up each piece of fruit and pass it around.

SAY:

- *When you first came in, you each drew the bowl of fruit using your sense of sight. Do you remember what you saw? What colors did you see? What shapes did you see? Now, try and draw that same bowl of fruit without being able to use your sight. Use your other senses, like touch, to try and do the drawing.*

Senses [Meeting 1]

- [After they are done drawing] *What does your drawing look like? What was the hardest part about not being able to see? Was there anything that surprised you when you did the drawing this time?*

Activity 3: Drawing in the Dark — *Get Girls Outside!***Time Allotment**

10 minutes

Materials

- Sheets of paper
- Markers and crayons
- Blindfolds, or just have girls keep eyes closed

Steps

Gather girls in front of a potted plant or potted flower and have them draw it. Then have them put the blindfold on and draw it again, without looking.

SAY

- *First, draw the plant [or flower] with your blindfold off. When you're done, put the blindfold on and try drawing it again from memory. To do so, pass the markers around but you can't peek to see what marker you're drawing with. If you want, you can reach out to carefully touch the plant [or flower] while you're drawing blindfolded.*

[When girls are finished drawing both versions, **SAY:**]

- *What was different about the plant [or flower] you drew with your blindfold off than with your blindfold on? How did the colors turn out?*
- *How did it help your drawing to touch the plant [or flower]?*
- *What was the hardest part of drawing without seeing?*
- *What surprised you most about your second drawing?*

Activity 4: Jar Jumble**Time Allotment**

10 minutes

Materials

- Plastic container or jar with lids
- Cotton balls
- Small items to fit in the jar, such as dice, coins, figurines, safety pin, bouncy ball, army man, whistle
- Music from any source that all the girls can hear: CD player, phone, radio

Senses [Meeting 1]

Steps

Fill the jar with cotton balls, and then add the small items so they are nestled in between the cotton. Put on the lid, and shake it up so the items become a little hidden. While the music is playing have the girls quickly pass the jar like hot potato. When the music stops, that girl has to name as many things as she can in the jar. You can keep going for a few rounds, and then switch up the objects in the jar.

SAY:

- *Your sense of sight really helps you to see and discover things around you that you might miss.*
- *We are going to pass the jar, and take a good look as you pass it to your friend. See how many items you can see and remember—if the music stops while you are holding it, give it to one of the leaders and see how many items you remember. We'll see who has the best sense of sight. Start the music!*

Activity 5: Sight Words**Time Allotment**

15 minutes

Materials

- PDF of alphabet in Braille (one for each girl)
- Posterboard
- Markers or crayons
- Stick-on or glue-on gems
- Glue sticks

Steps

Have the girls sit at a craft table with art supplies spread out. Each girl should have a small piece of posterboard. Girls write their name in large letters on the posterboard, leaving space under each letter. Then, they look up each letter in the Braille alphabet and spell out their name in Braille using the gems as the raised dots.

SAY:

- *What do you think you'd miss if you couldn't use your sense of sight? [Let girls answer.] What about reading your favorite books? Well, in 1824, hundreds of years ago, a boy named Louise Braille, who was only 15 had an accident and lost his sight. He loved to read, and invented a way to read by feeling raised dots arranged in a certain order to spell a word. The system was named after him and is called Braille.*

Senses [Meeting 1]

- *Thousands of books are made using Braille letters so those who don't have the sense of sight can read. There are even computers that can read and print in Braille.*
- *We are going to make our names using Braille. First, write your name in large letters across the top of your posterboard. Using the Braille handout, glue the gems or sequins in the right order under each letter. Once you've finished making your name in Braille, move your fingers over the gems to touch what your name feels like.*

Activity 6: Snack Shakers — Inside Option**Time Allotment**

10 minutes

Materials

- Plastic eggs, 3-4 for each girl
- Snacks that might make different sounds such as cheerios, goldfish, raisins, and jelly beans

Steps

Fill each egg with one type of snack—fill enough so that each girl has one egg of each snack. Pass them out.

SAY:

- *So we have learned a lot about sight. The next sense we are going to have fun with is sound.*
- *You hear sound with your ears, right? What are some of your favorite sounds? What sounds really bother you?*
- *For snack, we are going to try to use the sense of sound, and discover what is in each egg by shaking them. You can pair up with a buddy and work on it together, but don't open the egg until you both agree on what you think is inside.*
- *[As kids are eating the snacks] What snack was hardest to figure out? What other foods might make good snack shakers?*

Activity 6: Snack Shakers — Get Girls Outside!**Time Allotment**

10 minutes

Materials:

- Plastic eggs, 3-4 for each girl

Senses [Meeting 1]

- Snacks that might make different sounds such as cheerios, goldfish, raisins, and jelly beans

Steps:

Prepare ahead: Fill each egg with one type of snack—enough so that each girl has one egg of each snack type. Go outside with girls and pass eggs out. Have girls shake eggs and guess what's inside.

SAY:

- *So we have learned a lot about sight. The next sense we are going to have fun with is sound.*
 - *What are some of your favorite sounds?*
 - *What sounds really bother you?*
- *For snack, we are going to try to use the sense of sound, and discover what is in each egg by shaking them. You can pair up with a buddy and work on it together, but don't open the egg until you both agree on what you think is inside.*
- *When you've guessed, open the egg and put the snack item in this bowl. Then we'll mix it together for you to eat.*

[As girls are enjoying their snack, **SAY:**]

- *What snack was hardest to figure out?*
- *What other foods might make good snack shakers?*

Activity 7: Scout Signs

Time Allotment

15 minutes

Materials

- PDF of Girl Scout Promise in sign language
- PDF of alphabet in sign language

Steps

Practice the Girl Scout Promise in sign language.

SAY:

- *Now that we've tested our sense of sound, let's learn about what you'd do if you couldn't hear.*
- *People who can't hear are deaf or hard of hearing—they either can't hear, or have trouble hearing.*
- *Many people who are deaf or hard of hearing use sign language to communicate. Has anyone used or seen anyone use sign language? What did you think about it?*

Senses [Meeting 1]

- *Let's all learn a little bit of sign language. Using the handout, practice with a group (2-3) on how to sign the Girl Scout Promise. We'll then come together as a group and try it all together. [If girls are really having fun, try more.]*
- *Does anyone want to try signing her name in sign language?*

Activity 8: Talking Telephone — Inside Option**Time Allotment**

15 minutes

Materials

- Music—could be from a CD player, phone, radio, computer, or other device

Steps

Gather girls in a circle. Start with a phrase and whisper it to each other, until the person at the end has to identify what was said. After a few rounds, try it with music turned pretty loud and see how they do.

SAY:

- *Let's practice how we listen and use our sense of sound. I'm going to start with a phrase, and whisper it to the person next to me. We'll keep going around, and let's see if we can get it right by the time it gets to the end. Ready, let's go!*

[Do a few rounds.]

- *Let's try and make it a little harder! I'm now going to play some music while we whisper and see how well we can do.*

Activity 8: Sound Hunter — Get Girls Outside!**Time Allotment**

15 minutes

Materials:

- Paper or notebooks
- Pens and pencils

Steps:

Have girls sit or stand outdoors (they can even stroll around a designated area)—and listen for 10 sounds and draw pictures of what they hear.

SAY:

- *The inside of your ear has hundreds of bones. Some of these bones are the tiniest in your body, but they can deliver big sounds! Open your ears and listen for*

Senses [Meeting 1]

sounds outdoors. And then draw what you think you're hearing. Is it a cricket? A frog? The rustling of leaves on a tree? Whatever you hear!

[When girls are done drawing, **SAY:**]

- *Share your drawings and tell us, were the sounds you heard nature sounds or ones made by humans?*
- *Was one sound louder than the other, which one?*
- *How many of you drew the same pictures because you heard the same sounds? What were those sounds?*

Activity 9: Take Action reflection**Time Allotment**

10 minutes

Materials

- None

Steps

Girls form a friendship circle and sing a song.

SAY:

- *So today we explored how we use our senses of sight and sound. You learned about sign language for hearing impaired people. You learned about Braille for blind people.*
- *One of the things that's so great about being a Girl Scout is that you can help people and make a difference in the world. It's called Take Action. So let's talk about how you can Take Action for people who can't see or hear well...or at all!*
- *What kind of things do you think would make their lives easier? For example, can you think of how to make it safe for a blind person to cross a street? Or how can you help a hearing-impaired person understand what's being performed at a play?*

[After girls come up ideas **SAY:**]

- *These might be some ideas for your Take Action Project! You might find a way to help people who can't see or hear!*
- *When you go home tonight, pay attention to what you see and what you hear around you – now that you know how important your senses are, you might discover something new.*
- *Next meeting we'll discover our senses of smell, taste and touch. It's going to be fun!*

Ask a girl to end the ceremony by starting the friendship squeeze.