



First Four Meetings Guide for Volunteers

This comprehensive guide has been designed to provide volunteers with innovative ideas for conducting their first four Girl Scout meetings.



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First Four Meetings for Daisy Troops

A step-by-step guide to planning the first four meetings for your Daisy troop.



Week One

1. Pre-Meeting Activity: Create Name Tags

Greet Girl Scouts and caregivers as they arrive. Given them each a name tag and have them decorate it to express their personality.

2. Opening Activity: Introductions

Once all Girl Scouts have arrived, gather in a circle and explain that they are now in a Daisy circle. Introduce yourself and your co-leaders. Have each Girl Scout share her name and one thing about themselves that they want their new friends to know. Teach Girl Scouts the Quiet Sign; when an adult raises their hand, the girls should raise their hands as well and be quiet.

3. Major Activity: Introduce the Girl Scout Promise

After introductions have been made, it's time to learn the Girl Scout Promise! Show Girl Scouts how to make the Girl Scout sign (right hand, three fingers), and teach them the Girl Scout Promise. Discuss the meaning of each of the three parts, and have Girl Scouts draw pictures of what they can do to live by the Promise. It could also be fun to create a group mural on a section of butcher paper!

4. Planning Activity: Troop Agreement

With the Girl Scouts, brainstorm a list of things to remember so that the troop can be safe and have fun at the same time. Encourage behaviors such as listening to instructions, sharing ideas with fellow Girl Scouts, etc. Write down ideas on a large sheet of paper.

5. Clean Up

Choose one or two Girl Scouts to be the Clean-Up Leaders. Explain that each girl will have the opportunity to be a Clean-Up Leader and have everyone clean up the room together.

6. Closing

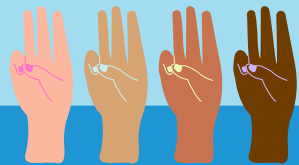
Try the Friendship Squeeze! Have Girl Scouts form a circle, cross their arms right over left, and hold hands. One girl starts by making a silent wish and squeezing the hand of the girl on her right. Each Girl Scout squeezes the next girl's hand until the squeeze "gets back" to the first girl. The girl who began says, "Girl Scouts out!" and everyone turns out the circle.

The 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.

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





The 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.

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.



Week Two

1. Pre-Meeting Activity: Daisy Chains

Before the start of the meeting, set out beads and string. As Girl Scouts arrive, explain that they will be making Daisy Chains (or beaded necklaces). When they're finished, have each Girl Scout gift her necklace to another girl.

2. Opening Activity: Introduce the Girl Scout Law

Have Girl Scouts gather in a Daisy Circle and ask them to join you in reciting the Girl Scout Promise. Teach them the Girl Scout Law and discuss the line about "being a sister to every Girl Scout." Ask them what they think this means and relate it to the earlier necklace exchange.

3. Major Activity: Create a Daisy Flower

Talk to the Girl Scouts about their Daisy uniforms and the badges they can add to them. Explain the different Daisy petals, and how each one represents a different part of the Girl Scout Law. Guide the Girl Scouts in creating their own daisy flower out of construction paper, with colors corresponding to the petals that girls can earn.

4. Clean Up
Choose one or two Girl Scouts to be the Clean-Up Leaders. Have everyone clean up the room together and explain that Girl Scouts always leaves an area cleaner than they found it.

5. Closing
Ask Girl Scouts to come together in a Daisy Circle. Learn "Make New Friends," a traditional Girl Scouts song. Consider signing it in a round if the girls master it! End the meeting with a closing ceremony, the Friendship Squeeze.

Week Three

1. Pre-Meeting Activity: Daisy's Footsteps

Choose 10-15 events from the life of Juliette Gordon Low, such as, "I was born in Savannah, GA," or "I started a club called Helping Hands." Print or type the events on paper "footprints." Hide the footprints around the meeting area.

As Girl Scouts arrive, ask them to find the footprints. As each girl finds a footprint, have her tape it to a large piece of paper with the words "Who Am I?" written on it. Under the paper, have a hidden picture of Juliette Gordon Low. After all the footprints have been found, read them aloud and have one Girl Scout uncover the mystery person.

2. Opening Activity: Make the World a Better Place

Have Girl Scouts gather in a Daisy Circle and ask them to join you in saying the Girl Scout Promise. Learn this line of the Girl Scout Law: "To make the world a better place," and ask Girl Scouts to share their ideas about what it means.

3. Major Activity: Make a Bird Feeder

Make a simple bird feeder by stringing cereal onto a piece of yarn about two feet long. Once you're finished, tie the ends of the yarn together. Place each string in a sandwich bag for Girl Scouts to take home, explaining how they can hang their "feeder" from a tree limb.

Relate this activity to Juliette Gordon Low's first troop and how they bird watched together. You can also relate this to the opening activity, as one of the ways Girl Scouts make the world a better place.

4. Clean Up

Choose one or two Girl Scouts to be the Clean-Up Leaders. Have everyone clean up the room together and remind them that Girl Scouts always leaves an area cleaner than they found it.

5. Closing

Repeat the closing from Week One or Week Two, depending on which was more popular with Girl Scouts.



Week Four

1. Pre-Meeting Activity: Giggling Gertie

Have Girl Scouts form a circle, with one Girl Scout in the center. The Girl Scout in the center laughs and tosses a scarf or handkerchief in the air. The group starts to laugh and keeps laughing for as long as the scarf is in the air.

As soon as the scarf hits the floor, all Girl Scouts must stop laughing and keep their faces expressionless. The first person to be caught smiling or laughing is “it” and replaces the Girl Scout in the center.

2. Opening Activity: Use Resources Wisely

Use the Quiet Sign to get the Girl Scouts’ attention. Gather in a Daisy Circle and recite the Girl Scout Promise. Learn this line of the Girl Scout Law: “Use resources wisely,” and ask Girl Scouts to share their ideas about what it means.

3. Major Activity: Create a Garden

Create your own gardens by cutting off the top of an egg carton and fill each cell ¾ of the way with soil. Have each Girl Scout choose a seed, place it in one of the egg carton cells, and cover it with more soil. Each Girl Scout can label which seed is hers. Place your troop garden in a sunny window and be sure to water it!

4. Clean Up

Choose one or two Girl Scouts to be the Clean-Up Leaders. Have everyone clean up the room together and remind them that Girl Scouts always leaves an area cleaner than they found it.

6. Closing

Ask Girl Scouts to come together in a Daisy Circle. Learn “Girl Scout Daisies,” a traditional Girl Scouts song. End the meeting with the Friendship Squeeze.



First Four Meetings for Daisy Troops: Supplies List

Week One

- Name tags
- Colored pencils
- Crayons
- Butcher or construction paper
- Poster with Girl Scout Promise

Week Two

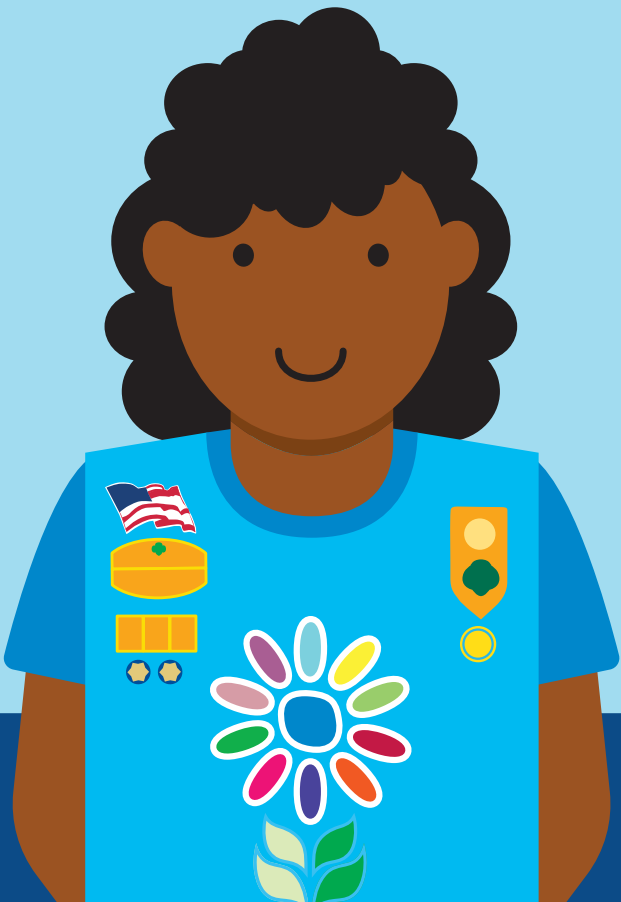
- String
- Assorted beads
- Construction paper
- Crayons
- Poster with Girl Scout Promise

Week Three

- Pre-cut “footprints”
- Large sheet of butcher paper or newspaper
- Blank paper
- Crayons
- Yarn
- Dry cereal

Week Four

- Scarf or handkerchief
- Blank paper
- Crayons
- Egg carton
- Potting soil
- Seeds
- Poster with Girl Scout Promise



First Four Meetings for Brownie Troops

A step-by-step guide to planning the first four meetings for your Brownie troop.



Week One

1. Pre-Meeting Activity: Giant Name Tags

As Girl Scouts arrive, give them each a large piece of construction paper and have them write their name in the center. Have them draw pictures or write words around their name that describe things about themselves, like their favorite foods or activities.

Encourage Girl Scouts to talk amongst themselves and find commonalities as they create their name tags. When they're finished, hole-punch and tie a string through each name tag so Girl Scouts can wear them for the rest of the meeting.



2. Opening Activity: Going on a Trip & Human Knot

Play an icebreaker game, like “Going on a Trip.” Have Girl Scouts sit in a circle and choose items to take on a trip that start with the first letter of their first name (i.e., “I’m Sabrina and I’m going to bring a suitcase,” and “I’m Juliette and I’m going to bring juice.”)

Then play “Human Knot.” Have Girl Scouts form a close circle—with one girl, the “doctor,” standing out of the circle. Have the girls grab hands with the person on either side of them, and twist and turn until they form a human knot. The “doctor” then comes back and guides them to untangle the circle without breaking hands. Feel free to play a few rounds of this game with different “doctors”!

3. Troop Business

- Sit in a circle and take attendance.
- Have Girl Scouts work together to establish expectations for their troop meetings, with guidance from leaders. Explain and demonstrate the Quiet Sign.
- Discuss what it means to be a Brownie Girl Scout, and the purpose of uniforms.
- Introduce the Kaper Chart (if using) and have Girl Scouts sign up to complete various tasks like helping set up crafts, passing out snacks, or clearing tables after the meeting.

4. Major Activity: Brownie Story

Tell [The Brownie Story](#) while Girl Scouts eat a snack. Then have Girl Scouts act out the Brownie Story, and teach them the “Brownie Smile Song.”

5. Closing

Try the Friendship Squeeze! Have Girl Scouts form a circle, cross their arms right over left, and hold hands. One girl starts by making a silent wish and squeezing the hand of the girl on her right. Each Girl Scout squeezes the next girl’s hand until the squeeze “gets back” to the first girl. The girl who began says, “Girl Scouts out!” and everyone turns out the circle.



Week Two

1. Pre-Meeting Activity: Giggling Gertie

Have Girl Scouts form a circle, with one Girl Scout in the center. The Girl Scout in the center laughs and tosses a scarf or handkerchief in the air. The group starts to laugh and keeps laughing for as long as the scarf is in the air.

As soon as the scarf hits the floor, all Girl Scouts must stop laughing and keep their faces expressionless. The first person to be caught smiling or laughing is “it” and replaces the Girl Scout in the center.

2. Opening Activity: Bean Bag Name Game

Have Girl Scouts form a circle, sitting or standing. The leader tosses a bean bag to one Girl Scout, who says her name and tosses the bag to another girl, who then says her name.

After all the Girl Scouts have introduced themselves, play a variation. Have the girls toss the bean bag in reverse order, starting with the last girl to catch the bag, or have the girl with the bean bag say her own name and the name of the girl to whom she is tossing the bean bag.

3. Troop Business

- a. Sit in a circle and take attendance. Have Girl Scouts sign up for tasks on the Kaper Chart and collect any forms they may have brought.
- b. Have Girl Scouts share good deeds they’ve done since the last meeting, like holding the door for someone or being nice to a sibling. Relate this to the Brownie Story from the last meeting.
- c. While Girl Scouts eat snack, explain the concept of badges and ask the girls which ones interest them. If possible, prepare a list of five to ten badges that are diverse yet feasible for your troop to complete. Aim to finish one or two badges in the next two months, based on their input.

4. Major Activity: Girl Scout Promise

Read the Girl Scout Promise together and discuss what each part of it means. Then play the Promise Game.

Have the group stand in a circle and pass a ball or bean bag to the first Girl Scout. She will hold the ball and say “on,” the first word of the Promise, and pass the ball to the next girl, who will say “my.” Continue passing the ball around the circle in this way until Girl Scouts complete the Promise. Go slowly at first, then go faster on the next round. Pass the ball in a random order to make the game more challenging.

Then make Promise bookmarks. Have Girl Scouts decorate strips of construction paper with words and pictures that represent the Girl Scout Promise.

5. Closing

Learn “Make New Friends,” a traditional Girl Scout song. Try singing it in a round if Girl Scouts master it.

Check In Questions

Are Girl Scouts getting along well?
Are they learning the names of the other troop members?



Week Three

1. Pre-Meeting Activity: Silly Name Game

Have Girl Scouts and leaders sit in a circle. The leader starts the game, saying her first name and choosing something she likes to do for her last name (i.e. Julie Swimming, or Sally Reading). Continue around the circle until everyone has shared their name. At the end, challenge Girl Scouts to remember others’ special names.

2. Opening Activity: Flag Ceremonies

Explain the structure and the purpose of flag ceremonies to the girls (pXX) and how they are a traditional part of all Girl Scout meetings and events. Then, put on a simple flag ceremony. Choose two Girl Scouts to be color guards, one Girl Scout to be the color bearer, and one or two Girl Scouts to read the directions.

3. Troop Business

- a. Sit in a circle and take attendance. Have Girl Scouts sign up for tasks on the Kaper Chart, giving preference to those who didn’t participate in the flag ceremony. Collect any forms they may have brought.
- b. Have Girl Scouts share more good deeds they’ve done since the last meeting, like holding the door for someone or being nice to a sibling.
- c. While Girl Scouts eat snack, introduce them to the Girl Scout Law. Ask them what they think each part of the law means and how they can apply it to their lives.

4. Major Activity: Brownie Ceremonies

Let Girl Scouts know that you will be having an Investiture and Rededication Ceremony next week in which new Girl Scouts will receive their Brownie pin, and others will rededicate themselves to the Promise and Law.

Discuss the ceremony, which will include having a flag ceremony, reciting the Promise and Law , and singing one or two songs. Teach the Girl Scout Handshake and plan a Kaper Chart for the ceremony.

Then split Girl Scouts into two groups. One group will make invitations for their families, while the other group decorates posters of the Promise and Law. Once finished, have the groups swap.

5. Closing

Try a “tunnel closing”: Have Girl Scouts form two lines facing each other and make a bridge with their hands. The first pair walks under the bridge holding hands, and the rest follow suit.



Week Four

1. Pre-Meeting Activity: Brownie Crowns

Help the girls write “I do a good deed daily” on long strips of construction paper. Then have them decorate the paper with pictures that show how they help people and use the Girl Scout motto in their everyday life. They could also draw pictures of role models who use the Girl Scout motto. When they are done, carefully staple the crown in a circle so it fits their head. The girls can wear their crowns for the rest of the meeting.

2. Opening Activity: Promise Game

Play the Promise game from the second meeting to review the Girl Scout Promise. Brainstorm variations to make the game more exciting, like saying it very fast or tossing the ball in a pattern. Review the Girl Scout Law as well.

3. Troop Business

- a. Sit in a circle and take attendance. Collect any forms they may have brought.
- b. Have Girl Scouts volunteer to share more good deeds they’ve done since the last meeting.
- c. Review the girls’ special jobs on the Kaper Chart that was put together at the last meeting.
- d. Walk through the structure of the Investiture Ceremony. Make sure Girl Scouts know where to stand. Review the songs that the group will sing in the ceremony.

4. Major Activity: Investiture Ceremony

Have Girl Scouts escort their family and friends to their seats at the beginning of the ceremony. Then call the girls to the stage for the ceremony, which could include a flag ceremony, recitations of the Promise and Law, one or two songs, and individual recognition of each Brownie.

5. Closing & Optional Snack

After the ceremony, have the Girl Scouts’ families and friends form a big tunnel in the style of the tunnel closing from your third meeting. If you wish, you could have snacks and drinks set out for Girl Scouts and their families to enjoy. Encourage parents to get to know each other.



First Four Meetings for Brownies Troops: Supplies List

Week One

- Construction paper
- Crayon or markers
- Hole punch
- Yarn or string
- Poster for expectations and Kaper Chart
- Snacks
- Poster with lyrics to “The Brownie Smile Song”
- “The Brownie Story”

Week Two

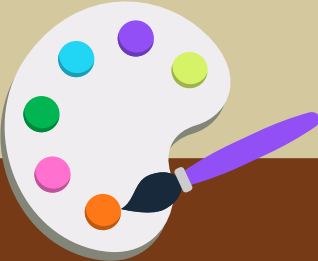
- Scarf or handkerchief
- Bean bag or ball
- Kaper Chart
- Construction paper
- Markers and crayons
- Magazine cutouts
- Glue
- Stickers
- Poster with Girl Scout Promise
- Poster with lyrics to “Make New Friends”

Week Three

- American flag and instructions for flag ceremony
- Kaper Chart
- Snacks
- Poster with Girl Scout Law
- Construction paper
- Poster board
- Markers & crayons
- Ribbons, glitter, and other decorations for invitations & posters

Week Four

- Construction paper or poster board
- Markers & crayons
- Scissors
- Stapler
- Kaper Chart from Week Three
- Poster with Girl Scout Promise
- Poster with the Girl Scout Law
- Pins, flag, and materials for Investiture Ceremony
- Snacks



Brownie Songs



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.



We are Brownies

Tune: Are you Sleeping?
We are Brownies, we are Brownies,
In a ring, in a ring.
We are Girl Scout Brownies,
We are Girl Scout Brownies
Hear us sing, hear us sing.
We discover, we discover
Things to do, things to do.
We are ready helpers,
We are ready helpers.
How about you, how about you? (point)



Brownie Smile Song

I've got something in my pocket,
it belongs across my face.
I keep it very close to me,
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!



Taps

Day is done, gone the sun,
From the lake, from the hills,
from the sky;
All is well, safely rest, God is nigh.
Fading light, dims the sight,
And a star gems the sky,
gleaming bright.
From afar, drawing nigh,
falls the night.

First Four Meetings for Junior Troops

A step-by-step guide to planning the first four meetings for your Junior troop.



Week One

1. Pre-Meeting Activity: Activity Brainstorming Session

On a large sheet of paper, make one column for “What’s your favorite activity?” and one for “What would you like to do in Girl Scouts?” Have the girls write their ideas on the paper. If you will have snack regularly, consider having another sheet where the girls can make a list of their favorite snacks.

2. Opening Activity: Girl Scout Promise & Law

Have Girl Scouts read the Girl Scout Promise and Law together. Remember to be sensitive to those who are brand-new to Girl Scouting; don’t assume that everyone knows the Promise and Law by heart.

3. Troop Business

- a. Have the girls sit in a circle, on chairs or on the floor. Explain and demonstrate the Quiet Sign.
- b. Girl Scouts should establish expectations for the troop meetings with guidance from leaders.
- c. Help Girl Scouts decide what form of troop government they want to try (p28-9). Remind them that they have more responsibility now that they are Juniors.
- d. Plan to make the Kaper Chart at the next meeting. Brainstorm some tasks that could go on it, such as setting up snack and cleaning up after an activity.
- e. While Girl Scouts eat snack, ask them to remind their parents of the meeting for troop adults, which will be held before the next meeting. Hand out the forms that need to be collected at the next meeting.

4. Major Activity: Partners

To play the game “Partners,” have each Girl Scout find a buddy and chat with them for five minutes to find out all they can about each other. (If there are cliques, consider pulling names from a hat.)

Once the pairs have spoken, each person introduces her partner to the group. Next, using the list from the pre-meeting activity, make a list of what Girl Scouts would like to do during the year.

Review the list with the girls to decide how much each activity will cost and the time needed to complete the activity. Lastly, in small groups, have Girl Scouts make colorful posters of what the Promise means to them.

5. Closing

Try the Friendship Squeeze! Have Girl Scouts form a circle, cross their arms right over left, and hold hands. One girl starts by making a silent wish and squeezing the hand of the girl on her right. Each Girl Scout squeezes the next girl’s hand until the squeeze “gets back” to the first girl. The girl who began says, “Girl Scouts out!” and everyone turns out of the circle.



Week Two

1. Pre-Meeting Activity:

Brainstorming for Skit in a Bag

Have the girls get in their patrols, if that’s the form of troop government you’re using. A patrol officer or peer leader takes attendance. Girl Scouts can make their own attendance sheets.

Split into patrols or small groups. Place five to ten small items in paper bags, with one bag for each group. Items can be Girl Scout-related, like badges or a first aid kit, or they can be completely unrelated. Before the meeting begins, have Girl Scouts brainstorm a skit using the items in their bag.

2. Opening Activity: Flag Ceremony

Explain the structure and purpose of a flag ceremony, a traditional part of most Girl Scout events. Then put on your own flag ceremony (see p27).

3. Troop Business

- a. Introduce the troop Kaper Chart, which should include the tasks Girl Scouts brainstormed at the last meeting. Have the girls sign up for Kapers, giving preference to those who did not participate in the flag ceremony.
- b. Have Girl Scouts vote on their troop crest. Discuss the meanings behind the various symbols and how they could represent your troop.
- c. While Girl Scout eat snack, discuss and vote on which badges they want to complete over the next several months.

4. Major Activity: Skit in a Bag & Girl Scout Promise and Law

- a. Have Girl Scouts perform their Skit in a Bag. Make sure they don’t run on too long!
- b. Review the Girl Scout Promise and Law. Ask Girl Scouts what they think each part means and how they use it in their lives.
- c. Then put on the Promise and Law Relays! Divide Girl Scouts into two teams. Have the words to the Promise and Law printed onto a card, one word per card, one set per team. Mix up the words and place them face up on the floor about ten feet from each team. The team must race to put the words and lines in order, one at a time, in relay fashion. If a word is wrong, the next girl must correct it. The relays can be done back-to-back or simultaneously.

5. Closing

Repeat the Friendship Squeeze from Week One.



Week Three

1. Pre-Meeting Activity: Who Am I?

Hand out index cards to Girl Scouts. Give them about five minutes to list ten physical characteristics about themselves, such as hair color, eye color, height, hair length, description of smile, and so on. Have each Girl Scout write their name on the back of the card and hand them to a peer leader, who shuffles them.

The peer leader selects a card, chooses the least obvious characteristic, and reads the clue. The leader reads more clues until Girl Scouts have enough hints to correctly guess the person. The person who guesses correctly gets to read the next card, and so on.

Check In Questions

Are Girl Scouts taking on more responsibility within the troop?

Are they mixing with Girl Scouts whom they don't know as well?

2. Opening Activity

Learn one or two traditional Girl Scout songs, such as “Girl Scouts Together” or “G for Generosity.”

3. Troop Business

- a. Take attendance.
- b. Have Girl Scouts sign up for jobs on the Kaper chart.
- c. Collect any necessary forms.
- d. While Girl Scouts eat snack, talk about badges, trips, and other Girl Scout opportunities. Ask girls to share their favorite parts of Girl Scouting.

4. Major Activity: Making Treasure Maps

Have Girl Scouts create a “treasure map” that depicts what they would like to do in the future.

They can draw, write, and cut out pictures and words from magazines to illustrate their unique hopes and dreams. These may include places they'd like to travel, subjects they'd like to study or careers they want to pursue, or a particular goal they'd like to achieve.

Once they're finished, invite each Girl Scout to share their treasure map with the group. Discuss how visualizing dreams and setting goals helps out dreams to come true. If possible, relate this to a badge or other Girl Scout award that Girl Scouts are work on

5. Closing

Repeat the Friendship Squeeze. Try to say goodbye to each Girl Scout individually.

Week Four

1. Pre-Meeting Activity: Pile Up

Have everyone get a chair and sit in a circle. The game leader has a list of items that she reads out (see below). If any of them apply to you, you move the appropriate number of seats right or left. The idea is to move all around the circle, and end up back where you started. If you move, but your neighbor doesn't, you sit on her lap—and sometimes, you can have three people occupying the same chair! Make sure you have lots of categories so that everyone gets lots of chances to move.

Sample list:

Anyone with one brother, move one seat to the right. If you have two brothers, move two seats. Anyone with black hair, move one seat left. Anyone who was a Brownie, move two seats right. Anyone who lives in Queens, move one seat right. Anyone over the age of 10, move one seat left. Everyone wearing brown shoes, move one seat left.

2. Opening Activity: Flag Ceremony

Put on your own flag ceremony to open the meeting (see p27).

3. Troop Business

- a. Take attendance.
- b. Have Girl Scouts sign up for jobs on the Kaper chart.
- c. Collect any necessary forms.
- d. While Girl Scouts eat snack, talk about the “Treasure Maps” they made last week. What are some things they could do to get closer to their goals? How does thinking about the future affect their daily lives?

4. Major Activity: Wearable Girl Scout Craft Project

Lead the troop in doing a wearable Girl Scout craft project, such as making sit-upons, troop t-shirts, bandannas, or tote bags.

Girls can use their sit-upons during the meetings and at other Girl Scout events like camping trips. There are many ways to make sit-upons, including weaving newspaper strips or sewing together a vinyl tablecloth.

Troop t-shirts, bandannas, and tote bags can be decorated in many creative ways. Girls can draw on them and write their names with fabric markers, or sew on buttons and ribbons.

If some girls finish early, consider engaging them in a game of statues. Call out a title, such as “seeing your favorite rock star” or “friendly dog,” and have the girls freeze in their interpretation of the statue.

6. Closing

In closing, sing one or two of your favorite songs from the last meeting. Or learn a new song, like “Princess Pat.”



First Four Meetings for Junior Troops: Supplies List

Week One

- Large sheets of paper
- Blank poster boards
- Markers
- Poster with Girl Scout Promise
- Poster with Girl Scout Law
- Snacks

Week Two

- Attendance sheets
- Bags & props for Skit in a Bag
- Materials for flag ceremony
- Kaper Chart
- Pictures of crests
- Poster with Girl Scout Promise
- Poster with Girl Scout Law
- Index cards with the words of the Promise & Law

Week Three

- Index cards
- Pens
- Song lyrics
- Kaper Chart
- Snacks
- Quarter sheets of poster board
- Magazines
- Scissors
- Glue
- Markers & crayons

Week Four

- A chair for each Girl Scout
- Materials for the flag ceremony
- Kaper Chart
- Snacks
- Range of material for chosen craft project
- Song lyrics



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.



Junior Songs



If I Were Not a Girl Scout

If I were not a Girl Scout, I wonder
what I'd be If I were not a Girl Scout...

A bird watcher I'd be...Hark a lark,
flying through the park, SPLAT!

- Plumber...Plunge it, flush it,
look out below!
- Carpenter...Two by four
nail it to the floor!
- Teacher...Sit down, shut up,
throw away your gum
- Flight attendant ...Coffee, tea,
here's your little bag, BLEH!
- Farmer...Here's a cow, there's a
cow, and here's another yuck!
- Doctor...Take a pill; pay my bill!
I'm going golfing!
- Electrician...Positive, negative,
buzz zap
- Politician...Raise the taxes and
lower the pay, vote for me on
Election Day!
- Pizza maker...30 minute, fast
delivery!
- Preacher...Well, well, you never can
tell; you might go to heaven, or you
might go to...
- Lifeguard...Save yourself, Man.
I'm working on my tan!
- Lawyer...my client wasn't there
- Engineer...Push the button, push
the button, kick the darn machine.
- Ranger...Get eaten by a bear,
see if I care.

Girl Scouts Together

Girl Scouts together that is our song,
Winding the old trails, rocky and long,
Learning our motto, living our creed,
Girl Scouts together in every good deed.

Girl Scouts together happy are we,
Friendly to neighbors far o'er the sea,
Faithful to country loyal to home,
Girl Scouts together wherever we roam.

Girl Scouts together onward we go,
Joining as sisters stronger we grow
Teachers and lawyers, women in space

We know no boundaries,
the future's our place.



'G' Is for Generosity

She wears a G for generosity.

She wears an I for interest, too.

She wears an R for real
sportsmanship.

She wears and L for loyalty, for
loyalty!

She wears an S for her sincerity.

She wears a C for courtesy.

She wears and O-U-T for outdoor life,
outdoor life.

And that Girl Scout is me!

First Four Meetings for Cadette, Senior, and Ambassador Troops

A step-by-step guide to planning the first four meetings for older Girl Scout troops.



Week One

1. Pre-Meeting Activity: INTRO Bingo

- As Girl Scouts arrive, hand out an INTRO sheet and pen to each girl.
- Have Girl Scouts chat and get to know each other, asking questions based on the squares on the INTRO sheet.
- For each square, they should collect other Girl Scouts' signatures. If there are fewer Girl Scouts than squares, it's fine to have some girls sign twice.
- Once everyone has filled their squares with signatures, go around the room and have each Girl Scout introduce herself. As each person introduces herself, have Girl Scouts mark the place on their INTRO sheet where that girl signed.



2. Opening

As a troop, decide how you would like to open your meetings. Allow Girl Scouts to lead the Opening Ceremony.

3. Troop Business

- Discuss the practicality of different forms of troop government (see p28XX). Allow Girl Scouts to decide together on the system that would work best for their troop.
- If the troop decides on a system with officers (i.e. Treasurer, Record Keeper, etc.), define the responsibilities of each position and elect troop officers.

4. Major Activities

Clean Out the Attic & Journey Awards

- Give each Girl Scout a pad of sticky notes and have them flip through the Journey Books and other resources you've provided. Have them brainstorm activities they'd like to do throughout the year.
- Girl Scouts should write their ideas on sticky notes (one idea per note) and place it in the "attic."
- As a group, discuss the ideas and sort them into "rooms" based on the most practical month of the year to do that activity. As you decide, move sticky notes from the attic to the rooms.
- After all the ideas have been placed, ask each Girl Scout to choose an activity or two to research. Ask them to research what those activities would entail, including cost, time, and location.

Journey Awards

Begin working on your first Journey Award, so they can (hopefully) be able to receive a fully-earned recognition at the Investiture and Rededication Ceremony.

5. Clean-Up

Discuss the Kaper chart and what jobs it should include. Elect a Girl Scout or group of Girl Scouts to create the Kaper chart in time to use at the next meeting.

6. Closing

As a troop, decide how you would like to close your meetings. Allow Girl Scouts to lead the Closing Ceremony.

Week Two

1. Pre-Meeting Activity: Girl Scout History Quiz

- a. As Girl Scouts arrive, give them each a quiz and access to the Girl Scout resources you’ve brought.
- b. Have them work on the quiz in pairs.
- c. Once all Girl Scouts have arrived and the quizzes are complete, review the answers.
- d. Elect Girl Scouts to lead the Pre-Meeting Activity for the next meeting.

2. Opening Activity: Troop Opening

Open the meeting based on your troop’s decision last meeting.

3. Troop Business

- a. Have Girl Scouts report on the cost of the activities that they researched. Enter the figures into a tentative group budget, which should also include cost of recognitions, supplies, council events, and cushion for unexpected expenses.
- b. Discuss potential sources of troop income, including fall product sale, cookie sale, troop dues, etc. Estimate potential income.
- c. Determine an appropriate amount for troop dues and how it should be collected.

4. Major Activities

What Comes Next?

- a. Using the poster from “Clean Out the Attic,” vote on an activity for the current month.
- b. Ask for a committee of Girl Scouts to start planning the activity. If necessary, leaders can help.
- c. During the year, be sure that every Girl Scout has the opportunity to serve on an activity leadership committee.

Journey Awards

Continue working on your Journey Award—see Journey book for specific activities.

5. Clean Up

Use Kaper chart to clean up.

6. Closing

Close the meeting based on your troop’s decision last meeting.



Week Three

1. Pre-Meeting Activity: Girl Scouts’ Choice

Have elected Girl Scouts lead the pre-meeting activity. Elect Girl Scouts to choose and lead the activity for the next meeting.

2. Opening

Open the meeting as usual.

3. Troop Business

- a. Take attendance and collect dues.
- b. Start brainstorming for your Investiture & Rededication Ceremony, explaining to Girl Scouts its significance.
 - 1. Decide on decorations.
 - 2. Discuss who to invite and what the invitations should include; be sure to also discuss how to invite guests.
 - 3. Brainstorm songs, games, activities, or poems to include.

4. Major Activities: Planning & Journey Activity

Continue planning the activity you all voted on during the last meeting. Continue working on your Journey Award—see Journey book for specific activities.

5. Clean-Up

Use Kaper chart to clean up.

6. Closing

Close the meeting as usual.



Week Four

1. Pre-Meeting Activity: Girl Scouts’ Choice

Have elected Girl Scouts lead the pre-meeting activity. Elect Girl Scouts to choose and lead the activity for the next meeting.

2. Opening

Open the meeting as usual.

3. Troop Business: Planning the Investiture and Rededication Ceremony

- a. Explain that you’ll use this meeting to get ready for the Investiture and Rededication Ceremony, and what will happen during this event (see below for outline).
- b. Choose the songs, poems, or other activities to use at the ceremony.
- c. Choose a snack to serve at the ceremony. Teach Girl Scouts that they should serve their guests before they serve themselves.
- d. Do a quick “dry run” of the ceremony, so everyone is familiar with how it will work.

Ceremony Outline

- Flag Ceremony with Pledge of Allegiance and Girl Scout Promise
- Sing song(s) and/or read/recite poem(s)
- Recognition
 - Leader explains to guests that the girls have been learning about the Girl Scout Promise and Law, and explains the earned recognition.
 - Leader presents each girl with her first recognition, The Power of One Award.
- Investiture and Rededication
 - New Girl Scouts will receive their Girl Scout pin; Girl Scout handshake.
 - Returning Girl Scouts will receive their (optional) rededication patch; Girl Scout handshake.
- Refreshments
- Clean-Up
- Closing Activity; invite guests to join.

4. Major Activities: Making Invitations & Decorations and Journey Activity

- a. Make decorations and invitations for the ceremony.
- b. Continue working on your Journey Award—see Journey book for specific activities.

5. Clean-Up

Use Kaper chart to clean up.

6. Closing

Close the meeting as usual.

First Four Meetings for Older Girl Scout Troops: Supplies List

Week One

- An INTRO sheet for each Girl Scout (see p35)
- Pens or pencils
- Small prizes
- One extra large piece of poster board depicting a house with 12 rooms and 1 attic, with each room labeled with the months of the year (see template on p36)
- Sticky notes (one pad per Girl Scout)
- Journey Books & other Girl Scout resources

Week Two

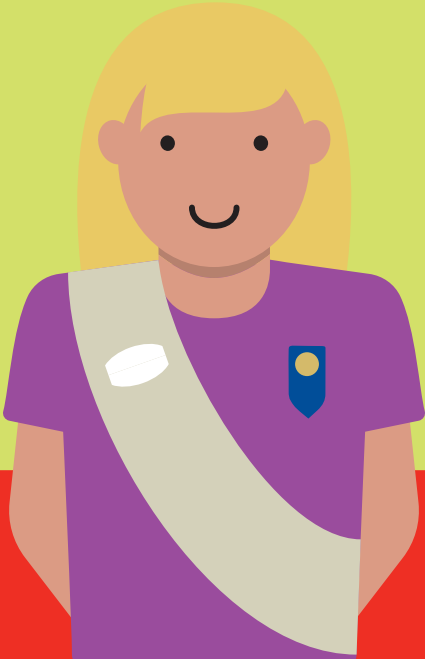
- Copies of the Girl Scout History Quiz (see p37-8)
- Resources related to Girl Scout history (articles, books from council or library)
- Pens or pencils
- “Clean Out the Attic” poster from Week One
- Journey Books

Week Three

- Paper
- Markers, colored pencils, pens
- Journey Books

Week Four

- Poster board
- Paper
- Markers, colored pencils, pens
- Art supplies for decorations and invitations
- Journey Books



Girl Scout Ceremonies

Flag Ceremonies

A flag ceremony honors the American flag as the symbol of our country and all of the hopes and dreams of its citizens. If your group includes Girl Scouts from other countries, they can honor their flags. In this case, your troop may want to conduct an international flag ceremony. Flag ceremonies may be used for:

- Opening or closing meetings
- Opening or closing special events
- Beginning or closing a day
- Honoring a special occasion or special person
- Retiring a worn flag
- Flag ceremonies may take place in meeting rooms, outdoor settings, large auditoriums, on stage, and even on horseback! All flag ceremonies share one thing—respect for the flag.

Flag Ceremony Guidelines

Here are some questions leaders can ask Girl Scouts to help them plan a flag ceremony:

- Who will carry the flag?
- Who will be the color guards?
- Who will give the directions for the ceremony?
- What song will be sung? Who will sound the pitch and start the song?
- Will a poem or quotation be included? Who will say or read it?
- After the Pledge of Allegiance, will the Girl Scout Promise and the Law be recited?
- In what order will the parts of the ceremony take place?
- When will the group practice?
- Where will the flags be placed at the end of the ceremony?

Flag Ceremony Terms

- The Color Bearer (or Flag Bearer) is the person who carries the flag. There is one color bearer for each flag used in the ceremony.
- The Color Guard is a team that guards the flags. Any even number of guards may be used, but 4-6 Girl Scouts is usually sufficient.
- The Caller is a designated Girl Scout who announces, or calls, each part of the ceremony.



Possible Commands for a Flag Ceremony: Opening

- “Girl Scouts, attention.” This command is used to announce that the flag ceremony is about to begin.
- “Color Guard, advance.” This signals the Color Guard to advance with the flags or advance to pick up the flags.
- “Color Guard, post the colors.” This directs the Color Guard to place the flag in flag standards, or to attach the grommets to a flagpole rope.
- “Color Guard, honor your flag.” The Color Guard salutes the American flag.
- “Please join us in saying the Pledge of Allegiance.” (This can be followed by a song, quotation, or poem, if so desired.)

Possible Commands for a Flag Ceremony: Closing

- “Color Guard, honor your flag.” The color guard salutes the American flag.
- “Color Guard, retire the colors.” This asks the Color Guard to remove the flag from standards, or to lower the flag, detach from the rope, and fold prior to being dismissed.
- “Color Guard, dismissed.” The Color Guard leaves in formation, with or without the flag.
- “Girl Scouts, dismissed.” Girl Scouts may leave in formation or be at ease where they have been standing.

Handling the American Flag

The United States Flag Code ensures the American flag is treated with respect and dignity. Here are some key rules that Girl Scouts should know when displaying or handling the flag:

- Positioning: When displayed with other flags, the American flag must be placed in the center and higher than state, local, or organizational flags, or positioned to the right if held by a group.
- Public Display: In houses of worship or public auditoriums, the flag must hold the position of honor at the speaker’s right, facing the audience.
- Handling: The flag should be hoisted briskly, lowered slowly, and never allowed to touch anything beneath it. Always keep it aloft and free, never horizontal or as a cover.



Investiture & Rededication Ceremonies

An investiture ceremony is welcomes new youth or adult Girl Scouts into Girl Scouting.

A rededication ceremony is Girl Scouts who have already been invested. It is a time for them to reaffirm their belief in the Girl Scout Promise and Law and to reflect upon the meaning of Girl Scouting in their lives.

These ceremonies are typically held in the beginning of each Girl Scout year (October), or shortly after the troop forms.

Tips for Ceremonies

- Devote sufficient time to planning the ceremony. Good ceremonies have a clear purpose that enrich the meaning and mood of the ceremony.
- Take safety precautions when using candles or fires, or when Girl Scouts construct bridges or platforms. Refer to the Safety Activity Checkpoints for specific guidelines.
- Add personal elements to traditional ceremonies. Use favorite poems, songs, stories, and sayings, or have Girl Scouts write something new.
- Consider the role of colors and symbols that may be used in ceremonies.
- Observe flag etiquette when Girl Scouts hold flag ceremonies.

Troop Government

Every grade level of Girl Scouting uses some form of troop government.

Troop government is a way for Girl Scouts to learn responsibility and is designed to be progressive, building on the skills learned in previous years. Girl Scout Juniors through Ambassadors take on more responsibility in running the troop, so they can decide which form of troop government to use.

You may want to test out different forms of government before making a final decision. And if the system they chose isn’t working for the troop, they can decide on a different form of government together.

Girl Scout Daisy Circle

Girl Scout Daisies can help make some of the decisions about their troop through the Girl Scout Daisy Circle, the business portion of their meeting.

This part of the meeting should only last 5-10 minutes and is lead by the troop leader. At this age, it’s usually best to give Girl Scouts two or three choices to choose from. Decisions can include things like where to go on a field trip or what kind of service project they’d like to participate in. Simplicity is key!

Girl Scout Brownie Ring

The Girl Scout Brownie Ring is similar to the Girl Scout Daisy Circle but allows for expanded responsibility. Girl Scouts can now begin to lead discussions and brainstorm ideas. A Ring “Leader” may be designed to lead discussions, but make sure all Girl Scouts are given this opportunity. When someone wishes to speak, use the special “Talking Signal.” The Girl Scout will place two fingers of her right hand on the table or floor.

The Girl Scout Brownie Ring is a great way to make major decisions in your troop, from how to spend cookie profits to which badge to work on next.

Town Meeting (Brownie and above)

In a Town Meeting, the entire troop makes its decisions together. A Moderator is generally needed to lead group discussions.

Officers such as Secretary and Treasurer may be elected if the troop feels that there is a need. Town Meetings may work well for small troops.



Executive Board (Juniors and above)

The Executive Board consists of the “officers” of the troop. They generally include a President, Vice President, Secretary, and Treasurer. Troops should decide together on the job descriptions and duration of office. Be sure everyone has a chance to participate throughout the year.

The “Board” members meet on a regular basis to decide matters for the troop. Some method needs to be devised for troop members to give input to the Executive Board, such as a suggestion box. This is another system that tends to work well with smaller troops.



Patrol System (Juniors and above)

The Patrol System is the most versatile of the systems of government, in which the troop is divided into smaller units called patrols.

The ideal patrol size is about 5-8 girls. Each patrol elects a Patrol Leader responsible for running their patrol meetings. (It’s also a good idea to elect an Assistant Patrol Leader in the event the Patrol Leader cannot attend a meeting.)

All troop business can be handled by the different patrols, including taking attendance, collecting dues, and dividing up chores. In order for the troop to run smoothly as a group, Patrol Leaders should come together periodically (at least once a month) to discuss troop issues and make group decisions (“Court of Honor”). Each patrol gives their input to the Patrol Leader who presents their viewpoint at the Court of Honor.

Court of Honor (Juniors and above)

The “Court of Honor” consists of Patrol Leaders and Troop Officers, such as the Secretary or Treasurer, and meets on a regular basis to plan troop activities.

Monthly meetings can be used to plan events to occur the following month. A long meeting once or twice a year can be used for longer-term planning of troop events and planning the annual troop calendar. If you have a troop Moderator or President, this person generally presides over the Court of Honor meetings.

Kaper Charts

Dividing Responsibilities & Opportunities

A Kaper is a job or chore that must be done. In Girl Scouting, a Kaper Chart is used to show all jobs and who is responsible for each one. It’s a way of dividing jobs so that each Girl Scout plays a part.

Here are a few things to consider when creating a Kaper Chart:

- Which kapers need to be divided?
- Will kapers be handled by groups or individuals? If using groups, what is the group size?
- How will Girl Scouts rotate through kapers?

Kapers for Individuals

Opening Kapers:

- Promise Leader
- Law Leader
- Flag Holder
- Flag Ceremony Caller
- Color Guards
- Good Deed Roll Call
- “Bridge of Silence”: These Girl Scouts make a bridge prior to the flag ceremony and everyone files through underneath, and when a Girl Scout passes under, she stops talking.

Business Kapers:

- Secretary: Takes attendance.
- Treasurer: Collects dues.

Kapers for Groups

- Opening: Choose and lead the opening. Will it be a flag ceremony, a favorite game or song, or the Promise?
- Business Assistants: Pass out and collect papers, take attendance, collect dues.
- Passers: Pass out any supplies during the meeting.
- Hostesses: Prepare and pass out snack.
- Clean Up: Everyone cleans, but these Girl Scouts make sure it gets done
- Closing: Choose and lead the closing. Will it be a song, talking about living the Promise, Friendship Circle?

Miscellaneous Kapers:

- Line Leader: Hands out craft supplies.
- Game Girl: Chooses a game.
- Song Singer: Chooses a song.
- Share Bear: Tells a story on the topic of their choice.
- Historian: Takes 3-4 photos at each meeting.
- Floater: Fills in in case someone is absent.
- Free: No job this time.
- Snacks Kapers: Brings and passes out snack, brings and passes out drinks, wipes tables

Closing Kapers

- Queen of Clean: Cleans up after snack.
- Clean Up Kapers: Pushes in or or stack chairs.
- Kaper Keeper: Moves kaper assignments at the end of the meeting.

First Four Meetings Guide: Additional Resources













Girl Scout

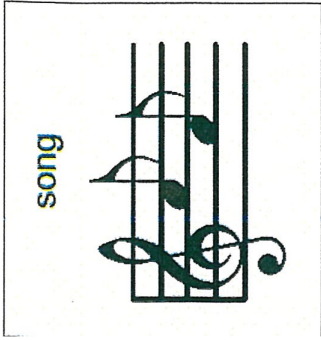
Girl Scout Promise



On my honor I will try to serve god


& my country to help people at all times


& to live by the girl scout law




song


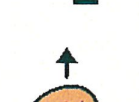




The Friendship Song





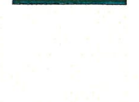



friends

Make new friends but keep the old


1 = & = One is silver and the other is gold.


A = a circle is round it has no end.


that's how long we are going to be friends.


INTRO BINGO

I	N	T	R	O
Has a brother	Has braces	Likes to dance	Has a pet that is not a cat or dog	Recycles
Wears glasses	Has a sister	Enjoys camping	Likes to cook	Likes to sing
Plays a sport	Has a dog	FREE	Wants to go to college	Loves vegetables
Likes to read	Loves ice cream	Volunteers	Enjoys spending time outside	Likes to sing
Wants to earn her Gold Award	Likes to draw	Likes to swim	Has a cat	Is afraid of bugs

Clean Out the Attic Template

January	February	March
April	May	June
July	August	September
October	November	December



Girl Scout History Quiz



1. Juliette Gordon Low first learned about a program just for girls in: A. Scotland B. England D. Ireland	2. JGL sold these to raise money to start the first troop: A. Her pearls B. Her paintings C. Her needlework	3. The first organization started by JGL was called: A. Girl Scouts B. Girl Guides C. Scouting	4. The first Girl Scout was JGL's: A. Friend's daughter, Betsy Pape B. Cousin, Judith Low C. Niece, Daisy Gordon
5. The first national office of the Girl Scouts was located in: A. Washington, D.C. B. Savannah, GA C. New York City	6. The first uniforms for girls were: A. Green B. Khaki C. Blue	7. To play basketball outside, Girl Scouts had to: A. Draw curtains around the court. B. Make their own court. C. Get permission from the city.	8. Adults in charge of the first Girl Scout troops were called: A. Leaders B. Captains C. Commissioners
9. The first handbook was called: A. How Girls Can Help Their Country B. Girl Scout Handbook C. Worlds to Explore	10. The first Brownie Girl Scouts were ages: A. 7 - 9 B. 6 - 9 C. 6 - 10	11. A special interest group created in 1934 for girls who sailed boats was called: A. Sea Scouts B. Mermaids C. Mariners	12. The first commercially-made Girl Scout cookies were sold in: A. Savannah, GA B. Philadelphia, PA C. New York City
13. In 1919, girls ages 18+ were known as: A. Citizen Scouts B. Senior Scouts C. Older Scouts	14. The only U.S. First Lady also to be the official president of Girl Scouts was: A. Eleanor Roosevelt B. Bess Truman C. Lou Henry Hoover	15. GSUSA made the first motion picture produced by a public service organization, called: A. Follow Me Girls B. The Golden Eaglet C. The Little Sisters of Uncle Sam	16. A requirement to earn the Girl Scout War Service Award in 1918: A. Knit 2 pounds of wool for the Red Cross. B. Roll bandages. C. Practice air raid drills with younger girls.

Girl Scout History Quiz Answer Key

1. Juliette Gordon Low first learned about a program just for girls in: B. England	2. JGL sold these to raise money to start the first troop: A. Her pearls	3. The first organization started by JGL was called: B. Girl Guides	4. The first Girl Scout was JGL's: C. Niece, Daisy Gordon
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