



Monthly Patch Program

September 2026 - August 2027



Introduction

Hi, Girl Scouts!

Thanks for joining us as we explore the world this year with our Monthly Patch Program! Together we are going to learn so many fun things about the world around us- about animals, languages, foods, and more! I know I've had a great time creating this for you all and hope you enjoy this patch program as much as I do!

It is important to note though, that I do not have expert level knowledge about any cultures including my own! I've done some traveling (the photo below is of my trip to Rome!), but of the places we'll explore this year, I've only experienced two of them personally. When we were writing these activities, we did our best to verify our research was coming from credible sources and fact checked everything to double check we didn't mix anything up. However, without experiencing things first hand, there's a chance that I may have gotten things wrong. If you notice anything that isn't quite right, get in touch with me at mkanderson@girlscouts-gsci.org and we'll get things updated. Please know that any mistakes are not intentional.

I hope this year's patch program inspires you and your Girl Scout friends to explore what life is like beyond the world you currently know. I hope it creates opportunities to discover the ways we are all so alike in a world that would like us to think otherwise. But mostly, I hope you have an amazing time trying new things and making memories together with those you bring along for this journey.

-Meg, GSCI Program Coordinator



Patches are \$3.00 each and registration opens the first of the month and closes the fifteenth of the following month. (Ex: December monthly patch registration is open December 1-January 15). Go ALL IN and register for all of the monthly patches for only \$30! Deadline to go All-In is Oct 15th. If you register to go All-In, you do not need to also register for each individual month, unless you need more than originally planned.

Each patch is custom designed and will be mailed out roughly 8-10 weeks after registration closes.

*Go All-In and register for the monthly patch program today!
Register by scanning the QR code or visiting
bit.ly/GSCIEventCalendar and choosing the "All-In" option.*



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September | France



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about France** in this overview video: tinyurl.com/FranceOverview.
- **Get a taste of French food** with this easy recipe!

Cherry Clafoutis (Claw- foo-tee)

Ingredients:	1/2 cup flour
2 tsp very soft butter	1/8 tsp salt
1 lb cherries	2 tbsp melted butter
1 cup milk	3 eggs
1/2 cup sugar	2 tsp vanilla extract

1. Preheat the oven to 350°F. Use the soft butter to generously grease a 10 inch diameter tart or cake pan.
2. Wash and dry the cherries and remove the stems. There is no need to pit the cherries, although you can if you wish. The pits are said to add extra flavor to the dish.
3. Evenly distribute the cherries in the buttered pan.
4. Place the two tbsp of butter in a small dish that can go in the microwave. Cover with a piece of paper towel and microwave on high for about 30 seconds- just enough to melt the butter.
5. Whisk together the flour, sugar, and salt in a mixing bowl. Whisk in the milk then the eggs, melted butter, and vanilla extract. Pour this batter on top of the cherries.
6. Place the pan in the oven and bake for 45 minutes or until the custard is cooked through.
7. Serve warm or cold.

Find recipe details at tinyurl.com/4jvkrrww.

- **Learn about French Art!** You may have already heard of Claude Monet, a famous French painter. He was one of the founders of French Impressionism. Impressionist art was a new style that included thick paint, shorter more broken brushstrokes, unblended colors, bright colors, and an “unfinished” look. Monet specifically tended to paint ordinary, real life scenes- not just portraits of famous people like many others were painting at that time. Learn more about Monet at your local library or online, then go outside and paint something from your normal life. You might choose to paint your dog sniffing in the yard, some cool rocks stacked by the door, the buildings in your neighborhood, or maybe the sunset. What you paint it up to you! Try out using bold colors, thick paint, and short brushstrokes- just like Monet used.
- In France, April Fool’s Day is often celebrated by sticking a “poisson d’avril” or April Fish onto someone’s back and running away. It’s not April right now, but here’s a **fun April Fish Game** to try out at your next troop meeting.

April Fish

- As Girl Scouts arrive to the meeting, have a stack of paper fish and masking tape that they can each grab as they enter the meeting room. Have enough fish for each person.
- Throughout the meeting, without being noticed or caught, tape your fish to a leader’s back.
- At the end of the meeting, see how many fish you all were able to tape to your leader without being noticed.
- Remember: This game isn’t likely the main thing happening at this troop meeting. Be sure to still participate and pay attention to whatever may be happening because Girl Scouts respect others. Plus it’s way more obvious that we’re taping fish if we’re all climbing on the leader and laughing instead of listening.

- **Have you heard the story of the girl who became a fish?** Unlike other fairy tales, the girl in this story doesn't sleep the whole time, need saving, or fall in love. In this story, Aalis, embarks on a magical quest to help others, learning about herself along the way. You can read her story in the book "Folktales for Fearless Girls: The Stories We Were Never Told" by Myriam Sayalero or you can listen to her story here: tinyurl.com/4799j4pj.
- **Learn French!** Girl Scouts love making new friends! If you know someone who is a native French speaker, has lived in France, or teaches French professionally, invite them to your next troop meeting to teach you some French phrases and about France! But in case you don't know anyone like this, here are some videos you can use as well. *If you are already learning French in school or at home, you are welcome to practice your French in another way!*
Daisies, Brownies, Juniors: Learn how to talk about pets with the Blabber Beasts here: tinyurl.com/3966w59y. (*Blabber Beasts has lots of fun language videos if you or your troop are interested in learning more!*)
Cadettes, Seniors, Ambassadors, and anyone who might have experience speaking French: expand your knowledge and Learn French with SpongeBob here: tinyurl.com/ym7nyk9s. (*Heads up- there are a few ads in this video. You do not need to purchase anything to enjoy learning from this video.*)
- **STEM Challenge:** Build the Eiffel Tower using recycled materials (newspaper, popsicle sticks, paperclips, etc.)

STEM Challenge: Eiffel Tower

- First you'll want to learn about the Eiffel Tower's design and the engineering behind it. One way to do this is to have several models of the Eiffel Tower for Girl Scouts to explore- printed photos or small souvenir models work well for this. You may also want to check your local library for books about how the tower was built. "Gustave Eiffel's Spectacular Idea: The Eiffel Tower" is a great option!
- Once you've explored how the real Eiffel Tower was created, decide what kinds of materials you want to use for your Eiffel Tower. You might want to use rolled up newspaper for beams, or maybe popsicle sticks and glue, or even a bunch of Legos! Draw out your design and figure out the math of how much of each material you'll need. (Pro tip for grown ups: Be sure to have a little extra of each material on hand in case they need more when building.)
- Build your Eiffel Tower! How tall can you make your tower? Can your tower stand by itself like the real one? If it can't, how could you add support to your tower? Older Girl Scouts- Using either a DIY earthquake shake table (tinyurl.com/5mbd7awc) or a big pan of jello, test your design to see if it can withstand a storm!

Psst Leaders! The process of designing a tower, testing your design, and improving the design is part of several badges!

- **Make a baguette!**

Baguette

Prep Time: 2.25 hours
 Cook Time: 30 minutes
 Total Time: 2 hours 45 minutes
 Yield: 2 baguettes

Ingredients:

8 grams traditional yeast (or 2 teaspoons)
 1 tablespoon honey (natural honey works best)
 1 1/4 cups warm water (not too hot, don't to cook yeast)
 1 tablespoon fleur de sel (if using table salt, use only a teaspoon)
 2 1/2 cups bread flour (all purpose flour also works)

1. Proof the yeast with the honey and warm water. For bread making novices this means putting the warm water in your big mixing bowl and adding the yeast and honey. Give it a little stir and then let it sit on the counter for 10 minutes. You will see the grains of yeast wake up and rise to the surface and expand (this is a cool process to share with kids!)
2. Once proofed, add salt and slowly add the flour until a shaggy dough is formed. I started using a spatula and then dug in with my hands to work in all the flour. Form a round ball in the bowl but be careful not to work the dough too much. No need to use the Kitchen Aid for this recipe!
3. Dust the top of your dough ball with a little bit of flour then cover with a towel. Let the dough rise until it doubles in size (about an hour) then split dough in 2 and roll out your baguettes.
4. Sprinkle flour over your countertop.
5. Take the first ball of dough and gently knead it with the palm of your hand, until the dough gains a firmer consistency. Fold the dough over itself. Add a little more flour if necessary.
6. Flatten the dough into a rectangle form with your hands (you don't need a rolling pin). Then fold the top of the rectangle down like the top of an envelope, about 3/4 of the way down. Using your fingers, press down on the seam.
7. Roll the folded top of the dough down so that you have a mini oblong rectangle. Press the seams and then flip the seam side down.

Baguette (cont.)

8. Spread your fingers on both hands and gently roll the dough down to create a baguette shape. Roll back and forth to elongate the baguette dough until it is about 12 inches long.
9. Set the first baguette on your cookie sheet or baguette pan.
10. Roll out the second baguette.
11. Carefully, make incisions on the top of the baguette using the tip of a sharp knife or kitchen scissors.
12. Place the baguettes on a cookie sheet sprinkled with flour and then sprinkle a little more flour on top. Sprinkle a little fleur de sel or salt. Let baguettes rise for another 30 minutes (uncovered) while the oven preheats.
13. Heat oven to 460 degrees. Once the oven is hot, fill a 9 inch pan halfway with water and place on the bottom rack of the oven. This creates steam and is the key factor to that crackly crust we love.
14. Bake for 25 minutes. NOTE: Oven temperatures vary greatly! Please keep a close eye after 18 minutes - if they look dark golden brown and sound hollow when you tap them, they are done!). Remove the pan of water (very carefully!) and bake for another 5 minutes or so. The baguettes should be beautifully golden brown and sound hollow when tapped. You want the crust to be a deep, rich golden brown but not too dark. If the top gets too dark too quickly, bring the rack down a notch and take it out a few minutes earlier. Resist the temptation to bring the heat down too much - it is the hot heat that creates the delicious crust!

Find recipe details at tinyurl.com/3u7ejxem.

- One of the most famous races in the world happens in France each year- the Tour de France! This is a 2,235 mile bicycle race that takes about 20 days to complete and riders face many challenges like mountains, crowds, and time trials. Even though there is only one winner, the Tour de France is a team sport. While we aren't expecting anyone to ride their bicycle all the way from here in GSCI all the way to the bottom of Florida and back (approximately the same amount of miles as the Tour de France, depending on where you are within our Council.), we are going to challenge you to **have a Tour de Your Town!** Gather your friends and family and go for a long bike ride. You don't have to make it a race, just have fun!
- **Make a France inspired Macaron SWAP!**

Macaron SWAP

1. Glue two bottle caps together with both tops on the outside. Add a string or short wire loop (twist ties work well!) in between your bottle caps that you can attach a safety pin to later.
2. Next, paint your bottle caps one color.
3. Add some glitter glue to the edge where your bottle caps meet- to make the macaron's filling. Be sure not to glue over your loop though.
4. Finally, once everything is dry, attach a safety pin to the string/loop and SWAP with another Girl Scout! When you gift your SWAP, tell them something you learned about France!



October | New Zealand



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about New Zealand** in this overview video: tinyurl.com/NZOverview.
- **Get a taste of New Zealand** with Paraoa Parai, or Maori Bread:

Maori Bread

Ingredients:

2 cup all-purpose flour

4 tsp baking powder

4 tbsps chilled butter or margarine (sticks are easiest)

2/3 cup milk

Flour for rolling dough

Vegetable oil for frying

1. Mix the flour and baking powder in a bowl.
2. Grate the chilled butter into the bowl and mix until it becomes a crumb-like consistency. (If you don't want to use a grater, you could do this with a pastry blender/cutter instead. This baking tool is often used for pie.)
3. Add milk and mix.
4. Once dough has formed a ball, roll out into a floured surface until it's about 1" thick.
5. Cut into squares or whatever shape you'd like (you could use a cookie cutter for this!)
6. Fry your dough shapes in 1/2 inch of vegetable oil until golden brown. This should take a few minutes for each side.
7. Let cool on paper towels then serve with jam.

Find recipe details at tinyurl.com/3cadpsz6.

- **Take a tour of the Auckland Art Gallery!** This interactive virtual tour allows you to look up close at art and there's even an audio guide where museum staff tell you about each piece. After exploring the gallery, make your own art inspired by something you found interesting on your virtual tour. Take the tour here: tinyurl.com/bzms9w4x.
- **Play Netball!** Netball is similar to Basketball and is the most popular sport for girls in New Zealand. Learn the rules of Netball here: tinyurl.com/4v8mur52. Not into playing sports or don't have enough friends to make a team? No worries! The Netball World Cup Qualifiers are this October 19-26th. Host a Netball Qualifier Watch Party with your troop, family, or friends! More info about how to watch can be found here: tinyurl.com/yjbszzuy.
- **Hear the story of how the Kiwi bird lost it's wings:** tinyurl.com/yvnkecdp.
- The Kiwi Bird is at risk of going extinct, but fortunately a lot of people are working to help the Kiwi regrow their population and start thriving again. **Learn all about Kiwis** and the ways people are helping them and share what you find with your troop or family. You can find info at your local library or online.
Psst Cadettes! One cool thing folks are doing to help the Kiwis is with Kiwi Avoidance Training for dogs. Kick start your Animal Helpers badge by learning about how training dogs can help endangered populations, like the Kiwi.
- **Make a Kiwi SWAP** using pompoms, felt, googly eyes, and glue. Once your SWAP has dried, find a Girl Scout to SWAP with! When you gift your SWAP, tell them something you learned about New Zealand or Kiwi Birds! See photo example.



Source: Pinterest

- **Learn a few phrases in Maori**, the indigenous language of the Maori people- the original people of New Zealand:
Girl Scouts love making new friends! If you know someone who is a native Maori speaker, has lived in New Zealand, or teaches Maori professionally, invite them to your next troop meeting to teach you some Maori phrases and about New Zealand! But in case you don't know anyone like this, here is a video you can use as well: tinyurl.com/5n7umv2t. If you are already learning Maori in school or at home, you are welcome to practice your Maori in another way!
- New Zealand is one of the few places on Earth where you can find a Fiord (spelled Fjord in other parts of the world). **Learn more about this special ecosystem here:** tinyurl.com/5crn9e5r and write down something cool you learn. After the video, find a library book to learn more about the critter, place, land feature, or other thing you wrote down.
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in New Zealand! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in New Zealand. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

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.

New Zealand Girl Guide Promise

I promise to do my best,
To be true to myself and develop my beliefs,
To live by the Guide Law
And take action for a better world.

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.

New Zealand Girl Guide Law

As a Guide I will try to:
be honest and trustworthy
be friendly and cheerful
be a good team member
be responsible for what I say and do
respect and help other people
use my time and abilities wisely
face challenges and learn from experience and
care for the environment

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November | Mexico



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Mexico** in this overview video: tinyurl.com/mpmxu7kr.
- **Try Chocolate Atole!**

Chocolate Atole

Ingredients:

1/4 cup cornstarch

6 cups milk divided

1 tablet Mexican chocolate like Abuelita or Ibarra

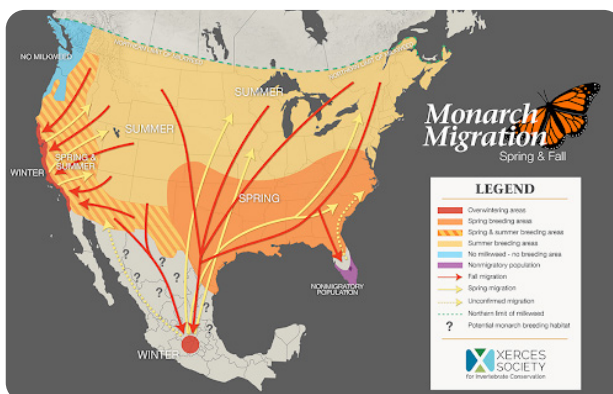
1 cinnamon stick

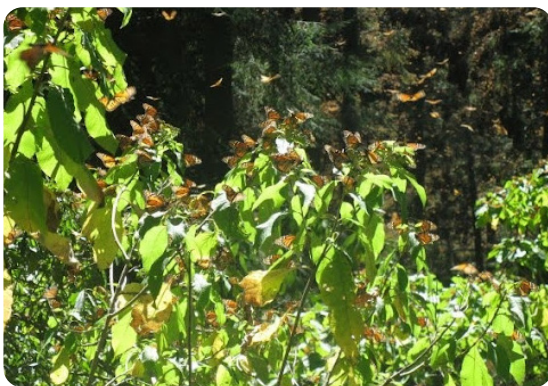
1/4 cup sugar

1. Dissolve the cornstarch in 1 cup of milk.
2. Set aside until ready to use.
3. In a stockpot, add the remaining milk, Mexican chocolate, and cinnamon stick.
4. Stir occasionally.
5. When the chocolate is completely dissolved, add the sugar and the cornstarch milk.
6. Stir to combine.
7. Bring to a simmer, stirring occasionally.
8. Once your atole has thickened, it is ready to serve.
9. Serve immediately to avoid lumps.

Find recipe details at tinyurl.com/57p2aumu.

- Have you ever heard of Frida Kahlo? She is considered one of Mexico's greatest artists and is known for her many portraits and self-portraits. Her art style is deeply personal and reflective- often mixing reality with dream-like elements. Often Frida Kahlo's paintings include roots and plants, animals, Mexican folk culture, bright colors, and serious facial expressions. **Create your own portrait!** You can paint yourself, like Frida often did, or paint a portrait of someone else- but with a serious face. For the background of your painting, try creating a scene that represents what the person in your painting might be feeling or thinking about.
- **Try making a Yarn Painting!** The Huichol (pronounced Wee-chol) people are an indigenous people of Mexico. One of the things the Huichol people are known for is their colorful bead and yarn art. To make your own yarn painting, you'll need yarn, liquid glue, paper or card stock, something to draw with, and a stick. Here's a video tutorial that walks you through the steps of making a yarn painting: tinyurl.com/yf3fcssk.
- **Help the pollinators!** Here in Illinois, we talk a lot about helping our local pollinators- especially our state insect, the monarch butterfly. Lots of Girl Scout troops have helped plant gardens specifically for our butterfly friends. What's super interesting about monarch butterflies is that they migrate! In our part of the country, monarchs overwinter in Mexico.





Of the butterflies that go to Mexico and not California, most of these migrating monarchs end up in the Monarch Butterfly Biosphere Reserve in Angangueo, Mexico- a UNESCO World Heritage Site. There is a decent amount of tourism in the area, because let's be real- seeing millions of butterflies all at once, so many that the tree branches bend from their weight of them all, is a pretty magical experience. You might expect tourism to cause issues, as it sometimes does, but the Biosphere Reserve is protected, allowing the butterflies to have a place to spend their winters year after year. You can be a part of the monarch migration by helping to improve the monarch butterfly's summer home- here in GSCI! (And many other states too!) The Illinois Monarch Project has lots of ideas of how you and your troop can take action in your community to help the monarchs here: tinyurl.com/mtnmyu5h. Many of these happen at other times of the year, so if you can't take action now, you can plan to take action once you can!

Want to see the butterflies in action? Check out this video to see what the Biosphere Reserve is like starting about this time each year: tinyurl.com/mrydbwje.

- **This month our folk tale** features a very brave girl who sees a problem and works hard to find a solution- asking for help and not giving up until the problem was solved. The story of Rosha and the Sun can be read in the book “Fiesta Femenina: Celebrating Women in Mexican Folktale” by Mary-Joan Gerson or you can listen to the story read aloud here: tinyurl.com/26trfxe6.
- **Let's learn a little Spanish!** Girl Scouts love making new friends! If you know someone who is a native Spanish speaker, has lived in a Spanish-speaking country or territory, or teaches Spanish professionally, invite them to your next troop meeting to teach you some Spanish phrases and maybe even a little about Mexico as well! But in case you don't know anyone like this, here are some videos you can use as well. If you are already learning Spanish in school or at home, you are welcome to practice your Spanish in another way!
***Daisies, Brownies, Juniors, and Cadettes:** Learn basic greetings with a quick song: tinyurl.com/5abkp3jk.
Seniors and Ambassadors: Welcome to the 1990s! *Destinos* is a telenovela that was created to help teenagers and young adults learn Spanish (and it was created at the U of I- how cool!) Check it out here: tinyurl.com/2fra83z2.*
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. WAGGGS has properties all over the globe called World Centres and one is in Mexico! Nuestra Cabaña, located in the “City of Eternal Spring”, Cuernavaca, Mexico, is one of the five WAGGGS World Centres. **Learn more about this World Center** here: tinyurl.com/3wj8jzp9. Take a virtual tour here: tinyurl.com/mpmbxwfr. Learn the Our Cabaña song: tinyurl.com/dvzjpy2h.
- **Visit a local Panadería!** A Panadería is a bakery, oftentimes specializing in tasty treats rooted in Mexico and other Spanish-speaking countries. There will be so many incredible things to try! The some popular options are Conchas (a sweet bread- often vanilla or chocolate), Empanadas (sometimes these are savory, sometimes they are sweet and filled with fruits), Cuernitos (a sweet bread shaped like a crescent or horn- like a cousin of the croissant), and Marranitos (cookies shaped like pigs- they aren't gingerbread, but some people think they taste similar). This time of year, you might find Pan de Muerto- a bread incorporated in many Día de Muertos (Day of the Dead) traditions.
- Día de los Muertos, or Day of the Dead, is an important fall tradition which focuses on remembering loved ones who have passed away. The National Museum of Mexican American Art says this about Día de los Muertos: “This practice is deeply rooted in the ancient Mesoamerican cultures, which believed in life after death, and the Catholic religion that remembers the departed on All Saints’ and All Souls’ Days each November 1st and 2nd. After the arrival of the Spanish in the 16th century, Indigenous and Catholic traditions blended, and over time, each region of Mexico incorporated local customs and beliefs into the memorial celebrations. Today, families across the country continue to celebrate the Day of the Dead, welcoming back the souls of the departed with cemetery vigils and ofrendas—offerings lovingly arranged on altars that include candles, photographs, favorite foods, and meaningful objects. It is a celebration of remembrance, a time to pause, reflect, and keep alive the memory of those no longer with us, recognizing the enduring presence they hold in our lives.”

While traditionally Día de los Muertos is celebrated on November 1st and 2nd, some areas celebrate earlier and some areas celebrate longer. **With your troop, family, or friends, attend a local celebration and learn more about this special holiday!** No local celebrations happening? No worries- you can still learn about Día de los Muertos by: reading about it at your library, inviting someone who celebrates Día de los Muertos to a troop meeting to share about their traditions, watching a documentary about the holiday, or some other way! *(If your area has a celebration before November, it's okay to count that towards completing this month's activities!)*

December | Iceland



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Iceland** in this overview video: tinyurl.com/an7s65r7.
- **Get a taste of Iceland!** Icelandic “Happy Marriage” Cake, a simple crisp dessert cake filled with rhubarb jam!

“Happy Marriage” Cake

Ingredients:

1/2 cup quick oats (not instant)	1/2 cup fine chopped walnuts
1/2 cup all-purpose flour	1 egg
1/4 cup packed brown sugar	1 teaspoon vanilla
1/4 cup granulated sugar	3/4 cup rhubarb or rhubarb strawberry jam
1/2 teaspoon baking soda	Serve with whipped cream as desired
1/2 cup cold salted butter, cut into chunks	

Instructions:

1. Lightly grease a 9x9 baking dish.
2. Pre-heat oven to 400 degrees F.
3. In a mixing bowl, combine oats, flour, brown sugar, granulated sugar, and baking soda. Cut in the butter with a mixer, pastry blender or with your hands until a crumble mixture forms.
4. Remove 1/2 cup crumbs to a small bowl, stir in chopped walnuts; set aside.
5. In a small bowl, beat egg and vanilla. Remove; set aside 1 Tablespoon egg mixture.
6. Mix remaining egg mixture into flour mixture in mixing bowl until combined. Spread mixture into bottom of heart shaped baking dish.
7. Mix jam with reserved tablespoon egg mixture; spread over crust in baking dish.
8. Sprinkle reserved walnut crumbs mixture over top of cake.
9. Bake for 20 minutes or until the crust is golden brown. Cover the crust if it starts browning too quickly.
10. Remove from the oven. Cool completely before slicing.

Store leftovers in the refrigerator. Serve with a dollop of whipped cream. Serves about 4 to 6.

Hi there, friends! It's Meg again. I tried this recipe myself, and let me tell you, as someone who is super picky, I was pleasantly surprised by how tasty this is! I would definitely compare this recipe to a crisp, not what many kids might imagine a “cake” to be. When I made this, I used rhubarb jam instead of fresh rhubarb (because I couldn't find any fresh in my area) and I probably could have used a little less sugar since the jam was already very sweet. I also left out the walnuts and the recipe was still totally fine. (Next time I'll be adding them though, because I think the texture would benefit greatly!) The last change I made was using plant butter, because that's what makes my body happy. Regular butter stays solid/cold longer than alternate butters, so if you use margarine or plant butter in yours, I would suggest putting it in the freezer before so it's extra cold (but not frozen) and will be easier to cut into the recipe to make the crumble mix.

To my Girl Scout friends, remember that eating the whole thing isn't the goal. In fact, if you don't want to eat it at all, that's okay. The goal with this activity (and the other recipes in this patch program) is to try something new and practice our kitchen skills. Trying something new might mean eating it, but it might also mean smelling it, licking it, or touching the crumbly parts with your fingers. Like other things in Girl Scouts, this is a challenge by choice- meaning the amount of trying the new thing is totally up to you! That being said, I'm a super picky person (I prefer to eat mostly chicken strips and mac & cheese) and I enjoyed this treat. So I would be surprised if you didn't like it too!

Find recipe details at tinyurl.com/mk9b6kc3.

- The Northern Lights are visible in Iceland almost every clear, dark night between September and April in Iceland. **Make your own Northern Lights with this fun recycled craft!**

Northern Lights Craft

You'll Need: Sharpies or paint pens or paint with brushes, Old CDs (either blank CDs or CDs that are so scratched that they can no longer be used. Often you can find these at thrift stores, garage sales, or local Buy Nothing groups.)

1. On the shiny side without the cover art (the part that would be facing down in a CD player), draw a town or landscape scene on the lower 2/3's of your CD.
2. After the marker or paint dries, move your artwork around and watch how light turns the sky of your art into a colorful display, much like the Northern Lights.



- It's said that elves, or the Huldafólk ("the hidden folk"), can be found all over Iceland. While not every Icelandic person believes in the Huldafólk, most are open to the possibility. No matter what someone personally believes, respectfully living alongside elves the same as you would with human neighbors is baked into the culture of Iceland. This unique perspective gives nature a "voice" so to speak when it comes to things like land development and environmental protections. **Learn more about this interesting cultural connection with nature** here: tinyurl.com/a5rajtma.
- **Read a story from Iceland!** This website will even read the story to you: tinyurl.com/yt9cejm6.
Story Questions: What values from the Girl Scout Law did Auden display during the story? What do you think Auden learned during his travels? How did Auden's mother react to her child wanting to leave? Auden dreamed of traveling his whole life- is there anything you dream of doing one day?
- **Learn a few phrases in Icelandic:** Girl Scouts love making new friends! If you know someone who is a native Icelandic speaker, has lived in Iceland, or teaches Icelandic professionally, invite them to your next troop meeting to teach you some Icelandic phrases and about Iceland! But in case you don't know anyone like this, here is a video you can use as well: tinyurl.com/49hvw65. *If you are already learning Icelandic in school or at home, you are welcome to practice your Icelandic in another way!*
- **Meet Yule Cat!** Yule Cat is a mythical creature originating in Iceland who is part of wintertime folklore. You could say Yule Cat is similar to Clifford the Big Red Dog, if Clifford was a cat...and if Clifford ate people. Yule Cat isn't a monster or a bad guy, because Yule Cat doesn't care if you're naughty or nice, Yule Cat only cares if you're prepared. You see, only those who don't have new warm clothes are at risk of being eaten by this big kitty. There's many things we can learn from Yule Cat. Your first thought might be to make sure to make or purchase new warm winter layers early- so you're sure to be safe from any feline-harm. Whether or not you believe a hungry cat might eat you, being prepared is always a good thing. The other thing to take away from this story is to be generous and to make sure everyone in your community has protection from the harsh cold. **With your friends, family, or troop, donate some warm layers to people in your community who could use new warm clothes this winter.**
- **Do some Iceland inspired yoga!** See picture examples of the poses here: tinyurl.com/wcx9kv62.

Icelandic Yoga

- Let's start off with some Puffin Dives (or Sun Salutations). Start by standing up tall, bring your arms up over your head and reach as high as you can. Are you puffins ready to dive into the water for some fish? Swoop your arms (or wings) down as you bend at your waist and go into a forward fold. Slowly lift yourself back up to your original standing position and repeat this whole sequence a few times.
- Next, let's make our bodies big and scary like Yule Cat. Move your feet so you're standing nice and wide. Lift your hands up towards the sky, but not higher than your head. Lower your body just a little and hold.
- Keep your feet where they are but straighten your knees out. Reach down towards your right foot with your right hand and reach towards the sky with your left hand. This pose is normally called Triangle, but today we can call it Glacier. When you're ready, switch sides- reaching for your left foot with your left hand and reaching towards the sky with your right hand.

Icelandic Yoga - Continued

- Stay where you are in Glacier pose, with your left hand reaching for your left foot. Lift your right foot off the ground just a bit to enter “Raven pose”. Iceland has lots of birds and this pose will stretch your bird wings. Slowly switch sides. Right foot on the ground, right hand reaching towards it. Left hand reaching towards the sky, left foot slightly lifted.
 - Slowly find your way to a seated position. We’re going to make our bodies into a Fjord now with Boat Pose. This pose makes a V Shape with our bodies- bottoms on the floor, legs and back lifted to create that V shape. This pose can be hard to hold, so if you’d like, you can make your Fjord shape on one side of your body at a time, you can choose to hold your lifted leg or legs for support, or you can choose to not lift your legs and torso very high for a shallower V shape. Do what feels best for your body.
 - Staying seated, tuck your feet under your bottom. Now, lean your body behind you, supporting yourself with hands on the floor, and lift your chest towards the sky. This is called Camel Pose, but today imagine you’re a Whale flipping in the ocean.
 - Coming out of Whale, move your body forward and support yourself with your arms stretched out in front of you. Move your right leg behind you and let it rest outstretched on the floor. Your left leg will rotate just a bit so that your left foot is near your right hip. If this hurts, do not do it. This is normally called Half-Pigeon, but today I want you to think of yourself as a Sheepdog, keeping careful watch over your flock. Lift your head high to watch over your field of sheep. When you’re ready, switch sides.
 - Let’s make a table shaped position with our bodies now. hands will be on the floor under your shoulders, back straight, kneeling with your hips above your knees. Arch your back and lower your head as you imagine you’re an Arctic Fox pouncing in the snow.
 - Next imagine you’re a Reindeer standing tall and proud. Lower your belly to un-arch your back and lift your head high, looking up. We’re going to do a few rounds of Fox-Reindeers. Breathe nice and slow. As you exhale, make your Fox Pose and when you inhale, go into Reindeer Pose.
 - Nice! From Reindeer pose, kick your feet off the ground to be an excited Icelandic Horse. Be sure you aren’t too close to anything or anyone when kicking your feet up.
 - We’re going to start slowing down our Icelandic yoga time now. Lay flat on the floor face down. Next, put your hands near your shoulders and lift your torso up, looking up as you do. This is normally called Cobra Pose, but today it’s Harbor Seal Pose. Take a few deep breaths here.
 - Finally, we’re going to finish our yoga time in a seated position. You may know this as Criss Cross Applesauce at school. In yoga this is called Lotus Pose. Be sure to tuck your feet up nice and cozy like a little Lamb in an Icelandic field. Close your eyes and imagine you have a nice mug of Hot Cocoa to warm up after your chilly adventure meeting so many animals and landscapes. Take a few deep breaths to smell that tasty chocolatey drink and when you’re ready, open your eyes.
- **One of the most popular sports for girls in Iceland is Handball.** Try it out for yourself! You’ll need: at least 2 people, a kickball, and a place to play (some sort of concrete space with a wall- this might be found at a local park, indoor gym, or even a driveway with a garage door). Here’s a quick tutorial for how to play: tinyurl.com/43exhddw.
 - As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in Iceland! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in Iceland. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Icelandic Girl Scout Promise

I promise that I will do my best,
to do my duty to god/conscience and to my country/
community,
to help others,
and to keep the Girl Scout law.

Icelandic Girl Scout Law

A Girl Scout is helpful
A Girl Scout is jovial
A Girl Scout is trustworthy
A Girl Scout is a friend of nature
A Girl Scout is considerate
A Girl Scout is honorable
A Girl Scout is cooperative
A Girl Scout is thrifty
A Girl Scout is just
A Girl Scout is independent

January | South Africa



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about South Africa** in this overview video: tinyurl.com/3ush8vcu.
- **Try this fun recipe over a campfire or stove!** Classic South African Braaibroodjie Jaffles (similar to a grilled cheese)

Braaibroodjie Jaffles

Ingredients:

2 slices of sandwich bread

1/2 Tbsp salted butter, softened

Mature Cheddar Cheese (measure with your heart)

Sliced tomato

Thinly sliced red onion

Salt & pepper to taste

1. Butter the bread on the outside and build your sandwich as follows: onion, cheese, then tomato slices.

2. Top with the other slice of bread and place into a pie iron (commonly used for campfire cooking) that has been sprayed with non-stick cooking spray. Be sure to trim off the corners of the bread that poke out.

3. Place your pie iron over low coals or your smallest gas burner set to low. Cook for a few minutes on either side until golden brown.

A note for kids: If you aren't an adventurous eater, it's okay to leave the tomato and onions off! However, if you choose to do this, I'd encourage you to make one sandwich with all the toppings on it that you and your Girl Scout friends can cut apart into small pieces for tasting. This way you'll know if you do like those toppings or not for next time!

Find recipe details at tinyurl.com/mpbee3w8.

- South Africa is home to the Riverine Rabbit, one of the world's most endangered mammals. The Riverine Rabbit eats grasses and flower petals. You can learn about the Riverine Rabbit from your local library or online with adult help. As you discover more about this fun critter, **make a Rabbit Sun Catcher!**

Rabbit Sun Catcher

1. Get a piece of contact paper.
2. Cut out a rabbit shape from card stock or cardboard.
3. Peel the contact paper backing off and place the rabbit shape onto the sticky side of the contact paper.
4. Place flower petals onto the sticky contact paper. Once you're happy with your petal placement, place another piece of contact paper on top- sticky side on the bottom, so both sides of your craft are smooth.
5. Cut out your rabbit shape and hang in a window.



Source: Pinterest

- Did you know that there is another country within South Africa? Lesotho is one of three countries that are entirely landlocked by one other country. **Learn about Lesotho** here: tinyurl.com/3x77ybhbw.
- **Learn about Mulha**, a brave and compassionate girl from South African folklore! One way to learn about Mulha's story is through the book "Folktales for Fearless Girls: The Stories We Were Never Told" by Myriam Sayalero. If your local library doesn't have this book, be sure to ask about the inter-library loan system. If your library is part of the RAILS system, you are able to borrow books and other materials from all over Illinois! More info on this system can be found here: tinyurl.com/2r6fx92k.
Story Questions: In her story, Mulha faces consequences for not listening to the directions given to her by her mother. Has there ever been a time in your life that following directions was difficult? What happened or didn't happen? After Mulha was transformed into someone her family didn't recognize, what did she do? How do you think the village felt about her actions? There were many signs that Mulha's story was true. Some signs were physical, but others were seen in the values that each girl was expressing in their lives. What are some personality traits or values that you live by that others would recognize you by?
- **South Africa has 12 official spoken languages**, but Zulu, or isiZulu, is the most commonly spoken. Let's learn some words together here: tinyurl.com/4mfs2cb8. Want to make this more hands on? Be sure to have some fruits on hand! Specifically, some grapes, a banana, an orange, a pear, a peach, an apple, some watermelon, and a mango. *Girl Scouts love making new friends! If you know someone whose native language is commonly spoken in South Africa (other than English), has lived in South Africa, or teaches language commonly spoken in South Africa (other than English) professionally, invite them to your next troop meeting to teach you some new phrases and about South Africa! If you are already learning Zulu in school or at home, you are welcome to practice your Zulu in another way!*
- Just like other places in the world, South Africa has had struggles with racism. From 1948 until the early 1990s, South Africa had a system of laws and social expectations called apartheid. Apartheid can be translated to "apartness" and was a system created to separate white and non-white people. Apartheid limited where people could live, what kinds of jobs they could work, where they could go to school and what they would learn at school. It made inter-racial marriage illegal, banned books and other media, and made opposing the apartheid state (by speaking out against the system, by having anything that was banned, by being in the wrong place at the wrong time, etc.) punishable by law. In many ways it was similar to Jim Crow laws and segregation in the U.S. that you may have learned about in school. In other ways it was very different. Fortunately this time is over and while the country isn't perfect (no country is!), this system is no longer in place.

While it's important to learn about history on a country-sized scale (things like laws, dates of battles, and how the country works with other countries), sometimes we learn best from exploring what regular people's lives were like. In 2000, Disney released a movie called **"The Color of Friendship"** which is based on a true-story of a young girl from South Africa who came to the United States as an exchange student. This highlights some interesting perspectives- specifically, a girl who has only ever known racial segregation as a good thing and a family who wants to show that the world doesn't have to be violently separated. The Color of Friendship can be found on Disney+, Prime Video, and Youtube Movies. You also can find an old VHS copy on eBay if physical media is more your style. *This movie may not be for everyone and we always encourage adults to watch movies before showing them to the youth in their lives. The Color of Friendship is rated G and was intended for child audiences. It does however handle some pretty serious subject matter including violence, racism, life under apartheid rule, state violence, and use of racial slurs.*

If you choose to watch this movie as an activity, here are some questions to reflect on after watching:

- How are the Dellums and Bok families similar and how are they different?
 - How does Mahree treat Flora at the beginning of the movie? How does her opinion of Flora change throughout the movie?
 - Before Mahree leaves, Flora figured out who she will be living with. Why do you think she didn't reveal this information?
 - What things do Mahree and Piper find they have in common?
 - Why does Congressman Dellums want Mahree to leave at first? How do his feelings change throughout the movie?
 - Mahree was surprised during the scene at the ice cream shop in the mall. What do you think she expected and why?
 - What do you think Mahree might have felt on the first day of school?
 - Mr. Dellums told Mahree that "[racism] is a nasty cycle. It has to be stopped....starting, maybe, with you." What kinds of things can kids do to be part of ending harmful attitudes or systems?
 - What does the weaverbird symbolize and why does Mahree release the bird her brother caught at the end of the movie?
- Did you know that South Africa's national animal is the Spingbok? Or that Southern African lions are the largest lion species? Or that the Pygmy Shrew is the world's smallest mammal? **Do some research into an animal from South Africa and share what you learn with your troop, family, or friends!** For information about what animals live in South Africa, check out your local library or have an adult help you look online.

- Jazz is super popular in South Africa! **Listen to a jazz song from the United States and one from South Africa.** How are they similar? How are they different? Are the songs you picked from the same time period? What subjects are these two songs about? Reflect on what you enjoyed most from each song.

Psst Juniors- this could count towards earning your Musician badge. Be sure to check out that badge's requirements for more info.

- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in South Africa! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in South Africa. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

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.

South African Girl Guide Promise

I promise that I will do my best:
To do my duty to my God and my country,
To help other people,
and To keep the Guide Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

South African Girl Guide Law

A Guide is to be trusted
A Guide is loyal
A Guide is helpful
A Guide is friendly
A Guide is polite and considerate
A Guide cares for the earth and living things
A Guide is obedient
A Guide is brave and cheerful
A Guide is thrifty
A Guide respects herself and others

February | Puerto Rico



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Puerto Rico** in this overview video: tinyurl.com/3pcxhpef.
Cadettes, Seniors, and Ambassadors: Want to learn a bit more? Check this out: tinyurl.com/8d94y9uy.
- **Try Quesitos- a tasty Puerto Rican treat!**

Quesitos

Ingredients:

8oz (1 block) cream cheese, softened to room temp	1tbsp + 1/4 cup water
1 sheet puff pastry, thawed according to package	1/4 cup corn syrup
1 egg	3 tbsp granulated sugar

For the Quesitos:

1. Preheat the oven to 350 degrees F.
2. In a small bowl, beat the egg with a tbsp of water. Set aside.
3. Lightly roll out the sheet of puff pastry.
4. Using a knife or pastry cutter, cut the sheet into 8 equal sized rectangles.
5. Lay a slice of cream cheese in the center of each puff pastry rectangle.
6. On opposite corners, fold the puff pastry up on top of the cream cheese. You will do this to 2 of the 4 corners.
7. Brush the pastry with the egg wash you set aside earlier in step 2.
8. Bake on a parchment lined baking sheet for 10-15 minutes, or until golden brown.

For the topping:

1. While the quesitos cook, combine remaining water, sugar, and corn syrup in a saucepan.
 2. Cook over medium heat until the sugar has dissolved and a simple syrup forms.
 3. Brush this syrup over the quesitos when they are fresh out of the oven.
- Cool and enjoy!

Find recipe details at tinyurl.com/4dcrx4rx.

- **Learn about Bomba**, a style of dance from Puerto Rico: tinyurl.com/mhzt9sxn. *Want to try Bomba yourself? Learn a few steps with this tutorial: tinyurl.com/avuytjyx.*
- **Let's learn a little Spanish!** Girl Scouts love making new friends! If you know someone who is a native Spanish speaker, has lived in a Spanish-speaking country or territory, or teaches Spanish professionally, invite them to your next troop meeting to teach you some Spanish phrases and maybe even a little about Puerto Rico as well! But in case you don't know anyone like this, here are some videos you can use as well. These videos are just an introduction. If you are already learning Spanish in school or at home, you are welcome to practice your Spanish in another way! **Daisies, Brownies, Juniors, and Cadettes:** *Learn how to talk about the weather:* tinyurl.com/3efj4c2k. **Seniors and Ambassadors:** *Welcome to the 1990s! Destinos is a telenovela that was created to help teenagers and young adults learn Spanish (and it was created at the U of I- how cool!) Check it out here:* tinyurl.com/2fra83z2. *If you or your troop explored Mexico with us during the November Monthly Patch this year, watch episode 2 and discover Don Fernando's secret.*
- **This month's story** is from the Taino people, the indigenous people of Puerto Rico. You can read it yourself in "The Song of El Coqui and other tales of Puerto Rico" by Nicholasa Mohr and Antonio Martorell or you can listen along here: tinyurl.com/4ws8tnx.
- **Make your own Coqui using Origami!** Here's a step by step guide to making your own little frog. Follow the instructions on the this image: tinyurl.com/5n8nsxwc.

- **Did you know that Puerto Rico is home to the United State's only Tropical Rain Forest?** El Yunque National Forest is managed by the U.S. Forest Service and is a popular spot for tourists. With your Girl Scout troop, or on your own- **do some research** on this amazing place. What does it take to be called a rain forest? How long has the U.S. Forest Service managed this land? What kinds of things does the U.S. Forest Service do to help protect this area? What kinds of animals live in a tropical rain forest? If you were going to go to this National Forest, what kinds of things would you do?
- **Make your own little rain forest!** First, fill a large mason jar half way with dirt. Next, plant a tropical plant in your dirt. Lastly, water your plant, close your jar, and place it in a sunny window.
- Puerto Rico has bioluminescent bays! Bioluminescent is an adjective that means a living thing has the ability to produce and emit its own light- like a glow. In Puerto Rico, these little glowing friends are micro-organisms, so all we see without a microscope is their glows! **Make your own glowing water!**

Glowing Water

You'll Need: a glass jar, water, 1 non-toxic yellow highlighter, flashlight

1. Fill a glass jar with water.
2. Pop off the back of the highlighter and pull out the ink soaked felt inside using tongs.
3. Put the highlighter into the jar of water and squeeze with tongs until the water is stained with highlighter ink.
4. Put the lid on the jar, turn the lights off, and place a flashlight under your jar to make it glow.

Find craft details at tinyurl.com/2bu2ddua.

- **Paint a bioluminescent bay!** On dark construction paper, paint a seascape and make it glow by making dots in the water to represent the glowing micro-organisms. You can use either glow-in-the-dark paint, yellow highlighter, or even laundry detergent to create your glowing dots. Here's what the bays look like in real life to inspire you!



Go All-In and register for the monthly patch program today! Register by scanning the QR code or visiting bit.ly/GSCIEventCalendar and choosing the "All-In" option.



March | India



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about India** in this overview video: tinyurl.com/4hjy6y3c.
- **Try this sweet treat!** Popular in India, a Lassi is similar to a smoothie or milkshake.

Mango Lassi

Ingredients:

4 tsp honey (or sugar, to taste)

1 cup plain yogurt

1/2 cup milk

1 cup diced ripe mango (Frozen or canned mango pulp also work!)

1 pinch ground cardamom

ice cubes (optional)

**Add all ingredients to a blender and blend until completely smooth (about 2 minutes)*

**Optional: Garnish with a pinch of cardamom.*

Note: depending on what kind of mango you use, you may need to adjust the amount of honey (or sugar) and milk. To find a fresh mango, look for mangoes that yield slightly to gentle pressure and have a sweet, fruity smell near the stem end. It doesn't have to be perfect, but an underripe mango will taste tart.

Find recipe details at tinyurl.com/mr2zhdn9.

- **Rangoli is a form of Indian folk art** that can be seen at popular events like Diwali. While it is typically done with colored powder, try this paper version that is less messy and can be taken home from your troop meeting.

Rangoli Paper Art

You'll Need: Scissors, Glue, black cardstock or construction paper, colorful paper cut into many shapes- Here's a link to a template for shape cutting: tinyurl.com/237e4n5m.

1. With your black card stock paper, make a circle and cut it out. This will be your base.

2. Begin arranging your Rangoli pieces until you are happy with your design. Traditionally, Rangoli are symmetrical, but yours can look however you'd like!

3. Once you have all your pieces in the places you want them, carefully glue them down one by one. (Waiting to glue until the end allows Girl Scouts to change their mind about their design as they create.)

Tip: You could print on colored paper, cut out the shapes and use the larger paper as a stencil for tracing onto colored paper, or you can even use a Cricut to cut the shapes.

- **Holi is a Hindu festival celebrating spring.** While Holi originates in India, it is celebrated all over the world by people of all nationalities, backgrounds, and religions. Holi generally falls between the end of February and the middle of March. If there's a Holi celebration in your area, we encourage you to check it out and experience the fun the "festival of colors" brings! If there's not an event near your, or you just want to dig into the history, messages, and traditions of this festival, here's a great toolkit from the Hindu American Foundation: tinyurl.com/msw94j5y!
- **Read to a story from India!** This website will even read the story to you: tinyurl.com/ywtssean.
Story Questions: Why did the friends try to free the deer? Did each friend help? Did they all help in the same way or did they all have a unique ability? Can you think of a time you worked together with friends or family to solve a problem? How can we use what we learned in this story in our real lives?
- The Sitar is a unique instrument that was invented in India and is featured in Hindustani classical music (from Northern parts of India). It's similar to the guitar, however it has a lot more strings. Guitars normally have 6 strings and the sitar can have anywhere from 19-21 strings! **Learn more about the sitar by talking with a musician, reading about it at your local library, or checking out online resources.** Here's a video from the Philharmonia Orchestra you may enjoy: tinyurl.com/249b2zv2. *After learning more, craft your own sitar using recycled materials like shoe boxes, paper towel rolls, and string. Be sure to make the neck of your sitar extra long and give it many, many strings for playing beautiful music.*

- **Learn about numbers!** Normally, we spend time each month learning a few phrases in another language as we explore the globe together. India is really unique when it comes to languages as there are so many languages spoken. In fact, depending on how you count, there are anywhere from 22-1600 different languages spoken in India! What a diverse country! So, this month we're focusing on learning more about India's number system instead of one particular language.

Indian Place Value Chart								
CRORES		LAKHS		THOUSANDS		ONES		
TC	C	TL	L	T-TH	TH	H	T	O
		2	3	1	9	6	1	7

International Place Value Chart								
MILLIONS			THOUSANDS			ONES		
HM	TM	M	HTH	TTH	TH	H	T	O
		2	3	1	9	6	1	7

In the Indian Number System, some place numbers have different names and commas are placed in different positions. Let's use the example in this chart- the number 2319617. In the International Number System (what you likely use in school here in the United States) this number is written like 2,319, 617 and said like "Two Million, Three Hundred Nineteen Thousand, Six Hundred Seventeen." If we used the Indian Number System it would be written like this 23, 19, 617 and said like this "Twenty Three Lakhs, Nineteen Thousand, Six Hundred Seventeen."

It's the same number each time, but the way we communicate about it is a little different depending on which system you're using. Let's try this! How would you say or write the following numbers in each system?

- 8675309
- 886231237
- 753112
- 12710158

- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. WAGGGS has properties all over the globe called World Centres and one is in India! Sangam is located in the city of Pune, in the state of Maharashtra and became the 4th WAGGGS World Centre in 1966. **Learn more about this World Center** here: tinyurl.com/ypb787ws. See what life at Sangam is like here: tinyurl.com/493n2ryr. Sing about Sangam: tinyurl.com/3yzxz8ur.
- **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Bharat Girl Guide Promise and Law used by our Girl Guide sisters in India. (Bharat is the name for India in various Indian languages.) What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

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.

Bharat Girl Guide Promise

On my honour,
I promise that I will do my best:
To do my duty to God‡ and my country,
To help other people,
and To obey the Guide Law

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Bharat Girl Guide Law

A Guide is trustworthy.
A Guide is loyal.
A Guide is a friend to all and a sister to every other Guide.
A Guide is courteous.
A Guide is a friend to animals and loves nature.
A Guide is disciplined and helps protect public property.
A Guide is courageous.
A Guide is thrifty.
A Guide is pure in thought, word and deed.

- **Explore Indian art!** The National Museum in New Delhi has a cool virtual tour of some of their collection. Use this link to find a printable version of this tour: tinyurl.com/mryfwm2f.

Daisies and Brownies: As you explore this art collection see how many of the following shapes you can find:

- Circles
- Rectangles
- Triangles
- Squares
- Trapezoids
- Ovals
- Human-shaped figures.

Juniors, Cadettes, Seniors, and Ambassadors: Pick one piece and really check it out. You might even roll up a sheet of paper and use it like a telescope- looking at the art slowly and considering its parts. What do you wonder about this work or the artist who made it? Since you are likely not in person with this art, what do you wonder about its physical qualities? What did you notice at first and what did you discover after longer looking?

This collection features Buddhist art. Compare and contrast the art pieces in this collection with other religious art you may be familiar with. While the subject and style may be different, what traits might the art pieces have in common?

Patches are \$3.00 each and registration opens the first of the month and closes the fifteenth of the following month. (Ex: December monthly patch registration is open December 1-January 15). Go ALL IN and register for all of the monthly patches for only \$30! Deadline to go All-In is Oct 15th. If you register to go All-In, you do not need to also register for each individual month, unless you need more than originally planned.

Each patch is custom designed and will be mailed out roughly 8-10 weeks after registration closes.

*Go All-In and register for the monthly patch program today!
Register by scanning the QR code or visiting
bit.ly/GSCIEventCalendar and choosing the "All-In" option.*



April | Switzerland



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Switzerland** in this overview video: tinyurl.com/5x7n2z8n.
- Switzerland is known for having excellent chocolates and cheeses, so it's no surprise that fondue is popular. **Try this fun recipe** at your next Girl Scout meeting or family dinner!

Cheese Fondue

Ingredients:

2 cups lightly packed shredded Gruyere cheese

1 1/2 cups lightly packed shredded Swiss cheese

2 tablespoons cornstarch

1 cup low-sodium good-quality chicken broth

1/8 teaspoon lemon juice (Important! Don't leave it out)

1 tablespoon finely minced or pressed garlic

1/4 teaspoon ground black or white pepper

1/4 teaspoon nutmeg

Dash of paprika

1. Place both the shredded Gruyere and Swiss cheeses in a gallon-size resealable bag with the cornstarch and shake until evenly coated.

2. In a stovetop-safe fondue pot (or in a regular saucepan or electric fondue pot), add the chicken broth, lemon juice, and garlic and bring to a simmer. Reduce the heat to medium-low. Add the cheese, a small handful at a time, stirring constantly, but not briskly. It works best to use a wooden spoon and stir in an S-shaped motion, making sure to scrape the bottom of the pot so it doesn't burn.

3. Once the cheese is melted and begins to just barely simmer, add the remaining spices and move it immediately to the table on the fondue stand with the sterno flame below. It should be the consistency of warm honey. Add more or less cheese for perfect consistency and additional salt and pepper to taste if needed.

4. Serve with your favorite fondue dippers: steamed broccoli and/or cauliflower, carrots, apples, chicken sausages, bread (and more bread!), lightly sauteed mushrooms, tender potatoes - the options are endless!

Note: If someone drops their bread (or whatever you're dipping) into the fondue it's popular to have that person do a dare of some sort. These aren't mean and are always meant in good fun. Some examples of popular dares are washing dishes afterwards, running around the house, or performing a party trick (like singing a song, telling a joke, etc.) Before you start your fondue fun, decide what your group will do if someone drops their bread- but remember to make it fun for everyone.

Find recipe details at tinyurl.com/42fuxkp3.

- **Fans of The Little Mermaid might enjoy learning about one of the castles that inspired Prince Eric's castle:** the Château de Chillon in Switzerland! You can even take a virtual tour here: tinyurl.com/awja5f2d.



How is Eric's castle different from Chillon Castle? If you were designing a castle for Disney, what would it look like? Draw your castle and explain why you made it look the way you did. Use the Château de Chillon or another cool Swiss building as inspiration for your new castle!

- Each year, the Swiss celebrate spring in many ways. One way is with the Annual Tulip Festival! The best time to plant tulip bulbs here in Illinois is in the fall, but you can still have some fun gardening with tulips grown at your local plant nursery! **As a troop, or on your own, plant some tulips.** You can do this at home in your garden, at a meeting in individual planters/pots, or maybe even as a service project somewhere in your community!

Psst Brownies: You could plan and plant a Swiss-inspired Tulip Garden as part of your Numbers in Nature badge! Check out the badge requirements for more info and these photos for inspiration.



- Learn about Vreneli, a fearless and stubborn girl from Swiss folklore!** One way to learn about Vreneli's story is through the book "The Revenge of the Black Cat: Swiss Myths" by Katja Alves. *If your local library doesn't have this book, be sure to ask about the inter-library loan system. If your library is part of the RAILS system, you are able to borrow books and other materials from all over Illinois! More info on this system can be found here: railslibraries.org/libraries/list.*

Story Questions: In her story, Vreneli just couldn't wait until spring to plant her beautiful flower garden. Why do you think she wanted to plant her garden so badly? Have you ever struggled with waiting for things? When Vreneli is told that climbing the mountain and planting a garden in midwinter was impossible, how did the young girl react? Why? When Vreneli reached the top of the mountain, how do you think she felt? What emotions might she have felt as the snow started weighing her down? What can this story teach us about life? When might it be important for us to listen to others?

- Learn a few phrases in Swiss German**, one of the languages spoken in Switzerland! Girl Scouts love making new friends! If you know someone whose native language is commonly spoken in Switzerland, has lived in Switzerland, or teaches a language commonly spoken in Switzerland professionally, invite them to your next troop meeting to teach you some new phrases and about Switzerland! But in case you don't know anyone like this, here is a video you can use as well: tinyurl.com/4m7tpsyp. *If you are already learning Swiss German in school or at home, you are welcome to practice your Swiss German in another way!*
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. WAGGGS has properties all over the globe called World Centres and one is in Switzerland! Our Chalet is the very first World Center and has an incredible history. **Learn more about this World Center here:** tinyurl.com/ypb787ws. See what life at Our Chalet is like here: tinyurl.com/mrz8zdbd. Learn the Our Chalet Song: tinyurl.com/42dhnvv9.
- Edelweiss is the national flower of Switzerland. It's a member of the daisy family and grows in the mountains. **Make a Edelweiss SWAP** using pipe cleaners. Remember, unlike their cousin the Daisy, the petals of the Edelweiss are long and pointy and not all the petals are the same length. This does mean that even if your Edelweiss isn't perfect, it's probably pretty accurate! Once you have finished your SWAP, find a Girl Scout to SWAP with! When you gift your SWAP, tell them something you learned about Switzerland!



- Try Yodeling!** Yodeling is a style of Alpine folk singing. There's many ideas of what started the tradition of yodeling, but its exact origin is uncertain. Regardless, Alpine Yodeling is a fun musical style both to listen to and sing. Girl Scouts love making new friends! If you know someone who yodels, invite them to your next troop meeting to teach you about this traditional vocal technique! If you don't know anyone who yodels, try these online lessons: tinyurl.com/34jnka62.
- Learn about Barry the St. Bernard!** Barry was a mountain rescue dog who worked and lived at the Great Saint Bernard Hospice from 1800 to 1812. It's said that Barry rescued over 40 people by himself! Find more info about Barry and other rescue dogs online or at your local library. Why were Saint Bernards the breed of dogs used for rescues in the Swiss Alps? How are rescue dogs trained? How has search and rescue changed since the early 1800s compared to today?

May | Korea



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Korea** in this overview video: Daisies and Brownies: tinyurl.com/4m9u42ac. *A heads up for leaders: this video contains multiple songs- the first 2 minutes are about the country as a whole and the rest of the video contains other fun songs about taekwondo and various foods.* Juniors, Cadettes, Seniors, and Ambassadors: tinyurl.com/mr38u4wr.
- **Get a taste of Korea with Beef bulgogi!**

Beef Bulgogi

Ingredients:

1/2 cup soy sauce
1/2 cup packed light brown sugar
1 tbsp sesame oil
2 tbsp chili garlic sauce (or Sriracha Sauce)
1/4 cup rice wine vinegar
2 tbsp minced garlic
2 tbsp minced ginger
1/4 cup thinly sliced shallots
2 pounds ribeye or top sirloin steaks, cut into 1/8 inch thick slices (OR ground beef!)
2 tbsp vegetable oil

For assembling the bowls:

3 cups cooked white rice
4 fried eggs
1 cup kimchi
1 cucumber, cut into ribbons

1. In a large bowl, whisk together the soy sauce, brown sugar, sesame oil, chili garlic sauce, rice wine vinegar, garlic, ginger, and shallots.
2. Add the sliced beef to the bowl with the marinade and toss to combine. Cover and refrigerate the beef for a minimum of 2 hours- overnight is even better.
3. Heat a large saute pan over high heat. Add the vegetable oil then add the marinated beef, searing it quickly on all sides and being careful not to overcrowd the pan. Transfer beef to a plate.

Assemble the Bowls:

1. Divide the rice among four serving bowls and top with the beef bulgogi.
2. Top each bowl with a fried egg, a portion of kimchi, and cucumber ribbons. Serve immediately.

Note that plant based proteins and Tofu are good substitutions for a vegetarian option! Adding vegetables like mushrooms, carrots, bell peppers or snow peas can make this a more heartier meal.

Find recipe details at tinyurl.com/2p8fxp6.

- **Learn a few phrases in Korean!** Girl Scouts love making new friends! If you know someone whose native language is Korean, has lived in Korea, or teaches Korean professionally, invite them to your next troop meeting to teach you some new phrases and about Korea! But in case you don't know anyone like this, here is a video you can use as well: tinyurl.com/3rwhr62w. *If you are already learning Korean in school or at home, you are welcome to practice your Korean in another way!*

- May 5th is Children's Day in Korea! Much like Mother's Day or Father's Day, this is a special holiday to celebrate part of the family- the kids! On Children's Day families spend time together, often outside since it's so nice out in May, and do things that are fun for the whole family. Sometimes small gifts are given to children. The focus is on remembering that children are the future of our world and taking time to celebrate their role in society. Generally speaking, once a child is about 13 years old, they are not considered a child anymore- they're a teenager! So around the start of Junior High, kids celebrate their final Children's Day.

As a troop or family, plan a Children's Day party- pick a fun thing that everyone likes and do that together. If you are a Cadette, Senior, or Ambassador, invite younger Girl Scouts to your Children's Day party and help celebrate them! (Psst- this would be a great time to work on your Field Day badge, Girl Scout Way badge, or maybe even one of the cooking badges!)

- **Learn about the Turtle Ships, or Gubukson (pronounced "guh-book-son")** with this fun story loosely based on Korean history. You can read it yourself in "The Turtle Ship" by Helena Ku Rhee or you can listen along here: tinyurl.com/3xvywfpt.
Story Questions: It took Sun-sin several attempts to create his boat design. Have you ever had a situation where you had to try several times in order to succeed? Why do you think Sun-sin's tell Sun-sin to not enter the competition? How did the adults react when Sun-sin approached to show his battleship design? What traits did Gubugi have that a good boat should also have? How did Sun-sin feel when he saw the battleships inspired by Gubugi? What can we learn from this story?
- **Learn about Period Poverty!** The South Korean government recently ran a pilot program benefitting girls and women all over South Korea. As I write this, the program hasn't even started yet, but by the time you read this, the program will have been wrapped up for a few months and (hopefully!) a longer, more permanent program will be in place. The program is called "Public Menstrual Pads Dream" and will run from July 2026-December 2026. Basically, this program will install free vending machines with feminine hygiene products into 10 different regions within the country. The need for free pads has been debated quite a bit as menstruation is commonly seen as a "private issue". However in recent years, reports emerged that teenage girls from low-income families were using shoe insoles, tissues and other substitutes because they could not afford sanitary pads. While shocking, this news has helped bring attention to the issue of period poverty. "Period poverty" is defined as having insufficient access to menstruation products, education, or sanitation facilities. Now, many of us have used toilet paper or something similar in a pinch when surprised by our period- we're not talking about that (although free pads, tampons, and other supplies would help in that scenario too!) But for some, pads and other supplies aren't something they can afford at all. Not being able to afford something that is optional is perfectly fine and normal. But menstrual hygiene products aren't a luxury- they're just part of a healthy life for those who have periods. Period poverty is unfortunately a problem all around the world, and South Korea is becoming one of the few places that are working to end period poverty forever.
 - Look into the Public Menstrual Pads Dream project and see how it went. Is this government program going to continue?
 - Learn about how period poverty is being handled in your area. Are there organizations that help provide products and education?
 - What is the need for feminine products in your area? How can your troop or family help those who can't afford supplies?
- **Learn about the history of K-Pop!** Compare and contrast K-Pop artist's performances from each generation of K-Pop music. What elements do they all have in common? What is different? Do the artists build upon the music that came before them or do they try something new entirely? Which styles/songs do you prefer? You can learn more about K-Pop online, at your local library, or maybe even with a music teacher/professor. Here's a good place to start when looking for artists from each generation of K-Pop: tinyurl.com/5xazy4hc.



Here is a list created by Forbes in 2025 highlighting handful of the hot and up-and-coming KPop groups currently. If you are interested in expanding your KPop horizons, these groups may be a great place to start!

- Ddakji is a traditional South Korean game that combines a game and craft! **Have your troop try their hand at Ddakji.** Watch the instructional video here: tinyurl.com/akkj99sj.

- Yut Nori is a traditional Korean board game. It's often played around New Year's, but can be played anytime. Some of our Girl Guide sisters put together this helpful set of instructions for playing this game: tinyurl.com/mr2w3nze. One thing to note with their instructions is that Girl Guide levels are slightly different than ours. *In this document you'll notice that girls are referred to as Rainbows, Brownies, Guides, Ranges, and Leaders. Below are the "translations" for these levels. Rainbows = Daisies, Brownies = Brownies, Guides, Rangers, and Leaders = Juniors, Cadettes, Seniors, and Ambassadors.*
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in Korea! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in Korea. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

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.

Korean Girl Scout Promise

On my honour, I will try:
To do my duty to God and my country,
To help other people at all times,
To keep the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Korean Girl Scout Law

A Girl Scout's honour is to be trusted.
A Girl Scout does her best.
A Girl Scout takes the initiative in helping others.
A Girl Scout is a sister to all.
A Girl Scout is courteous and kind.
A Girl Scout loves nature and respects all living things.
A Girl Scout keeps the rules.
A Girl Scout smiles under all difficulties.
A Girl Scout makes good use of her time and avoids wastefulness.
A Girl Scout is pure in thought, in word and in deeds.

Go All-In and register for the monthly patch program today! Register by scanning the QR code or visiting bit.ly/GSCIEventCalendar and choosing the "All-In" option.



June | Canada



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Canada** in this overview video: A fun A-Z song about Canada here: tinyurl.com/d6p57f4w.
- **Try a Canadian sweet treat!**

Butter Tart Squares

Ingredients:

Crust

2 cups all purpose flour
4 tbsp powdered sugar
1 cup unsalted butter cold, cubed

Filling

1/2 cup butter unsalted
3 cups brown sugar lightly packed
4 large eggs
1-2 tbsp white vinegar
1 tbsp vanilla
optional: 3/4 cup raisins

1. Line a 9x13" pan with parchment paper and spray with non stick spray. Preheat oven to 350 degrees F.
2. In a large bowl, combine flour and powdered sugar.
3. Cut butter into icing sugar and flour with a pastry cutter or your hands until pea-sized lumps of butter remain. When you grab a handful and squeeze, you want it to hold together. If it doesn't hold together, add 1-2 tablespoons of water.
4. Dump flour mixture into pan and press down evenly to form a crust. Bake for 10 minutes.
5. Meanwhile, prepare your filling. In a medium bowl, melt butter in the microwave. Whisk in brown sugar until smooth. Whisk in eggs, one at a time, then add the vinegar and vanilla. Stir in raisins if using.
6. Pour over crust and bake another 25-30 minutes until filling is set or almost set - a slight jiggle is fine but you don't want a lot of movement.
7. Cool to room temperature and refrigerate several hours before slicing.

Notes: Hi there, friends! It's Meg again. I tested this recipe out at home and it was a huge hit! We did discover that the crust needs to be up on the side of your pan a little bit in order for the top to form correctly. You'll also want to cut this into small pieces because it's SO SWEET! We didn't have white vinegar, so I ended up using rice vinegar- but it was totally fine! So know that any neutral/not-strongly flavored vinegar should work in a pinch. I hope you enjoy these as much as we did!

Find recipe details at tinyurl.com/5e32vnsp.

- The Beaver is Canada's national animal. This cool, Canadian critter can often be found in or around water as they are very strong swimmers. **This June, have a beaver inspired pool party!** Invite all your Girl Scout friends to go swimming together, and have each person bring a fun fact about beavers to share.
- **June in Canada is National Indigenous History Month.** Check out this site that lists out resources that are available for Indigenous groups in Canada: tinyurl.com/3hf68ea8. Interested in digging into the topic of Indigenous groups more?
- **Learn about the Indigenous people in the US here:** tinyurl.com/24hc4nzy. Girl Scouts love making new friends! If you know someone who is part of a Native American Tribe/Nation, invite them to your next meeting to teach you about Native American history!
- **Read a story from Canada!** This website will even read the story to you: tinyurl.com/2dsjfm89. *Story Questions: How do you think Tante Adela felt when asking for help? Did her neighbors believe her? Did you expect any of the possible solutions to work? How do you think Tante Adela felt when all her neighbors started to leave? Were you surprised with the solution to the skunk problem? This story explores an idea that's sometimes called Occam's Razor. A Razor is a tool- either a physical one for shaving or a philosophical/scientific tool used to "shave away" unlikely explanations to phenomena. Occam's Razor is the second type- it's a "rule of thumb" or a general guideline. Occam's Razor is this: Explanations that require fewer assumptions are more likely to be correct. Another way to phrase this might be "the simplest solution is the best solution." When you are problem solving, do you tend to think of the complicated solutions first or the simple solutions? What can we learn from this story about how to approach a problem? What can we learn from this story about working together with others?*

- You may be expecting us to learn French this month. While French is commonly spoken in many parts of Canada, we've already learned French this year. **This month we'll be learning a few different words in several indigenous languages!** These languages are especially important to learn about as some languages have been lost over the years- and we don't want this to happen to any other languages. Check it out here: tinyurl.com/5d3uhts8. Curious about why and how languages are lost? Check out this resource: tinyurl.com/2ky5vddy.
- Ted Harrison is one of Canada's most popular artists. His work generally uses a process called Silk Screening or serigraphy. Serigraphy involves a series of layered colors of ink that come together as one whole piece of art. **Make your own Ted Harrison inspired work by layering construction paper.**

What you'll do: First, take a look at some of Ted Harrison's artwork. What do you notice? What kinds of colors, shapes, or themes does he use? Now, let's make our own. You might plan out your artwork or you may just start working and see where the process takes you. Either is fine! When you're ready, cut construction paper to create the layers of color creating a Ted Harrison inspired background. Once you have your background, use construction paper to create the people, animals, or buildings that are in your landscape. In our example, we have a cat and a girl. You could use white paper and color these figures in, or you could cut and paste lots of smaller pieces of construction paper. We did one of each in our example- cat is one piece of paper that was colored and the girl is made of smaller pieces of several colored papers.

Pro-Tip for Troop Leaders: In order for these to dry during your troop meeting, you might want to consider starting with this activity, using glue stick rather than liquid glue, or even using clear tape.

Example of activity results:



- One thing Canada is widely known for is having a big leaf on their flag. This is a maple leaf! Is there a maple tree in your area? **Find out by going on a leaf scavenger hunt!** This resource from our friends at IL Department of Natural Resources shows the leaves and seeds of many trees common to Illinois: tinyurl.com/yjfrnwhz. How many can you find in your neighborhood? *Participating in this patch program from outside of Illinois? No worries! Find a list of trees or leaves that are common in your area and use that for your scavenger hunt!*
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in Canada! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in Canada. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Girl Guide Promise for Sparks

(Kindergarten-1st Grade)

I promise to share and be a friend.

Girl Guide Promise for Embers

(2nd-3rd Grade)

I Promise to do my best,
To be true to myself, my beliefs and Canada
I will take action for a better world
And respect the Ember Law

Girl Guide Promise for Guides, Pathfinders, and Rangers

I promise that I will do my best:
To do my duty to my God and my country,
To help other people,
and To keep the Guide Law.

In Canada, there are different Girl Guide Promises for different levels.

Canadian Girl Guide Law

The Guiding Law challenges me to:
be honest and trustworthy
use my resources wisely
respect myself and others
recognise and use my talents and abilities
protect our common environment
live with courage and strength
share in the sisterhood of Guiding

July | Colombia



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Colombia** in this overview video: tinyurl.com/kns4evpn.
- You may recognize this **recipe** from a recent Disney movie. While this one won't magically heal you, we'd argue it's good for the soul.

Arepas de Queso (Cheese Arepas)

Ingredients:

1 cup pre-cooked white or yellow arepa flour or cornmeal	2 tbsp butter
1 cup warm water	1 pinch of salt
1/3 cup white or mozzarella cheese (grated)	

1. Combine the cornmeal, warm water, cheese, 1 tbsp butter, and salt, mixing thoroughly. Let mixture stand for five minutes.
2. Knead with your hands for about 3 minutes moistening your hands with water as you work.
3. Form 4 small balls with the dough. Place each ball between 2 plastic bags and with a flat pot, cover to flatten the dough to about 1/2 inch thick.
4. Add the remaining butter to a nonstick pan over medium heat. Place the arepas in the pan and cook about 3 minutes on each side until a crust forms or they are golden brown.

Find recipe details at tinyurl.com/yc2u2fa2.

- July 20th is Colombian Independence Day! This Independence Day, **learn something new about Colombia**- from a library book, a documentary, or maybe even a Colombian Content Creator. Then **celebrate Colombia's independence** with something both you and Colombian kids about your age would enjoy.
- **This month's story is about Pastorcita**, or the little shepherdess. This website will read you the story in English and in Spanish: tinyurl.com/2x3ystaw. *This is an adaptation of another common folk story- do you know which one? Little Bo Peep! In the story of Little Bo Peep, the sheep return without tails but it's unclear if they were reattached like in Pastorcita. Pastorcita is determined to help her sheep and thinks creatively in order to re-attach the tails. Why do you think it was important to the author of Pastorcita to include that change? Are you a determined and creative problem solver like Pastorcita? How can you show that in your life?*
- Colombia is home to 43% of the world's páramos! A páramo is a rare and unique ecosystem that are only found in a few places in the world. **Learn a bit about this ecosystem here:** tinyurl.com/4zmjs3xz.
- Cumbia is the national dance of Colombia! **Try Cumbia** yourself with this fun tutorial: tinyurl.com/yz6dtxr.
- **Let's learn a little Spanish!** Girl Scouts love making new friends! If you know someone who is a native Spanish speaker, has lived in a Spanish-speaking country or territory, or teaches Spanish professionally, invite them to your next troop meeting to teach you some Spanish phrases and maybe even a little about Colombia as well! But in case you don't know anyone like this, here are some videos you can use as well. These videos are just an introduction. *If you are already learning Spanish in school or at home, you are welcome to practice your Spanish in another way.*
Daisies, Brownies, Juniors, and Cadettes: Learn how to say Goodbye with a quick song: tinyurl.com/u7ankdwr.
Seniors and Ambassadors: Welcome to the 1990s! Destinos is a telenovela that was created to help teenagers and young adults learn Spanish (and it was created at the U of I- how cool!) Check it out here: tinyurl.com/2fra83z2.
If you or your troop explored Mexico with us during the November Monthly Patch this year, watch episode 2 and discover Don Fernando's secret. If you or your troop ALSO explored Puerto Rico with us in January, watch episode 3 and follow along as Raquel begins her search in Spain.

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And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Colombian Girl Guide Promise

With the grace of God, I ...
promise on my honour that I will do my best:
To fulfil my duties to God, my country and my family,
To help other people in all circumstances,
To obey the Guide Law.

Colombian Girl Guide Law

A Guide loves truth and lives by it
A Guide is loyal and to be trusted
A Guide is useful to her community
A Guide is a friend to all and a sister to all other Guides
A Guide is always ready to talk things over and she respects the convictions of others
A Guide loves life and nature and by seeing in them the work of God tries to conserve and develop them
A Guide is responsible
A Guide is cheerful and optimistic under difficulties
A Guide looks after her things and respects those of others
A Guide is disciplined and aware of all she thinks, says and does

In 2021, so many of us met the Madrigal family, a magical family living in Colombia who sings about everything and everyone- even those we ~don't talk about~. There are so many things we could talk about with this movie, but that would take a whole second booklet! So, we'll stick with only a few activities. If you would like to watch (or re-watch!) this movie to go along with the activities below, go for it! Don't worry though, the activities below will still work even if you have never seen the movie.

- In this movie, each family member has a different “magical power” or gift. Often these powers reflect their role in the family. For example- Julieta has the power of healing with food. While I don't know anyone who can literally do that, there's something special about a mom's homemade meal that makes almost everything feel better. Luisa is another great example of a gift being a reflection of your role. Luisa has super strength. While this is a fantastic gift that can come in handy, she is literally responsible for bearing the weight of the entire community. Luisa is also bearing that weight emotionally since her older sister is considered the “golden child” and can do no wrong. The pressure builds and builds on Luisa to handle everything without complaint.
*Thinking about your personality, **what would you want your super power to be** and what might it be if it was based on the roles you play within your family, friend group, or teams at school. What would the best part of having a super power be? What would be the hard part of having a super power? Here's some examples:*
 - Maybe you often help friends talk out disagreements- so your power might be telepathic speaking or helping people literally see things they hadn't before.*
 - Maybe you help get all your family members to school and work on time- so your power might be super speed or pausing time so people can get ready.*
 - Maybe you are the funny one at family gatherings- so your power might be something silly that lightens the mood, like Camilo's shape-shifting.*
- We need to talk about Bruno.** While it's often “easier” to not talk about difficult subjects, avoidance tends to amplify negative emotions. When left to our own devices, it's easy to jump to terrible conclusions. Having hard conversations takes bravery. But Girl Scouts are Courageous and Strong! You can do hard things! Sometimes bravery takes practice though. Draw or write about different ways you want to show courage in your daily life, and where you'd be when showing it—in school, at home, with friends, or out in your community. Next time there's an opportunity to discuss something bravely (or avoid talking about it- like the Madrigals do with Bruno) you'll already have had plenty of practice being brave! (*Psst - Juniors: this activity is part of the True North Award! Be sure to check that out!*)

August | Greece



Daisies and Brownies- Complete at least 3 activities

Juniors and Cadettes- Complete at least 4 activities

Seniors and Ambassadors- Complete at least 5 activities

Adult Volunteers- Guide your Girl Scouts through the amount of activities required for their level

- **Learn about Greece** in this overview video: tinyurl.com/y4bepmtc.
- Greek Potatoes are like Fancy French Fries! **Give this recipe a try!**

Greek Lemon Potatoes

Ingredients:

2.5lb potatoes (Yukon Gold preferred)

1 1/2 cups chicken stock/broth

1/2 cup olive oil

1/3 cup lemon juice

5 garlic cloves , finely grated

1 tbsp dried oregano

2 tsp salt

Lemon wedges, fresh oregano leaves (*opt.*)

1. Preheat oven to 200°C/390°F (180°Cfan).
2. Cut potatoes: Peel potatoes and cut large ones into thick wedges – about 3cm / 1.2” thick – an medium ones into 3 (see photo in post).
3. Coat potatoes: Place potatoes in a roasting pan with all the other ingredients. Toss well.
4. Roast 45 minutes: Roast for 20 minutes. Turn potatoes, roast for a further 25 to 30 minutes until the liquid is mostly absorbed by potatoes/evaporated and you're left with mainly oil in the pan.
5. To crisp the potatoes (optional): Transfer potatoes to a separate tray. (Note 3) Tilt the original roasting pan and scoop off as much of the oil as you can (some juices is ok), then drizzle over the potatoes.
6. Roast 35 minutes: Transfer potatoes to oven and roast for 35 – 40 minutes, turning once or twice, until potatoes are golden and a bit crispy on the edges.
7. Heat pan juices: Return pan #1 with the garlic juices to the oven for the last 5 – 10 minutes or so to reduce down and make the garlic golden. (Optional, Note 4)
8. Plate up: Transfer potatoes to serving platter. Drizzle over the reduced garlic pan juices (or toss potatoes in the pan). Serve, garnished with lemon wedges and oregano if desired.

Find recipe details at tinyurl.com/ycxtbeyf.

- **Try a traditional Greek dance!** The Hasapiko is a fun dance to do with friends or family: tinyurl.com/bde29rhy.
- There are SO many great Greek stories! This month, instead of giving you one story, we'd like to challenge you to **play Story Show and Tell!** With your troop (or with family and friends), research a character within ancient Greek mythology and find a story about them or where they play a major role. Then, share your stories with your troop (or family and friends). After you share your story, tell something you thought was cool about that story or the characters in it. *Not sure where to start? Check your local library for books about Greek Mythology, ask a teacher if they have any resources, or look online with an adult.*
- **Learn Greek here:** tinyurl.com/2bv96j9y! Girl Scouts love making new friends! If you know someone who is a native Greek speaker, has lived in Greece, or teaches Greek professionally, invite them to your next troop meeting to teach you some Greek phrases and about Greece! But in case you don't know anyone like this, here is a video you can use as well. *If you are already learning Greek in school or at home, you are welcome to practice your Greek in another way!*
- The Olympics started in Greece! As a troop or with family and friends, **host your own olympic games!** Your olympics might include the sports you'd expect from the olympics, like running, jumping, or swimming. You might also include “Minute to Win It” style games. What you specifically do is up to you!

- **Make a Victory Wreath!** Whether you host your own olympic games or not, you may want to make this cute leafy accessory, traditionally worn by the winners of the games.

Paper Wreath

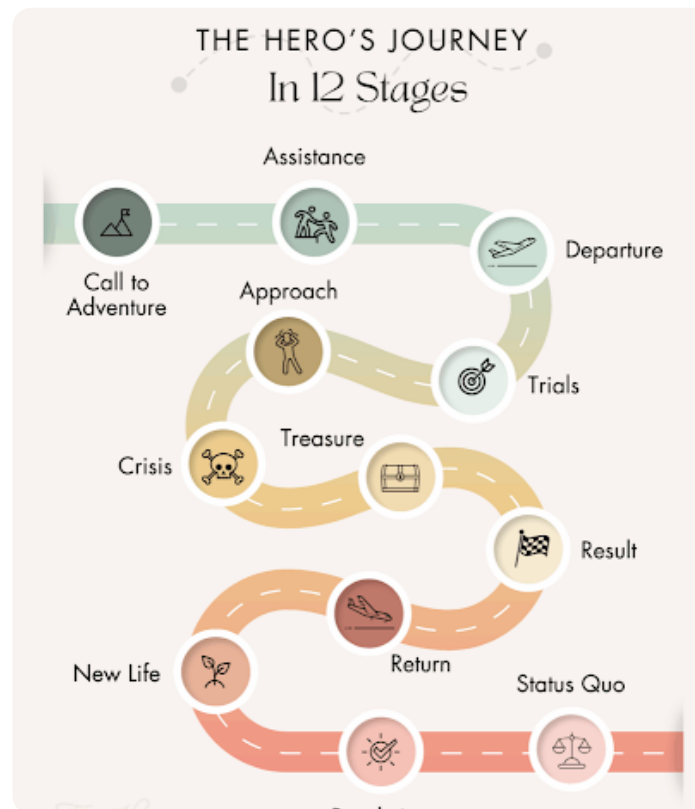
You'll Need: Paper (printer paper, cardstock, or construction paper) Note: Can substitute paper with felt, Scissors, Markers, crayons, or colored pencils, and Glue or tape

1. Print out leaves on desired paper or draw 12–16 leaves.
2. If using white paper, color the leaves.
3. Cut out leaves.
4. Cut two 2-inch-wide strips down the length of a sheet of paper. Color band.
5. Attach the strips together, creating one long 2-inch-wide band.
6. Wrap the paper band around the head of the crown wearer to measure for size.
7. Trim excess paper and attach the two ends of the band together with tape, creating a closed ring.
8. Using adhesive, attach the leaves to the paper ring in your desired pattern.
9. When the adhesive is dry, the crown is ready for your Olympic victor!

Find craft details at tinyurl.com/bdcpd6r8.



- Many Greek myths follow a similar format of adventure. It's called the Hero's Journey. **Write your own story using these steps!**



- Theater as we know it now was born in Greece! **Try improv acting** with friends or family! Here's how it works:
 - Grab a partner and a clear space- the more room the better, but improv can be done anywhere!
 - Cut out the prompts below and put them in a bowl or hat. Randomly select one and read it aloud. This starts your scene.
 - Take turns making up what comes next in the scene. Yell "Cut!" whenever you're done with the scene.
 - Acting can get physical at times. Be sure to have a conversation with your partner about what you're each comfortable with. This can be before acting or even during a scene.
 - The only real "rule" in improv is called "Yes, And". In order to build a scene together, you have to roll with whatever the other person has just said. This isn't to say you can never say no, more that if you constantly undo the creativity of your partner it will be hard for the story to move anywhere.

Improv Prompts for cutting out:

- *"You can't put that in the washing machine!"*
 - *"I can't believe you forgot to pack pants!"*
 - *"I just saw the strangest thing!"*
 - *"What is all over this kitchen?"*
 - *"Now where are the instructions?"*
 - *"First you need to unlock it."*
 - *"Can I ask for your opinion on something?"*
 - *"Have you seen my Girl Scout Uniform?"*
 - *"How was school today?"*
 - *"And the winner is...."*
- As Girl Scouts, we are part of the World Association of Girl Guides and Girl Scouts, or WAGGGS. That means that we are sisters with every Girl Scout here in the U.S. but ALSO with every Girl Scout and Guide around the world- even in Greece! **Compare and contrast** the Girl Scout Promise and Law we live by here in the United States with the Girl Guide Promise and Law used by our sisters in Greece. What do you notice that is different? What do you notice is the same? What values do both groups live by? Is there anything you would add to the United States version of the Promise and Law?

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

Greek Girl Guide Promise

I promise that, with faith in God,
I will do my best to love my country,
and to promote the cause of peace and freedom,
to help others in all circumstances
and to make Guiding values my way of life.

Greek Girl Guide Law

The Guides:
Are honest and just.
Respect other people's rights and comply with the law.
Are creative, ready and willing and participate in the life of the community.
Discover and develop their skills.
Are good friends, cheerful and polite to all.
Love and protect nature and the environment.
Are hard-working, reliable and responsible.
Are courageous and self-composed.
Love and care for their family.
Are dignified and control their thoughts, words and deeds.