



New Troop Leader's

Guide to Fall Product Program!



Everything a new leader needs to know to get started with the Girl Scout Fall Product Program!

Fall Product Contacts

There is a reason the Girl Scout Fall Product Program is special. It's an incredible opportunity for girls to expand their entrepreneurial knowledge and build lifelong skills!

Along with the Girl Scout Cookie Program, the fall product program is the largest girl-led entrepreneurial program in the world and offers an amazing opportunity for you as a volunteer. You get to see firsthand how Girl Scouts grow, learn, and come into their own.

The Girl Scout Fall Product Program is a great responsibility – it could not happen without you. We are confident you will find the experience both enjoyable and rewarding. Thank you for your support and dedication to the success of the program.

If you have questions, we are here to help! Below is a list of contacts that will be available to answer your questions throughout the program. Have a safe and fun fall product program!

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Welcome!

We're so excited for you to join the Girl Scout Movement!

Your talents and experience have the power to change lives. As a Girl Scout volunteer, you'll help craft your Girl Scouts' experiences—from the way they run their fall product businesses to the way they speak up in meetings. You'll also teach them the skills and give them the confidence they need to bring their unique ideas to life. As Girl Scouts learn, grow, and lead, you're there through it all—shaping the future right along with us. And while you teach them important life lessons and set them up for happy, successful lives, you'll grow too—honing your own leadership and organizational skills. It's a win-win!

Here are a few things to think about as you get started:

- This guide will break down the badges your troop can earn during the Girl Scout Fall Product Program to make it an easier experience for you!
- Becoming an awesome troop takes time, and we don't expect you to do it alone! You and your co-leader will build a team of parents, caregivers, and other supportive adults to make your Girl Scout troop the best it can be.
- Most troop leaders tell us they spend an average of 4-6 hours each month on planning, leading meetings, and doing Girl Scout activities throughout the year.
- Managing the Fall Product Program can increase your time commitment. This guide will help you balance the fun and business.



Benefits of the Girl Scout Fall Product Program

Everything Girl Scouts do is designed to help them grow into leaders of courage, confidence, and character. The five skills learned through the Girl Scout Fall Product Program are an important ingredient in the Girl Scout Leadership Experience and teaches Girl Scouts skills that will help them grow into leaders in their own lives, leaders in business, and leaders in the world.



Goal Setting

Girl Scouts set fall product goals individually and, with a team, create a plan to reach them. They develop cooperation and team building skills along the way.

I know I can do it!



Decision Making

Girl Scouts help decide how the team will spend their fall product money, furthering critical thinking and problem solving skills that will help in many aspects of life.

I make smarter decisions.



Money Management

Girls Scouts take fall product orders, handle money, and gain valuable and practical life skills around financial literacy.

I make change happen!



People Skills

Girl Scouts learn how to talk to, listen to, and work with all kinds of people while selling fall product. These experiences help them to develop healthy relationships and conflict resolution skills they can use throughout their lives.

I get a lifetime supply of confidence in every sale.



Business Ethics

Girl Scouts are honest and responsible at every step of the fall product sale. Their business ethics reinforce the positive values they are developing within Girl Scouts.

Selling fall product is more than just business.

It's not just selling Girl Scout Fall Product. It's a financial literacy and lifelong skill-building program!

Serious Fun = Serious Skills

The Girl Scout Fall Product Program allows Girl Scouts to fund their own activities. This program is a unique opportunity for girls to lead the change in their own lives and the wider world.

Girls set their fall product program goals and work as a team to decide how troop proceeds will be used. What will your troop decide to do?

- Fund a Take Action project
- Travel to destinations near and far
- Assist others in the community
- Explore the great outdoors through a camp experience
- Attend awesome Girl Scout programs



Fall Product Checklist

We created this handy checklist for you to track your progress and keep you moving through your first year. If you get stuck, that's ok! You have a whole network of local volunteers (called a service unit) and a team of staff ready to help or answer questions when you need them. Don't be afraid to reach out! You even have a Girl Scout staff member (Program Coordinator or Member Engagement Coordinator) who will help with your training and check-in to make sure you are on track.

Kick off the Girl Scout Fall Product Program right! Use this checklist to stay on the right path and keep all your ducks in a row!

- Find the online trainings on our website and complete them prior to the start of the fall product program.
- Start your troop's bank account to hold all of your fall product program profit.
- Check out all of the product program resources on our website.
- Check out easy badges in the next few pages to introduce you to the Girl Scout Way.
- Sign the Fall Product Coordinator Agreement. Find the agreements and other important cookie documents under the cookie section on our website.
- Have all troop member parents and guardians read through and sign the Parent Agreement.



Fall Product Program Troop Guide

What is the Fall Product Program?

This program is an integral part of a Girl Scout's journey toward leadership. It allows Girl Scouts to practice skills such as:

• *Goal Setting* • *Teamwork* • *Presentation Skills* • *Customer Service* • *Money Management*

Plus, it's an easy, fun way to earn startup funds for your troop activities at the beginning of the Girl Scout year, so don't miss out on all the fun!

Getting Started

1. Follow the link sent to your email address the week of September 24 to access the M2OS site. If you haven't received your email by the end of the week, contact your Service Unit Fall Product Manager or M2 Customer Service.
2. Complete M2OS system training.
3. Create your volunteer avatar!
4. Launch the PAEC (parent/adult email campaign) to the Girl Scouts in your troop.

Girl Scouts Can Earn Customized Patches

Fall Product Customized Patch

To earn:

1. Create your avatar
2. Send 18+ emails
3. Sell \$350 in total sales
4. Use "Share My Site" feature
5. Choose your background & avatar design!



Cookie Program Crossover Patch

To earn:

1. Complete Fall Patch criteria
2. During 2026 Cookie Program:
Sell 400+ packages of cookies



Troop Leaders earn the Fall Product Customized Patch for \$1,900 in total troop sales & launching PAEC!

Care to Share

- Care to Share is a great way for customers to give back to the community through donations of products.
- Our council's Care to Share items will be donated to Soldiers' Angels through our Operation Salute program. For each \$8 donation, veterans & active-duty service members, both at home & abroad, will be sent one can of candy/nuts.
- Donations are credited to the Girl Scout's sales & troops receive \$1.20 (15%) in proceeds per donation sold. Girl Scouts earn the Care to Share patch by receiving 5 or more donations.

Participation Options

Product	Sale Type	Product	Delivery to Customers	Troop Proceeds
Nuts/ Candy:	In-Person	• Girl Scouts collect money from customers (at time of delivery) • Family/Troop enters orders into M2OS • Girl Scouts turn in money to Troop	Delivered by Girl Scouts to customers	15%
	Online Girl Delivered	• Girl Scouts create their personalized storefront in M2OS and send emails to friends and family • Customers pay online and Girl Scouts deliver products • Orders are automatically credited to Girl Scouts in M2OS	Delivered by Girl Scouts to customers	15%
	Direct Shipped	• Girl Scouts create their personalized storefront in M2OS and send emails to friends and family • Customers pay online, including the cost of shipping • Orders are automatically credited to Girl Scouts in M2OS	Shipped directly to the customer <i>(1-2 weeks standard delivery time frame after order processing. Customers will have option for expedited shipping)</i>	15%
Mags & More:	Online Only	• Girl Scouts create their personalized storefront in M2OS and send emails to friends and family • Customers pay online • Orders are automatically credited to Girl Scouts in M2OS	Shipped directly to the customer <i>(6-8 weeks standard delivery time frame after order processing)</i>	15%

Volunteer M2OS Access: In Depth

Volunteers will receive an email invitation from M2 that explains how to access the site and get started. If you need further assistance, please contact your SU Product Manager or M2 Customer Service.

First Steps

- Your access email will prompt you to create a password to access your M2OS Volunteer account. If you are a returning user, you can login using your existing credentials. You will be prompted to complete certain account information, as applicable, watch a short system training video, enter a mailing address, create your avatar, and send access emails to the participants in your Troop using the Parent Adult Email Campaign (PAEC).
- You will be able to see a list of pre-uploaded girls. Don't worry if not all Girl Scouts show up on this list at the beginning of the sale. Any participants not pre-loaded can simply register once the sale begins at: www.gsnutsandmags.com/gscentralillinois. They will then be added to your Troop roster once council confirms their registration.
- Please note that the system will not accept any early participant activity; participants must wait until the sale launch date.
- If Girl Scouts do not enter their orders before the closure of their M2 account, you will need to do so through your volunteer account.

Adding Order Card Items into M2OS

Troop volunteers must enter any orders not entered by parents into M2OS.

- Choose Paper Order Entry from your dashboard.
- Click the Girl Scouts name to edit/enter orders. **DO NOT enter online girl-delivered products.**
- Enter her total nut/candy items by variety from her order card. Click Update. Make sure the totals match.
- There is no submit button! Orders are transmitted for fulfillment automatically after the cutoff date.

Tips

Only order the exact number of nut/candy items sold, as product cannot be returned to Council. Rewards are automatically calculated. Please note that rewards could take up to an hour to update after adjustments have been made to products sold.

Troop Banking

1. Troops must have a bank account. Contact your local service center for additional details or assistance.
2. Payment is collected at the time of delivery, unless it is an online sale.
3. Deposit all money into your Troop bank account & keep all receipts!
4. Amount due is calculated automatically in M2OS.
5. Find balance due by clicking the "Banking and Payments" link on your Troop dashboard. You will see an overview of all sales and proceeds information for your Troop. The "Reports" link shows even more detail. View the Troop Orders Report or download your Troop's delivery ticket and toggle on financial information.

Extra Information

A new troop may pay their Fall Product balance by check if a troop bank account has not yet been established.

Money for all online orders shows as already paid to Council and final ACH will be adjusted for the troop to earn proceeds on these sales.

If your troop decides to accept checks, be sure to have a phone number and driver's license number listed on the check. We recommend you only take checks from people you know and are comfortable contacting if there is a problem.

Program Wrap-Up

Products	Rewards	Deliveries
Remember, all product is automatically submitted for fulfillment! There is no “submit” button! • Coordinate with your Service Unit Fall Product Manager to pick up your Troop’s nut/candy items. • Print a delivery ticket for each Girl Scout’s order from your dashboard. After you have delivered the items to each Girl Scout, have their parent count/inspect each item and sign the delivery ticket for your records.	Girl Scouts must make their rewards selections online. • If a Girl Scout does not make their selections, you may do so through the Troop account. • Any selections not made by the reward submission cutoff will automatically default to the item offered at that level. • Reward deliveries will be coordinated with your Service Unit Fall Product Manager in a similar fashion to products.	Troops should make sure their Girl Scouts coordinate delivery of product with their customers. Happy customers equal return customers! • Girl Scouts/Parents/Adults will receive an online report of orders with email addresses and phone numbers of their customers. • Girl Scouts may contact customer service for additional customer information if necessary for delivery.

FAQs

Please visit our support site at support.gsnutandmags.com for more information.

Here are a few frequently asked questions as you get started:

Q: My Girl Scouts are attempting to register & get a “Campaign is Currently Unavailable” message.

• Girl Scouts cannot begin online account registration until the program start date.

Q: I entered the email addresses to send access notifications to the Girl Scouts in my Troop. The site says, “Queued for Sending”, but how long does it take to send?

• Access emails will not be sent to the participants until the start date of the program.

Q: I am a Volunteer & have a Girl Scout participating. Can I use the same email address for my Volunteer & Participating accounts?

• Yes! You will be notified upon login as to which account you are signing on to. Volunteer accounts are accessed at: www.gsnutsandmags.com/admin & participating accounts are accessed at: www.gsnutsandmags.com/gscentralillinois.

Q: One of my Girl Scouts received an online girl-delivered order that the family is unable to deliver. How do I remove it?

• The parent/guardian (or customer) will need to contact M2 Customer Service to have the order canceled & removed from the system.

Questions?

For questions regarding specific Council related details, contact your Service Unit or local service center. For questions regarding M2OS or other general sale questions, contact M2 Customer Support!

Girl Scouts of Central Illinois

GetYourGirlPower.org

customercare@girlscouts-gsci.org

(888) 623-1237

M2 Customer Service

support.gsnutsandmags.com

800-372-8520

Service Unit Fall Product Manager

Name: _____

Email: _____

Phone: _____

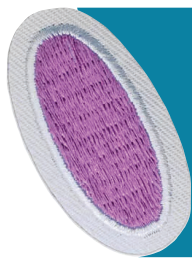
**WE
APPRECIATE
YOU!**

**Thank you for being an
integral part of the Fall
Product Program!**

Why should my troop participate in the Girl Scout Fall Product Program?



1. Get money in your new troop bank account right at the start!
2. Help fund supply needs for troop activities!
3. Quickly provide funds to cover the costs of your Girl Scout adventure!
4. The Girl Scout Fall Product Program is a great warm-up/practice for cookie season, especially for those who are completely new to the program!
5. Earn badges! *Learn more about the specific badges and how to earn them in the next section of this guide!*



Badgework for Daisies: Be a Sister to Every Girl Scout

Petal Purpose: When girls have earned this petal, they'll know how to be sisters to every Girl Scout.

Activity Plan Length: 1.5 hours

Time	Activity	Materials
15 minutes	Getting Started • Girls recite the Girl Scout Promise + Law and sing the Girl Scout Daisy song.	☐ (Optional) Girl Scout Promise and Law poster ☐ (Optional) Girl Scout Daisy song lyrics poster
15 minutes	“Mingle!” Game • Girls learn about each other by finding things they have in common.	None
15 minutes	Butterfly Flight • Girls go on a pretend “butterfly flight” to Savannah, GA, and any other locations they choose.	None
15 minutes	Girl Scout Sisterhood Wreath • Girls create images of themselves to create a chain or circle, representing the worldwide Girl Scout sisterhood.	☐ Outline of a person on construction paper or cardstock ☐ Coloring utensils and scissors ☐ Yarn, googly eyes, stickers, other decorative items
10 minutes	Snack Chat and Promise Pals • Girls enjoy snack and make and share their promise to be a sister to every Girl Scout.	☐ Healthy Snack
10 minutes	Meeting Vi the Violet • Girls will color the Vi the Violet coloring sheets and write their promise to be a sister to every Girl Scout.	☐ Vi the Violet coloring sheet (one for each girl) ☐ Coloring utensils
15 minutes	Wrapping Up	☐ (Optional) Make New Friends song lyrics poster

Getting Started

Materials Needed: (Optional) Girl Scout Promise and Law poster, (optional) Girl Scout Daisy song lyrics poster
Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Girl Scout Daisy song.

Activity #1: “Mingle!” Game

Badge Connection: Girls will learn how to be sisters to every Girl Scout.

Activity #1: continued

1. Tell the girls to stand near each other in the center of the room.
2. Tell the girls that once you yell, “MINGLE!” to place their palms together in front of their chest and “snake” through the group while chanting, “mingle-mingle-mingle...” continuously as they weave through each other. Allow the girls to mix and mingle for 5-10 seconds.
3. Yell, “STOP!” and tell the girls to find and link arms with girls who have things in common with them by calling one of the categories below, or others you choose.

Categories

Same hair color
Same age
Go to the same school
Have the same favorite sport
Have the same number of brothers and sisters
Have the same birth month
Were born in the same place

4. Tell the girls that when they’re trying to find their partner or group, they should ask the other girls one at a time, rather than yelling out to the entire group at once.
5. One girls have found their partner or group, have each girl or group announce to the larger group what their answer was. After each group has answered, start the game again by yelling “mingle!” and start over with a new category. To involve the girls, ask them to think of new categories to keep the game moving.

Activity #2: Butterfly Flight

Badge Connection: Girls will learn how to be sisters to every Girl Scout.

1. Tell the girls they are going on a butterfly adventure around the world. Ask girls to form a circle and sit in “butterfly” position, with their bottoms on the floor, placing the bottoms of their feet together with knees opened outward, hands on their ankles, and backs straight.
2. Begin the flight by fluttering your knees up and down like a butterfly. You can shift your weight right or left while holding on to your ankles to “turn.” Lead the girls as they get used to “flying” and “turning” as one large group.
3. Next, lead the girls in “flying” to the first stop—Savannah, GA, the birthplace of Juliette Gordon Low. Tell the girls this is where Girl Scouts first started. Ask the girls what they see in Savannah. Do they see cobblestone streets or trees with Spanish moss? After talking with the girls about what Savannah is like, “fly” to a new destination chosen by one of the girls.
4. Go around the circle and ask each girl individually where she would like to “go” today. After each girl answers, “fly” and “turn” together as a group to that destination. Ask the entire group what kinds of things they see at this destination or other questions they can think of. Then, move on to the next girl and destination.

Activity #3: Girl Scout Sisterhood Wreath

Badge Connection: Girls will learn how to be sisters to every Girl Scout.

Materials Needed: Pre-traced image of a person on construction paper, coloring utensils, scissors, yarn, googly eyes, stickers, and other decorative items

Prep Needed:

- Trace an outline of a person on construction paper or cardstock (make one outline for each girl).
- Gather materials and supplies.

1. Have the girls cut out and decorate an image of herself with any of the decorative materials provided. She can use her favorite colors, draw her favorite things, or make it as accurate as possible (hair color, eye color, etc.).
2. Have girls share their creations and then connect them all together with glue, staples, or string to form a chain or a circle, representing the Girl Scout Sisterhood across the world.

Activity #4: Snack Chat and Promise Pals

Badge Connection: Girls will learn how to be sisters to every Girl Scout

Materials Needed: Healthy snack

1. While enjoying snack as a large group, have each girl share with the group one thing that she is going to do at home or at school to show others that she is a sister to every Girl Scout. Ideas include:
 - Make up a cool handshake with a friend, and then teach it to other girls who want to learn it.
 - Teach a friend how to do an activity you like to do. Ask her to teach you one of her favorite activities in return.
 - Make a special card or handmade gift for a friend. Include what makes them special.
 - Invite someone new over to play.
3. Have each girl make a promise to the other girls in her group identifying how she will be a sister to every Girl Scout. The girls in the group are now Promise Pals.
4. If possible, have the small groups check in with one another at another troop meeting to make sure they kept their promises.

Activity #5: Meeting Vi the Violet

Badge Connection: Girls will learn how to be sisters to every Girl Scout

Materials Needed: Vi the Violet coloring sheet (one for each girl), coloring utensils

Prep Needed:

- Print copies of Vi the Violet coloring sheet.
 - Gather materials and supplies.
1. Have girls color in their Vi the Violet coloring sheets.
 2. Girls can write (or have an adult help them write) the thing they promised to do from Activity #4. This coloring sheet will serve as a reminder of the girl's promise.

Wrapping Up

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- **Field Trip Ideas:**
 - Visit a library or cultural museum to learn more about other countries.
 - See a play or movie that centers on the theme and values of sisterhood.
- **Speaker Ideas:**
 - Invite a multicultural group or older Girl Scout troop to your meeting.
 - Invite a family member or friend from another country to talk about culture and traditions.

Access the coloring sheets
needed for Activity #5 by
visiting tinyurl.com/mrhc8vzw
or scan the QR Code!





Badgework for Brownies: Girl Scout Way

Note to Volunteers

For the Closing Ceremony, it would be ideal to take girls outdoors to “Leave a place better than you found it.” For example, you can plan to take them outside your meeting area, to a park, a school, or on a trail.

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

Print copies of the Brownie uniform for girls to color (online Printable Brownie coloring pages)

Print copies of the “Brownie Smile song,” one for each girl

Pre-cut pieces of material to 15” x 30” rectangle, 1 per girl (can be old vinyl tablecloths)

With a hole punch, punch holes around edge of material, every 1 inch

Pre-cut foam padding to 13” x 13” or stuff newspaper in a small trash bag

Buy ingredients to make S’mores during snack time.

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: 1.5 hours

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 Needed

Activity 1: As Girls Arrive

- Copies of the Brownie uniform for girls to color
- Crayons and markers

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Brownie Sing-along

- Printed copies of the “Brownie Smile Song.”
- Printed “We Are Brownies” song (optional)

Activity 4: Make a Sit-Up-on

- Pre-cut material (15" x 30") 1 per girl
- Pre-cut foam padding (13" x 13") or newspaper in trash bag
- Yarn
- Tape
- Hole Punch
- Permanent markers

Activity 5: S'mores Snack Time

- Water, juice, or milk
- Camp stove, toaster or microwave (optional)
- Roasting sticks for marshmallows (optional)
- Ingredients for S'mores:
- Marshmallows or marshmallow fluff
- Graham crackers
- Chocolate bars or chocolate spread
- Coconut flakes (optional)

Activity 6: Closing Ceremony

- Girl Scout Way badges, one for each girl

Activity #1: As Girls Arrive

Time Allotted: 5 minutes

Materials Needed: Copies of the Brownie uniform for girls to color, crayons and markers

Steps: As girls arrive, have them color a Brownie uniform coloring page.

SAY: *Being a Brownie is special part of Girl Scouting. You even have your own uniform! Color your uniform, you can design something new if you want!*

Activity #2: Opening Ceremony

Time Allotted: 10 minutes

Materials Needed: PDF of Girl Scout Promise and Law

Steps: Gather girls in a circle. Welcome them to the second Junior Girl Scout Way meeting. Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *To start this meeting, let's do the Girl Scout handshake. This is used by Girl Scouts and Girl Guides all over the world.*
- *Shake hands with your left hand and make the Girl Scout sign with your right hand. The left hand is near to your heart and means friendship.*
- *Ready to try? Turn to the girl to your right and do a handshake. Then do it with the girl on your left. something new if you want!*

Activity #3: Brownie Sing-Along

Time Allotted: 25 minutes

Materials Needed: Printed copies of the "Brownie Smile Song.", printed "We Are Brownies" song (optional)

Steps: Have girls learn and sing the "Brownie Smile Song." To teach them, sing a line and have girls repeat after you. Run through a few times and have them do on their own.

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!*

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! [Note to volunteer: If you have time, teach girls "We Are Brownies" to the tune of "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?

Activity #4: Make a Sit-Upon

Time Alloted: 25 minutes

Materials Needed: Pre-cut material (15" x 30") 1 per girl, pre-cut foam padding (13" x 13") or newspaper in trash bag, yarn, tape, hole punch, and permanent markers

Steps: Have girls make sit-upons, a time-honored Girl Scout tradition.

SAY:

- *Over the years, Girl Scouts have made sit-upons to use when the ground is damp or dirty. Imagine sitting on one around a campfire, in your backyard, or at a sporting event. It's a Girl Scout tradition! So let's make yours together.*
- *First, take your material and fold it in half.*
- *Place the padding in between the fold.*
- *Take the yarn and "sew" it – insert it-- through each hole. (Girls can wrap tape around the end of the yarn string to make it easier to handle)*
- *Tie the end of your sit-upon and it's ready to use!*
- *Use a marker to write your name on your sit-upon.*

Activity #5: S'mores Snack Time

Time Alloted: 15 minutes

Materials Needed: Water, juice, milk, camp stove, toaster oven or microwave oven (optional), roasting sticks for marshmallows (optional), marshmallows or marshmallow fluff, graham crackers, chocolate bars or chocolate spread, coconut flakes (optional)

Steps: Make no-heat S'mores with girls.

SAY:

- *Did you know that the first S'more recipe appeared in a 1927 Girl Scout handbook and it's one of our yummiest traditions! They are called "S'mores" because everyone who tried one asked for "some more."*
- *There is even a national S'mores day: it's August 10.*
- *Have you ever roasted a S'more over a campfire? What happens to the marshmallows?*

(Note to volunteers: Use a chocolate spread--like chocolate hazelnut or nutella--and marshmallow fluff for a no-bake option. Add coconut flakes if desired.)

Activity #6: Closing Ceremony

Time Alloted: 10 minutes

Materials Needed: Girls form a friendship circle, get their badges, and end with the friendship squeeze. [Note to volunteers: If you can, take girls outdoors for cleanup. For example, outside around your meeting area, to a park, a school, or on a trail.]

SAY:

- *You celebrated a Girl Scout birthday ceremony. You learned about traditions and ate S'mores. Now you'll form a friendship circle and give each other a friendship sign.*
- *Everyone stand in a circle. Each girl crosses her right arm over her left. Clasp hands with girls on both sides.*
- *Everyone be silent and think about the many ways Girl Scouting is special.*
- *I'll tap one girl and she'll begin by giving a squeeze with her right hand and each girl should do the same as it passes from hand to hand. If you want, you can put your right foot out into the circle once your hand is squeezed.*
- *The friendship circle stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world.*
- *Congratulations on earning your Girl Scout Way badge!*

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



Badgework for Juniors: Girl Scout Way

Note to Volunteers

The excitement of running troop meetings for the first time can sometimes be overwhelming. For that reason, scripting is included to help. These “lines” are under the heading “SAY;” however, you’re the expert. If you feel you don’t need the script, do what makes sense for you and your girls.

Your girls may ask you things that you don’t know the answers to—that’s okay! Tell them that learning is a part of exploring nature and what it is made up of. Write down their questions and do your best to answer them at your next meeting. It’s also possible that no one knows the answers yet—maybe your girls will grow up to discover and solve them!

Five Steps/Three Choices per Step

Each Junior must complete five steps in order to earn her Junior Girl Scout Way badge. Each step has three activity choices. We suggest that you choose the first activity and ask your girls to help decide the rest.

Prepare Ahead

General: Talk to anyone helping with this meeting and explain how they can assist in making the meeting a success.

Opening Ceremony: If your girls need it, print out copies of the Girl Scout Promise and Law.

Make a Time Capsule: Provide paper, pen/pencil, and art supplies (i.e. markers, color pencils, crayons, etc.) for girls to use. Provide a container for girls to store time capsule items. Research possible areas that would be suitable to bury/hide a capsule.

Scouts’ Own for Sisterhood: Provide a chalkboard and chalk or a poster and markers for girls to brainstorm celebration ideas. Print out copies of Tips for Planning Scouts’ Own, enough for each girl.

Sisters Across Time: Print out copies of Badge Activities that Celebrate Our Global Sisterhood, enough for each girl. Provide a chalkboard and chalk or a poster and markers for girls to brainstorm/do badge activities.

Try a Tradition from the Past: Invite a former Girl Scout to the meeting to talk with your girls.

Start a Dez Chain Story: Provide paper and pen/pencil for each girl.

Improve Part of a Park in Your Community: Provide cleaning supplies (i.e. trash bags, gloves, etc.) for girls to clean park.

Tackle a Problem in Your Neighborhood: Provide a chalkboard and chalk or a poster and markers for girls to brainstorm.

Make a Walking Tour for Your Community: Provide a chalkboard and chalk or a poster and markers for girls to brainstorm.

Closing Ceremony: Provide one Junior Girl Scout Way badge for each girl.

Get Help from Your Friends and Family Network

See if anyone is able to lead or support an activity or meeting.

Award Connection

As Girl Scout Juniors, girls are on an adventure to find their own path through the world. Their sisterhood is full of traditions to help guide them. In this badge, girls share activities and spirit that’s a century strong and growing stronger every day because of Girl Scout stars like them!

- Match songs to an occasion
- Celebrate the Girl Scout birthday
- Share sisterhood
- Leave a place better than you found it
- Enjoy Girl Scout traditions

In this session, girls earn the Junior Girl Scout Way badge.

Meeting Length: 1.5 hours

The times given for each activity will vary, depending on how many girls are in your troop.

If girls really enjoy a particular activity and want to continue past the suggested time, as much as possible, let them! That’s part of keeping Girl Scouting girl-led!

Activity #1: As Girls Arrive

Time Allotted: 5 minutes

Materials Needed: Healthy snack items: fruit (strawberries, blueberries, cherries, apples, oranges, bananas), granola bars, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice and crackers.

Steps: Have the girls help set up for the meeting and eat a snack

Activity #2: Opening Ceremony

Time Allotted: 5 minutes

Materials Needed: PDF of Girl Scout Promise and Law

Steps: Welcome the girls to the second Junior Girl Scout Way meeting, and have them gather in a circle. Girls say the Girl Scouts Promise and the Girl Scout Law together.

SAY:

- *Since your last meeting, have you shared any Girl Scout traditions with family or friends? If so, what did you share?*
- *Did you do anything to practice the Girl Scout Way? What did you do?*
- *In this meeting, you're going to continue to embrace Girl Scout ways and traditions as you work to earn your Girl Scout Way badge.*
- *Let's get started!*

Activity #3

Choice 1 : Make a Time Capsule

Time Allotted: 25 minutes

Materials Needed: Pencil, paper, art supplies (i.e. colored pencils, crayons, markers, etc.), items to put in the capsule, container

Steps: Girls gather around. Give girls paper and art supplies.

SAY:

- *What does sisterhood mean to you?*
- *These are all great answers!*
- *Sisterhood can mean different things for different people.*
- *As Girl Scouts, "sisterhood" doesn't mean just sisters in your family.*
- *All of the girls and women who are Girl Scouts and try to live by the Girl Scout Law share the Girl Scout sisterhood.*
- *Honoring each line of the Girl Scout Law keeps you closer to your sisters across time and space.*
- *In this activity, you're going to make a time capsule to be found by future Girl Scouts.*
- *You can draw a picture, write a poem/story, or leave an object that represents how girls practice the Law today.*
- *Feel free to be creative!*
- *After you're done with your time capsule object, you're going to put them in a container and decide on a special place to keep your time capsule for future Girl Scouts to find*

Girls create time capsule items and place them in the container. Then SAY:

- *Now, where should we keep the time capsule?*

Girls decide on hiding place for time capsules. Then SAY:

- *This sounds like a great place!*
- *Now let's write instructions to the hiding place to share with future Girl Scouts.*

Choice 2 : Virtual - Make a Time Capsule

Materials Needed: Anything you can find in your home to build a time capsule about your experience with Girl Scouting.

Activity: "Sisterhood" doesn't just mean the 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 Law's important lines to get closer to your sisters across time and space.

Make a time capsule. Get together with another group of Juniors-via phone or video chat!-to show girls in the future how Girl Scout Juniors practiced the Girl Scout Law today. Collect items that show Girl Scout values; maybe photos, souvenirs from your Leadership Journeys, stories you've written, or patches from your favorite Girl Scout events. Put them in a waterproof container, and decide on a special place for your time capsule. (Some are buried in the ground or placed in a wall or safe.) Write instructions for when and who should retrieve the capsule!

Activity #3: Continued

Choice 3: Sisters Across Time

Time Allotted: 25 minutes

Materials Needed: Pencil, paper, *Badge Activities that Celebrate Our Global Sisterhood*

Steps: Girls gather around.

SAY:

- *What does sisterhood mean to you?*
- *These are all great answers!*
- *Sisterhood can mean different things for different people.*
- *As Girl Scouts, “sisterhood” doesn’t mean just sisters in your family.*
- *All of the girls and women who are Girl Scouts and try to live by the Girl Scout Law share the Girl Scout sisterhood.*
- *Honoring each line of the Girl Scout Law keeps you closer to your sisters across time and space.*
- *In this activity, you’re going to try an activity from a past Girl Scout handbook that spreads the ideals from the Law!*
- *Check out the **Badge Activities that Celebrate Our Global Sisterhood** to choose activity you’d like to do!*

Girls select and do an activity from the **Badge Activities that Celebrate Our Global Sisterhood** handout.

- *How did you enjoy the historic badge activity?*
- *How is this activity similar or different from one you might do in present day?*

Choice 4 : Scouts’ Own for Sisterhood

Time Allotted: 25 minutes

Materials Needed: Pencil, paper, *Tips for Planning a Scouts’ Own*

Steps: Girls gather around. Give each girl a copy of *Tips for a Planning Scouts’ Own*.

SAY:

- *What does sisterhood mean to you?*
- *These are all great answers!*
- *Sisterhood can mean different things for different people.*
- *As Girl Scouts, “sisterhood” doesn’t mean just sisters in your family.*
- *All of the girls and women who are Girl Scouts and try to live by the Girl Scout Law share the Girl Scout sisterhood.*
- *Honoring each line of the Girl Scout Law keeps you closer to your sisters across time and space.*
- *In this activity, you’re going to plan a Scouts’ Own celebration to invite another Girl Scout troop to share with you.*
- *The theme of the celebration should be the Girl Scout Law but how you share, reflect, and celebrate is up to you!*
- *Be creative in planning your celebration and make sure its lots of fun!*
- *Let’s check out the **Tips for Planning Scouts’ Own** handout you’ve been given for ideas.*

Review **Tips for Planning Scouts’ Own** with the girls.

- *Now that you have a few tips, it’s time to start planning!*

Girls plan a Scouts’ Own.

Activity #4

Choice 1 : Try a Tradition from the Past

Time Allotted: 25 minutes

Materials Needed: None

Steps: Girls gather around.

SAY:

- *Traditions like songs, ceremonies, handshakes, and even food are known to bring people together.*
- *Girl Scouts share rich traditions that date back to well over 100 years!*
- *For this activity, we’ve invited _____ who, years ago, was a Girl Scout, just like you!*
- *She’s going to tell you all about her favorite Girl Scout traditions from her time and answer any questions you have about her Girl Scout experience.*
- *She’s even going to teach you her favorite Girl Scout song!*
- *After she’s shared a little about her experience, you can tell her all about your experience too!*

Invite your guest to talk to your girls.

Activity #4: Continued

Choice 2 : Create a Game About Girl Scout Traditions

Time Alloted: 25 minutes

Materials Needed: Chalkboard w/chalk or poster w/ markers

Steps: Girls gather around.

SAY:

- *Traditions like songs, ceremonies, handshakes, and even food are known to bring people together.*
- *Girl Scouts share rich traditions that date back to well over 100 years!*
- *In this activity, you're going to make up a game that uses one of more of your favorite Girl Scout traditions!*
- *Perhaps it's a relay where girls share the Girl Scout handshake before running, or a game about the circle of friendship. The choice is yours-just be creative!*

Girls create a game.

Choice 3 : Start a Dez Chain Story

Time Alloted: 25 minutes

Materials Needed: Pencil and paper

Steps: Girls gather around.

SAY:

- *Traditions like songs, ceremonies, handshakes, and even food are known to bring people together.*
- *Girl Scouts share rich traditions that date back to well over 100 years!*
- *In this activity, you're going to start a Dez chain story.*
- *Who remembers Dez the spider from your Leadership Journey?*
- *Together, you're going to write the beginning of a story about her.*
- *After you're done with your story, we're going to send it to another troop and invite them to add on to the story.*
- *You never know how the story will grow!*

Girls create a story about Dez the Spider. Girls decide on troop to share their story with.

Activity #5

Choice 1 : Improve Part of a Park in Your Community

Time Alloted: 25 minutes

Materials Needed: Cleaning Supplies

Steps: Girls gather around.

SAY:

- *As Girl Scouts your larger mission is to make the world a better place.*
- *Whether it's a room, campground, or the world, the smallest steps toward improvement can have an impact on a larger scale.*
- *Who can think of ways you can start to make the world better from right here where you are? What can you do now?*
- *These are all great ideas!*
- *For this activity, you're going to head over to the local park to leave it better than you find it!*
- *Using the time we have, you can pick up trash, pull weeds, or water plants!*
- *Any little bit helps!*

Girls improve a local park.

Choice 2 : Tackle a Problem in Your Neighborhood

Time Alloted: 25 minutes

Materials Needed: Chalkboard w/chalk or Poster w/markers

Steps: Girls gather around.

SAY:

- *As Girl Scouts your larger mission is to make the world a better place.*
- *Whether it's a room, campground, or the world, the smallest steps toward improvement can have an impact on a larger scale.*
- *Who can think of ways you can start to make the world better from right here where you are? What can you do now?*
- *These are all great ideas!*
- *For this activity, you're going to brainstorm problems you can help solve right here locally!*
- *These can be problems in your school, your place of worship, the library, etc.*
- *You will decide on a place to tackle as a group.*
- *Then, you'll develop your plan of action!*
- *Maybe you'll put books back in place at the library or help clean the cafeteria at school. The choice is yours!*

Girls plan to tackle a problem in the neighborhood.

Activity #5: Continued

Choice 3 : Make a Walking Tour for Your Community

Time Alloted: 25 minutes

Materials Needed: Chalkboard w/chalk or Poster w/markers

Steps: Girls gather around.

SAY:

- *As Girl Scouts your larger mission is to make the world a better place.*
- *Whether it's a room, campground, or the world, the smallest steps toward improvement can have an impact on a larger scale.*
- *Who can think of ways you can start to make the world better from right here where you are? What can you do now?*
- *These are all great ideas!*
- *For this activity, you're going to make a walking tour for the community.*
- *Together, you're going to decide on what you consider noteworthy or monumental buildings in the area and create a map to guide someone of a tour!*
- *For each building you decide, make sure you provide a reason why you think this building is noteworthy in the community to you!*
- *After you're done creating your tour, we'll share it with a neighboring troop!*

Girls create a walking tour of the community. Girls decide on a troop to share the tour with.

Activity #6: Closing Ceremony

Time Alloted: 5 minutes

Materials Needed: Junior Girl Scout Way badge, for each girl

Steps: Have the girls gather in a circle.

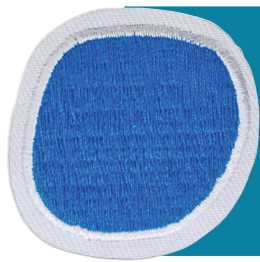
SAY:

- *What was your favorite part of learning and sharing the Girl Scout Way?*
- *Are there any aspects of the Girl Scout Way that you'd like to explore more?*
- *How will you use the Girl Scout Way to serve your community?*
- *Congratulations! You have successfully earned your Junior Girl Scout way badge!*

Give each girl a badge. Have the girls choose a song to sing to end your time together.

Access the “Badge Activities that Celebrate Our Global Sisterhood” handout needed for Activity #3 by visiting tinyurl.com/39mes2nc or scan the QR Code!





Badgework for Daisies: Promise Center

Begin

Start with a get-to-know-you, warm up game.

The Great Wind Blows:

Have all the girls stand in the middle of the room. Say, “The Great Wind Blows for...” And then include a statement that will include some girls, like “anyone who has a sibling.” If the statement is true, the girl runs to the side of the room, as if blown by a gust of wind. Try several more statements. This is a good way to get some of the girls’ energy out and get them comfortable in the meeting.

Activity #1

Learn the Girl Scout Promise

Explain to the girls that the Girl Scout promise is a very important tradition in Girl Scouting because it’s the promise they make about how they treat others and the world around them. Recite the promise line by line, talk about what each line means and have the girls recite the promise.

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.*

When they have practiced a few times, have them try reciting it while holding up the Girl Scout sign.

Girl Scout sign: Girl Scouts make the Girl Scout sign—raising three fingers of the right hand with the thumb holding down the pinky—when they say the Girl Scout Promise. The three fingers represent the three parts of the Promise.

Optional: Read a book about promises, like *Pinkalicious Pinkie Promise* by Victoria Kann.

Activity #2

Make a Troop Promise

Discuss with the girls how they want to be treated when they are at Girl Scouts and have them make troop guidelines.

Choose 5 or 6 and assign each guideline a color. Put a bead of each color onto some yarn for each girl to wear as a bracelet and a reminder of their troop promise. Remember to let the girls help decide their troop promise.

Here are some examples of troop guidelines.

- It’s ok to be wrong.
- Treat others the way you want to be treated.
- Take care of the meeting place and supplies.
- Safety first.
- Be kind at all times.

Activity #3

Learn about the Girl Scout Circle

Representing the unbroken chain of friendship among Girl Scouts and Girl Guides around the world, the Friendship Circle involves Girl Scouts standing in a circle, crossing their right arms over their left, and clasping hands with their friends on both sides. Everyone then makes a silent wish as a friendship squeeze is passed from hand to hand around the circle.

Have the girls start by standing in a circle and crossing their arms right over left and holding hands. Tell the girls they are passing a friendship squeeze all around the circle and that means they are passing their friendship onto the next girl. Remind them that there shouldn’t be any extra hard squeezes, we don’t want to hurt our friend’s hand. Anyone can start the squeeze. You can squeeze in silence, or each person can say when they are passing the squeeze.

After everyone has gotten a squeeze, on a 1-2-3 count, while still holding hands, each person lifts their crossed arms over their heads at one and turns facing outside of the circle, uncrossing their hands to break the circle and signal the end of the meeting.



Badgework for Brownies: Making Friends

Overview

You'll tell girls what this Journey is all about: How the stories they read or the TV shows and movies they watch can show them how girls live around the world — and give them ideas about how they can help others.

In this meeting, girls will:

- Girls complete the first three steps toward earning their Making Friends badge. These are — Step 1: Make friendly introductions; Step 2: Show friends you care; and, Step 3: Share favorite activities.
- Girls find out how their friendship skills can make the world a better place.
- Girls think about how they might take action with the badge skills they've developed.

Note to Volunteers

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're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Get your badges [here](#).
- Talk to anyone helping you about what they will do at this meeting.
- Throughout the year, you'll guide girls on their Take Action Project. When it comes up in your meetings, you'll want to make sure girls understand the steps for taking action: They will see a need, work with others to brainstorm solutions, develop a plan, and do the project.
- Activity 4: Print out instructions for two Game Exchange card games PDFs: Girls are in teams. Print one game instruction per girl; make sure each girl on a team has a different game.

Get Help from Your Friends and Family Network

Find out if anyone wants to lead or support an activity or meeting.

Award Connection

- In this session, girls begin activities toward earning the Making Friends badge.
- They will earn their badge after completing activities at the end of the second Making Friends meeting.

Meeting Length: 1.5 hours

The times given for each activity will vary, depending on how many girls are in your troop.

If girls really enjoy a particular activity and want to continue past the suggested time, as much as possible, let them! That's part of keeping Girl Scouting girl-led!

Materials Needed

Activity 1: As Girls Arrive

- Sheets of paper
- Markers, crayons

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law
- Brownie Smile Song

Activity 3: Care Creations

- Name Poem About Brownies – one for each girl
- Arts and crafts materials: glue, sequins, pipe cleaners, markers, crayon, etc.
- Paper
- Plastic beads (to make a friendship bracelet or for SWAPS)
- 6-inch pieces of colored yarn (to make a friendship bracelet)
- Large safety pins (for SWAPS)

Activity 4: Game Exchange

- Deck of cards, one for each pair of girls
- Snap Instructions – make sure each girl on each team has one of these
- Prediction Instructions – make sure each girl on each team has one of these

Activity 5: Take Action Pause

- None

Activity 6: Snack Chat & Friendship Pledge

- Healthy snack items: fruit (strawberries, blueberries, cherries, etc.) granola bars, crackers, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice, goldfish
- Poster board
- Markers
- Tape
- Digital or camera phone to take photo of Friendship Pledge poster (optional)

Activity 7: Closing Ceremony

- Making New Friends

Activity #1: As Girls Arrive

Time Allotted: 10 minutes

Materials Needed: Sheets of paper, crayons and markers

SAY: *Draw a picture of what you think it means to be a good friend.*

Activity #2: Opening Ceremony

Time Allotted: 15 minutes

Materials Needed: Girl Scout Promise and Law, The Brownie Smile Song

Steps: Girls gather in a circle. Welcome them to the first Making Friends meeting. Girls say the Girl Scout Promise and the Girl Scout Law together. Then have girls sing the Brownie Smile Song.

SAY: *Making new friends can be as simple as introducing yourself. It's nice to share something about you when you introduce yourself.*

Stand up and start walking around the room. When I say STOP, pair up with someone. Then introduce yourself by saying, My name is so-and-so. Then ask them one question. It can be What is your favorite ice cream flavor? or What is your favorite movie? or Do you have any pets? Once you do that, keep walking until I say STOP again. Make sure that each time I say STOP, you find a different girl you haven't paired with before.

Let's try it!

When girls are finished with introductions, **SAY:**

- *How did it feel to hear that other girls have the same situations, experiences, or likes that you do?*
- *How is a smile important for making new friends?*
- *How would you introduce a new friend to an old friend?*
- *How would you help a new student feel welcome at school?*

Activity #3: Care Creation

Time Allotted: 20 minutes

Materials Needed: Name Poem About Brownies – one for each girl, arts and crafts materials: glue, sequins, pipe cleaners, markers and crayon, paper, plastic beads (for friendship bracelets or for SWAPS), 6-inch pieces of colored yarn (to make a friendship bracelet), large safety pins (for SWAPS)

Steps: Read the Name Poem for Brownies with the group.

SAY: *One important way to keep your friendship strong is to help each other feel better when something goes wrong. Another way is to let your friend know why she's special to you. Think about a friend and create something special for her.*

If girls need ideas, offer these prompts:

- *Is your friend's birthday coming up? How about making a card?*
- *Does she like to laugh? Draw something funny!*
- *Write her a name poem, using the letter of her name.*
- *How about friendship bracelets — one of each of you? (If girls need instructions, have them choose a selection of colored yarn or wire, string some beads, and tie at both ends.)*
- *You might want to make SWAPS for friends from another Brownie group. SWAPS stands for Special Whatchamacallits Affectionately Pinned Somewhere or Shared With a Pal. These are tokens of friendship you can make to share with other girls.*

Activity #4: Game Exchange

Time Allotted: 20 minutes

Materials Needed: Deck of cards, one for each pair of girls, Snap Instructions – make sure each girl on each team has one of these, Prediction Instructions – make sure each girl on each team has one of these

Steps: Have Brownies team up in pairs, or groups of threes if you have an odd number of girls.

SAY: *A great way to show a friend you care is to share something new with them. Here, you'll be learning a card game and teaching it to your teammate. Then you'll switch roles.*

Start by reading the instructions to your card game. You'll either have the game Snap or Prediction. Then share it with your teammate and play one round. When you're done, switch roles so your teammate will teach you her game.

Remember it helps to use kind words to support a person when they're learning something new. You can say things like, You're learning fast, or You're doing great figuring this out, or It's fun playing with you.

After girls are done exchanging games, **SAY:**

- *What did you like about learning something new?*
- *How did you feel sharing something new with someone else? Was it easy or hard?*
- *Is there something you would do differently next time?*
- *Did you remember to compliment each other?*
- *Why is it important to make sure we are fair and never leave others out?*
- *If any of you were in a group of three, did you find a way to include all three girls in the game?*

Keep It Girl-Led Tip

If girls have their own card game to share with their teammate, let them. Or, if girls want to share a game that doesn't require cards, such as a hand-clapping game, that's fine, too!

Activity #5: Take Action Pause

Time Allotted: 10 minutes

Materials Needed: None

SAY: *As you do the activities to earn your Making Friends badge, you're learning how to be caring and keep things peaceful. That's part of helping others, which is what Girl Scouting is all about.*

When you are a good friend, you are helping make the world a better place.

You can also think about being a friend to someone you don't know. Sometimes the people that need friends most are the ones they didn't know they had. Can you think of some examples for this?

Give girls time to respond, then **SAY:**

It might be children at hospital, soldiers overseas, or someone left out at your school.

As you earn badges this year, we're going to think about how you can use the skills you're learning to take action. Then we're going to come up with a small Take Action Project that you can do in a meeting later in the year.

(Note to volunteer: Write down girls' Take Action ideas throughout the year as they work on badges. You'll use this list later to remind them of their ideas and help them choose one to do.)

Activity #6: Snack Chat & Friendship Pledge

Time Allotted: 10 minutes

Materials Needed: Healthy snack items, poster board, markers, tape, and camera

Steps: On the top of the poster board, write, I will be a good friend by...

SAY: *As you're enjoying your snacks, think about ways you are, or hope to be, a good friend. Finish the sentence, I will be a good friend by.... I'll write your answers on the poster board. We'll call this board our Friendship Pledge.*

Note to volunteer

You can tape the drawings girls made when they arrived about what friendship looks like on or near the friendship pledge poster. If you can, take a picture of the poster board. Later, you can load it onto your computer and print it out on a piece of paper to give each girl at the next meeting.

Activity #7: Closing Ceremony

Time Alloted: 5 minutes

Materials Needed: Making New Friends Badge

Steps: Girls form a friendship circle and sing the Make New Friends song together.

SAY: *You learned that being a good friend means letting someone know you are there for them. Let's pass the friendship squeeze to each other to share friendship with our troop. Cross your right arms over your left arms and hold hands with the person on each side of you.*

Ask one girl to start the friendship squeeze. When the squeeze returns to the girl who started, have her say, Goodbye Girl Scout friends! And then have girls respond together with the same goodbye.

Keep It Girl-Led Tip

Invite girls to choose a closing ceremony song to sing.





Badgework for Juniors: Uniquely Us

Badge Steps

- Explore all the things your body can do
- Avoid the “comparison trap”
- Know that it’s not all about your body
- Learn how to talk about it
- Celebrate differences-and find similarities

Purpose: When Juniors have earned this badge, they’ll understand that everyone is unique and everyone is just right, just the way they are.

Prepare Ahead

Internet Safety: If any parents/caregivers and Girl Scouts have not completed the Girl Scout Internet Safety Pledge, have them complete it prior to Girl Scouts going online during the troop meeting.

Arrival Activities:

- Prepare a nutritious snack or have troop members sign up and alternate bringing snacks for each meeting. Nutritious snack items can include fruit, granola bars, carrot sticks, graham crackers, sliced cucumbers and yogurt dip, or juice and crackers. (Check for food allergies or dietary restrictions in advance.)
- Have a copy of the Girl Scout Promise and Law in case a new member joins the meeting.
- Gather materials for Meeting 2 activities (see chosen activities under “Badge Activity Preparations” for specific lists) plus paper; pens or pencils; coloring materials.

General Preparation:

- Uniquely Us suggested badge activities do not involve outside guests or outdoor trips. If you plan alternative activities that do require these resources, consider combining guests or trips to cover multiple activities.
- If virtual guests are scheduled, be sure to have a computer with reliable internet connection and a projector for viewing. Be sure to coordinate the time and means of meeting prior to getting started.

Take Note

Body appreciation and the related topics in this badge line are complex and can bring up personal sensitivities. As a facilitator, responsiveness to every member’s needs will require close attention to how Girl Scouts are responding and engaging. An inclusive delivery that ensures all perspectives are seen, heard, and valued is critical to ensuring a positive experience with this material.

This badge line has been created in collaboration with a panel of experts who have provided input on the appropriate delivery of this content. All guidance provided is based on our understanding of how to best approach the topic of body appreciation. We acknowledge the ever-changing landscape in this space; suggested activities and scripting are built upon current standards for healthy, positive, and appropriate ways of handling the material. For this reason, facilitators are strongly encouraged to deliver suggested activities following the guidance as given. If substituting your own activities, consider researching current best practices and standards when planning your delivery.

Activity #1: Arrival and Opening Ceremony

Time Allotted: 10-15 minutes

Materials Needed: Nutritious Snack, Girl Scout Promise and Law, Paper, Pencil and pens

Arrival: Ask Juniors who arrive first to help set up any snacks or activity materials for later. Then have all Juniors talk to as many friends as they can before the meeting starts. Have them write down one thing they have in common with each person and one way they’re different. It could be personality traits, hobbies, physical features, or anything else they like.

Warm Up and Wellness: Gather Juniors into a circle. Have them take some deep, cleansing breaths, close their eyes, and think of something they like about themselves.

Activity #1: Continued

SAY: *Before the meeting started, you found out some ways you and your friends are alike and different. It's pretty cool, isn't it? People have so much in common--but we're all different, too, and it's our differences that make the world interesting. Today we're going to take a closer look at what makes us unique, how to understand what we want and need (and how to be firm about asking for it), and how to celebrate diversity as the wonderful gift it is.*

Get the discussion started by asking a few questions, such as:

- *What are some ways people might be different?*
- *What are some things they might have in common?*
- *Would you like it if everyone were just the same? Why or why not?*

Opening Ceremony: Welcome Juniors to the second Uniquely Us meeting and have them gather in a friendship circle. Say the Girl Scout Promise and Law together.

Activity #2

Choice 1 : What makes me great?

Time Alloted: 20-30 minutes

Materials Needed: Posterboard (one per Girl Scout), thick markers

Ask: What's something special about you that doesn't have to do with how you look?

Share: *It's important to appreciate your body, but why stop there? There's so much more to you--and most of the things that make you, YOU, have nothing to do with physical traits. Today, let's celebrate our WHOLE selves!*

Activity: *What makes me great?* Have the group brainstorm prompts for positive non-physical traits ("a school subject I'm good at," "a great personality trait," and so on). Try for about one prompt per Junior, but it's okay if you have fewer. Write each prompt on a separate piece of posterboard. Spread the boards out and have all Juniors write their answers on each board. When everyone is done, ask for volunteers to present one poster each. Afterward, encourage the group to cheer for one another. Remind them that they're all great, each and every one!

Choice 2 : Create a superhero identity

Time Alloted: 20-30 minutes

Materials Needed: *My Super Self* handout (one per Junior), pencils and pens

Ask: What's something special about you that doesn't have to do with how you look?

Share: *It's important to appreciate your body, but why stop there? There's so much more to you--and most of the things that make you, YOU, have nothing to do with physical traits. Today, let's celebrate our WHOLE selves!*

Activity: *Create a superhero identity.* Ask Juniors to identify a non-physical "superpower" they have--something they're especially good at and enjoy doing. Examples might be making people laugh or being an awesome friend. Give them time to brainstorm and fill out *My Super Self* with a personal superhero identity that includes a name, motto, pose, and signature move. Then give Juniors the opportunity to explain their superpower and share their work with the group, if they choose.

Activity #3

Choice 1 : See the positive

Time Alloted: 20-30 minutes

Materials Needed: Index cards you prepared in advance

Ask: Do you feel comfortable saying good things about your body? How does it make you feel when you do it? Do you ever say negative things about your body, even as a joke? How does it feel when you do that?

Share: *Words matter. Saying good things about your body can make you feel great; negative talk brings you down. Today you'll practice speaking positively about yourself--and you'll hear what your friends like about themselves, too!*

Activity: *See the positive.* Play a game to help Juniors appreciate their amazing bodies! Pass out one of the index cards you prepared in advance to each Junior. Tell them to hold it face down so they can't read it yet. Explain that Juniors will be looking at the body part on their card and saying something specific they like about that body part--THEIR body part, not just that part on anyone. For instance, if the part is "hands," an appropriate response would be "I can play the piano," not something general like "Hands are useful." Form a big circle and choose one Junior to go first. The Junior flips their card over, reads it out loud, and says something they like about that body part. (If they can't think of something to say or don't like their card, they can ask you for a replacement.) Then they tag the Junior to their left, who does the same thing. Challenge Juniors to see how quickly they can complete the circle! To make it a game, split Juniors into two equal circles and see which group finishes first.

Activity #3: Continued

Choice 2 : Speak up about your body boundaries

Time Alloted: 20-30 minutes

Materials Needed: None

Ask: What are body boundaries? Do you feel comfortable speaking up for yourself if something crosses your body boundaries?

Share: *Body boundaries are your comfort limits for the ways other people interact with your body. There are no right or wrong boundaries; it's totally personal for each individual. If someone's behavior makes you feel uncomfortable, don't question whether you're right or wrong--your boundaries have been crossed! Examples of uncomfortable situations could include being asked for an unwanted hug, being told to do something you can't physically manage, or having someone touch your hair without permission or play too roughly. If things like this happen, your words matter. Never be afraid to speak up if something makes you physically or mentally uncomfortable--including others' comments about your body. Today we'll practice this important skill.*

Activity: *Speak up about your body boundaries.* Help Juniors brainstorm situations that might cross their body boundaries or make them feel uncomfortable. Consider providing a specific neutral example, such as "in school" or "in a crowd," to reduce the chance of veering into difficult territory. If topics that feel inappropriate to address in a group come up, redirect Juniors while offering to speak privately later. When everyone has identified a situation, pair Juniors and have them role-play responding firmly to a body boundary violation. Afterward, discuss the importance of speaking up and ask what Juniors learned about their own and their friends' boundaries. Emphasize that Juniors should get help from a trusted adult if they ever face challenging situations relating to body boundaries

Activity #4

Choice 1 : Make an "All About Me" Collage

Time Alloted: 20-30 minutes

Materials Needed: Posterboard (one per Girl Scout), catalogs/magazines/printed materials, scissors, glue, art supplies

Ask: What makes people different and alike?

Share: *People have different eye colors, shapes, heights, hair, and more. But our bodies are alike in many ways, too! It's the same with our minds: We're all unique, but we have lots in common. Let's learn to celebrate our differences while finding common ground.*

Activity: *Make an "All About Me" collage.* Have Juniors cut out pictures from catalogs, magazines, or other printed materials, then use them to make a collage celebrating their unique selves. Encourage them to add words, doodles, or anything else to personalize their work. Give Juniors time to share their work with the group, if they choose. Consider hanging Juniors' creations around the meeting space to create a gallery of uniqueness that everyone can enjoy!

Choice 2 : Spin a Web of Connection

Time Alloted: 20-30 minutes

Materials Needed: Large ball of yarn

Ask: What makes people different and alike?

Share: *People have different eye colors, shapes, heights, hair, and more. But our bodies are alike in many ways, too! It's the same with our minds: We're all unique, but we have lots in common. Let's learn to celebrate our differences while finding common ground.*

Activity: *Spin a web of connection.* Have Juniors form a big circle. Hand a ball of yarn to one Junior and have them share a fact about themselves (favorite color, birth month, pet owner, etc.). Anyone else who shares that trait identifies themselves. The ball of yarn passes to that person, with the first Junior holding onto the yarn's end. (If more than one person identifies themselves, the yarn passes to the Junior who spoke first. If no one identifies themselves, the yarn holder shares another trait.) The new yarn holder then shares their own fact. Continue at least until everyone gets a turn, but keep going if they're having fun. They may go around the circle several times! At the end, guide Juniors to consider the "web of connection" they've made and think about the common ground it represents.

Activity #5: Closing Ceremony

Time Alloted: 5-10 minutes

Materials Needed: Uniquely Us badges (one per Junior)

Ask: Did you have fun today? Give Juniors time to think about the things they enjoyed doing and what they learned.

Share: *Today, you took a deeper look to appreciate your whole self, not just your body. You learned that words matter--they can make you feel good and protect your boundaries, too. You also learned that we all have differences and similarities, and that's great! You're uniquely YOU, and that makes you-and everyone else--just right.*

Activity #5: Continued

Career Connections: Ask Juniors what they might want to do when they grow up. Help them to consider jobs or careers that require their unique talents. Examples could include:

- **Athlete or coach:** Are you naturally athletic? Pursue a career as an athlete or coach in the sport of your choice!
- **Accountant:** Are you a whiz with numbers? Do you love detail? Consider becoming an accountant. You could steer the direction of a mighty company!
- **Perfumer or “nose”:** Only people with the keenest sense of smell can do this job. Maybe you’re one of them!

Give each Junior a Uniquely Us badge. Have Juniors form a friendship circle and sing the “Make New Friends” song or take part in another Girl Scout shared experience to end their time together. If there are meeting items to gather or areas to straighten up, ask Juniors to choose a song and tidy everything up before the song ends.

Activity #6: Follow Up With Families

Time Alloted: 5-10 minutes

Materials Needed: None

After the meeting, remember to share with families all the great things their Juniors accomplished! Editable email templates in the Manage Communication section allow you to:

- Encourage parents/caregivers to ask their Juniors about the things they learned and did.
- Send information about the next meeting, including any materials or volunteers that may be needed.

**Access the “My Super Self”
handout needed for Activity #2
by visiting
tinyurl.com/ydbpnnaj
or scan the QR Code!**

