

GIRL SCOUT JUNIOR

Meeting Planner

Girl Scout Juniors (Grades 4-5) will share their stories with friends in their troop. Juniors explore their neighborhoods and then do something to make a difference in the community through a service project. Girls try new experiences and learn new skills all while earning badges, participating in Fall Product and Girl Scout Cookie Programs, exploring the outdoors at camp, and going on field trips.



About Girl Scouts of Middle Tennessee

Girl Scouts of Middle Tennessee is the premier leadership organization for all girls to have the opportunity to pursue greatness, mold sustainable change in their communities, and actively transform the world around them now and for future generations. We are honored and humbled that you have chosen to create family memories and girl experiences with us. Even more, we are excited to watch the path you and your girls take through Girl Scouting.

HOW DO I PLAN A TROOP MEETING?

Most important – your meetings should be fun!

Girls come to Girl Scouts to learn how to be leaders, make decisions, and have fun in the activities they choose. When deciding what to do at a meeting, remember the parts of a meeting and allow time to accomplish the goal of each meeting. Be sure to have a start-up activity for girls to do while waiting for others to arrive.

1 Start Up (5 minutes)

Plan activities for girls as they arrive at the meeting so they have something to do until the meeting begins. It could be as simple as coloring pages, journaling or talking with each other. *Check out the resource tab “Games and Songs” in your green binder for ideas!*

2 Opening (5-10 minutes)

Each troop decides how to open their meeting – most begin with the Girl Scout Promise and Law, a simple flag ceremony, song, game, story, or other activity designed by the girls.

3 Activities (30-45 minutes)

Utilize our Girl's Guide to Girl Scouting and/or the meeting plans found on CouncilALIGNMENT. Activities are already designed to fit easily into this part of your meeting as you help your troop earn badges and complete Journeys.

4 Clean Up (5 minutes)

Girl Scouts should always leave a place cleaner than they found it!

5 Closing (5-10 minutes)

Just like the opening, each troop can decide how to close – song, game, story, or friendship circle.



To make a friendship circle and pass a friendship squeeze, stand with the girls in a circle and cross your right arm over your left, then link hands with the Girls Scout standing beside you. To pass a friendship squeeze determine who will start the squeeze. This person should silently think a happy thought for the girl next to her and gently squeeze her hand. That girl will do the same and squeeze the next girl's hand until the squeeze has gone all the way around the circle. Once the squeeze returns to the start, the Girl Scouts lift their arms up and twist until they are facing out. The circle breaks and the meeting concludes.

6 Business (5 minutes)

Collect dues, make announcements, or plan an upcoming event or trip while parents/guardians are present – this gives you a chance to keep families informed.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What does sisterhood mean?
- How is our troop like a sisterhood?
- Do girls in a sisterhood have to like all the same things and act the same way?
- What is your favorite thing you have done with Girl Scouts?
- What is your favorite song to sing?

Field Trip

- Visit a local park and help the community by cleaning up the area.
- Visit a local historical society or history center to see how traditions can affect our culture.

Program Guide

Girl Scouts Give Back: March 21, 2020

Service Project

- Donate kids' craft kits to a local children's hospital.
- Organize a food drive in your neighborhood.
- Plan an afternoon of fun: crafts, a movie and popcorn afternoon, or a kickball tournament at a children's home. Plan a day of fun!



JUNIOR

Girl Scout Way Badge

*When earning the **Girl Scout Way badge**, girls will better understand the sisterhood of women and girls to which they belong, and the traditions that are a part of it.*

Activity: Sisterhood Pen Pals Time

Contact a Junior troop in Middle Tennessee with a similar number of troop members. Arrange pen pals, pairing one girl from your troop with one girl from the other troop.

1. Tell girls that “sisterhood” doesn’t just mean sisters in their own families. All the girls and women who are Girl Scouts try to live by the Girl Scout Law—that’s what makes us a Girl Scout Sisterhood.
2. Use this pen pal activity to acquaint yourself with Girl Scout sisters in other places.
3. Pass out the pre-arranged pen pal names to the girls
4. Ask the girls to write a letter to their Girl Scout pen pal.
5. Suggestions for letter topics include:
 - Activities that girls are doing in their troops.
 - Their favorite part about being a Girl Scout.
 - Places that troops have visited or are planning to visit.
 - Community service projects that the troops have undertaken.
 - Friends that girls have made in Girl Scouts.
6. Address and mail the envelopes.

Activity: Take a Trash Walk Time

If you're planning to have your girls go outside to collect trash, make sure the girls are wearing close-toed shoes for safety

1. Explain to girls that it's the Girl Scout way to care about the world around us, whether it's a room, a campground, or the earth. In this activity, girls will have the chance to practice leaving a place in their community better than they found it.
2. Take a walk around your community or around the neighborhood/building in which your troop meets.
3. Have girls pick up all the trash they find along the way and put it in their bags. Remind girls not to touch anything sharp or dangerous. If they find anything like this, they should tell an adult.
4. Optional: Make it a friendly competition! Form teams of girls and see who can pick up the most trash in a set amount of time.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- Have you ever needed emergency care?
- What would you do if you were in the wilderness and someone got hurt?
- How should you react in an emergency?
- Have you ever helped someone who needed first aid?
- What type of people help others for their job?
- What do you think could happen if a first aid situation went untreated?

Field Trip

- Visit a local emergency room or hospital.
- Go outside and have the girls practice their first aid knowledge using materials found outdoors
- Visit your school's nurse and ask her about what she does

Program Guide

Smart Kids: Safe Kids: October 26, 2019

Service Project

Collect band aids for a shelter or rescue mission or create baggies with health supplies to be handed out for the homeless with hand cream, bandaids, water bottle etc.



JUNIOR

First Aid Badge

*When earning the **First Aid badge**, girls will learn how to help people who are sick or hurt.*

Activity: Oh No!

1. Ask the girls if they know what the first steps in an emergency should be.
2. Introduce the girls to the 3 "C's": "Check, Call, Care."
 - **Check:** Check the scene to make sure it is safe for you to help someone. You should never put yourself in danger when you're trying to help someone else. For example, don't walk onto a highway, go into the ocean, or run into a burning building.
 - **Call:** Send someone to ask for help from an adult or call 911 if necessary.
 - **Care:** Help someone once you've called for help. With the injured person's permission, you can care for them by giving first aid.
3. Have the girls think of a creative song or motions to help remember "Check, Call, Care." Have the girls work in small groups to create their own skits where they can practice "Check, Call, Care."
4. Girls can then present their skits to the large group.

Activity: How Can I Help?

1. Gather materials and supplies—most of the items can be found at home or at a local pharmacy.
 - Write out urgent first aid/emergency situations on note cards, one situation per note card. Some examples: nosebleed, broken leg, cut, sprained ankle, etc.
2. Using instruction sheets show the girls how to give care in emergency situations (splints, bandages, cuts).
3. Have the girls break off into pairs and practice caring for each other, using the instructions.
4. If there's time, give girls the emergency situation note cards to act out the listed emergency with each other using their "Check, Call, Care" knowledge.

Snack Chat:

While enjoying snack, here are some things for girls to talk about:

- If you could bring one animal back from extinction what would it be and why?
- What do you think you can do to help endangered animals?
- Why is it important to protect endangered animals?

Field Trip Ideas

- Visit a local nature center, park, or zoo to learn about animals and their habitats.
- Owl Hill's Sanctuary in Brentwood, TN
- Tennessee Safari Park in Alamo, TN
- Kentucky Down Under Adventure Zoo in Horse Cave, KY

Program Guide

Global Guardians: March 7—8, 2020

Service Project

- Volunteer at an animal shelter. Play with the dogs and cats, help to brush them, and clean up after them.
- Help remove invasive species at your local nature center or state park



JUNIOR

Animal Habitats Badge

*When earning the **Animal Habitats badge**, girls will learn about wild animals and how to protect animal habitats.*

Activity: Investigate an animal habitat

1. There are specific ways that scientists group animals. Scientists use a system called “biological classification” to put living things into groups. There are seven ranks, or levels, in this system. The levels start with a large number of creatures and then get smaller.
2. Habitats are just one way that scientists group animals by things they have in common.
3. Have girls cut out 15-20 pictures of wild animals from old magazines. If you have a large group, you may wish to divide girls into smaller groups, so that each girl has a chance to find and cut out at least one to two wild animals.
4. Ask the girls to group the animals by habitat. Remind girls that a habitat is an animal’s natural home. Which animals live in the same area?
5. Ask the girls to then group animals by how they look, how they move, or how they bear their young. Did the groups change?
6. If there is time, ask the girls to think of other ways that they might group animals

Activity: Observing Wild Animals Time

1. Imagine meeting a monkey or kicking up dust with a kangaroo. These animals live in the wild, so we won’t get to spend time with them in their natural homes—their habitats. But that doesn’t mean we can’t find out more about where they live, how they play, and how we can help them!
2. As a large group, brainstorm and list wild animals that can be found near your troop’s town, school, homes, or meeting place.
3. Next, have the girls survey the area with an adult. They can look out windows or venture outside, depending on the weather and time.
 - If outside, give the girls specific boundaries, and have them stay together with one or two buddies. Tell them they must be able to see and hear their adults while outside.
 - If inside, encourage them to take turns looking at one specific area at a time. Looking too quickly can cause them to miss some animal activity.
4. Ask girls to pick three animals they saw and talk about each one.
 - Why does this animal live here?
 - What makes this area a good natural home—or habitat—for this animal? What about the environment helps this animal survive?
 - Does this animal interact with humans?

Snack Chat:

1. While girls enjoy snack, discuss what a logo is and how logos are important to businesses and organizations. A logo is a graphic mark or symbol commonly used by businesses and organizations (and even individuals) to promote instant public recognition. Logos can be graphic-only, or they can include the name of the organization. Ask the girls:
 - Which company logos can you think of?
 - Do you like some businesses or companies more based on what their logo looks like?
 - Do you think a logo can influence the success of a business?
2. Have the girls design a logo for their business on a notecard. Encourage them to look back at their business plan and use the information they came up with to create their logo.
3. Optional: Have girls design an advertisement for their business. They may design an ad utilizing their logo or create a commercial they can perform in front of the group.

Field Trip

- Visit a local credit union or bank.
- Visit the Chamber of Commerce.
- Visit a local small business.

Program Guide

Smart Kids: Babysitting 101 – May 30, 2020



JUNIOR

Business Owner Badge

*When earning the **Business Owner badge**, girls will learn the basic steps to plan and create a new business.*

Activity: Listen to Podcast “How I Build This”

If you have a lot of girls who like learning through listening, the “How I Built This” podcast from NPR is awesome. You can listen through podcast streaming apps and play it from your phone. The host, Guy Raz, interviews a founder each episode and you hear about the untold stories behind major companies. The most compelling parts are when now multi-millionaire CEOs talk about the early days when everyone thought they were crazy, when they had barely any money in the bank, and when they were on the brink of failure but continue to persist.

They also noticeably feature many female entrepreneurs! For example, check out the “Jeni’s Splendid Ice Creams: Jeni Britton Bauer” and “LearnVest: Alexa von Tobel” episodes.

Activity: Shark Tank

Shark Tank is a TV show where business owners pitch their ideas to investors, or “sharks”. Have half the girls play “shark” and half play business owners, then switch.

Girls can be “solo founders” and come up with an idea themselves or they can partner with a friend. Pitches to the “sharks” should be short– aim for ~3 minutes each.

Critically, after every pitch there is also time for “sharks” to ask questions of the business owners. While the “business owners” are preparing their pitches, have the “sharks” prepare their questions. For example:

- Why do you think this business will be profitable?
- What customer feedback have you gotten so far? / How do you know your product is good?
- What about your background or skills will help you succeed in this business?

At the end, sharks decide if they want to invest in the business. A fun addition to the game is having marshmallows or another treat represent their investment.

Snack Chat

While enjoying a healthy snack, here are some things for girls to talk about:

- What do you think would be a fun camping trip for our Girl Scout troop to take?
- How far ahead do you think we should plan our trip?
- If you could go camping anywhere in the world, where would you go?

Field Trip

- Visit one of the council camps on a weekend adventure. For more information on camp facility rentals, adventures, and events, visit: gsmidtn.org
- Visit a national or state park.
- Visit an area outfitters or outdoor equipment store, such as REI.

Program Guide:

Core Camp: Junior – March 14 – 15, 2020

Service Project:

Plan the camping adventure with a purpose. Plan to visit an area that needs support so the troop can help make it a better place.



JUNIOR

Camper Badge

When earning the **Camper badge**, girls will learn how to have a great overnight camping trip at a campsite or cabin.

Activity: Start Planning Your Adventure!

Camping out is the perfect adventure. You get to spend the night surrounded by the great outdoors and do fun activities like canoeing, hiking, and singing. You might even go to your favorite Girl Scout camp!

1. Divide girls into small groups and look at campsite maps for your local area. If necessary, review the map legend/key with girls first.
2. Discuss with the girls the kinds of things to look for in a campsite:
 - Is it large enough to accommodate our group?
 - How many people and/or tents are allowed in the site?
 - Are there open areas to play or other features, such as a lake for swimming, near our site?
 - How accessible is the site for everyone in our group?
 - Where do we get water and firewood?
 - Is there an entrance fee to the campground?
 - How long can we stay?
 - What time can we go and when do we have to leave?
 - Are there bathrooms and how close are they to our campsite?
 - Does this campsite fit our budget?
 - Is there shade, sun, protection from wind, a view, etc.?
3. As a group, choose a campsite that would be most suited for your group's needs and interests

Activity: Leave No Trace

Write out the Leave No Trace Principles on note cards (one per card):

- Know Before You Go
 - Choose the Right Path
 - Trash Your Trash
 - Leave What You Find
 - Be Careful with Fire
 - Respect Wildlife
 - Be Kind to Other Visitors
1. Ask girls what they might see when they're out at camp.
 2. Next, ask girls if they've heard of the expression "Leave No Trace." If they haven't, what do they think it might mean? How would leaving no trace affect the outside things they just mentioned?
 3. Divide girls as equally as possible into seven groups of two to four girls.
 4. Give each group a Leave No Trace note card and ask them to prepare a one to two-minute skit to demonstrate their Leave No Trace principle.
 5. After the skits, discuss the principles demonstrated by each group and how girls can apply them to their future camping adventure.

Snack Chat

While enjoying snack, here are a few things to chat about:

- What do you think makes a good impression?
- How should you dress?
- What should you say?
- How should you act?
- What could you do to stand out?
- Is there anything we should keep in mind when talking to customers?
- Are there any rules that we need to follow to stay safe?

Below are some helpful hints to help remind them of about selling cookies:

- Be on time and leave on time.
- Be neat and courteous.
- Be friendly and smile.
- Be polite and respectful.
- Wear uniforms - (a pin, sash, vest, Girl Scout T-shirt, or hat).
- Remember to follow safety guidelines.
- Do not eat at cookie booths and keep beverages hidden.
- Remove all your trash when leaving a booth or going door to door. A Girl Scout always leaves a place better than she found it.

Field Trip Ideas

Visit a local small business and talk to people about their jobs.

Program Guide

Badge Blast: Financial Literacy –
July 25, 2020

Service Project

Support a sister troop by donating your signs to help them in booth sales. Offer to go over your plan after cookie sales to teach another troop what really worked from your plan and how it can help in other Girl Scout areas.



JUNIOR

Cookie CEO Badge

*When earning the **Cookie CEO badge**, girls will learn how to run all parts of their cookie business.*

Activity: Frisbee Goal Setting Brainstorm

Materials Needed: Paper plates; markers

1. Ask girls to identify general categories of things they might like to do with their cookie money and write each category on a separate paper plate. Categories might include service projects, entertainment, outdoor adventure, or city attractions (no specific places or activities yet!).
2. Pass out markers and ask the girls to spread out around the room.
3. Begin tossing the plates Frisbee-style to the girls. When a girl catches (or picks up) one of the plates, she must think of an idea for the category, write it on the plate and toss the plate to another girl.
4. Encourage the girls to read the ideas on the plate before they write their own. Continue until ideas have been exhausted and/or the plates are full.

Activity: Keeping Our Goal in View

1. Have girls work as a team to decide what their group cookie goal will be. Consider factors such as last year's sales numbers, weather, number and location of cookie booths, and personal goals.
2. Once girls have decided on a goal, have the girls divide that number by 100 and take that many beads. For troops with smaller or larger goals, you can also divide the number by 10, 1000, or another number. If the girls didn't pick a round number for their goal, after dividing by 10, 100, or 1000, you can choose to round down or up and then take that many beads.
3. Give each girl a piece of string. Have the girls string the beads and tie the two ends of the string together tightly.
4. Give each girl a safety pin and have her pin the string of beads to her uniform.
5. Tell girls that this will remind them to stick to their cookie goal. Also, point out that while they all have the same number of beads, they all have different colors and patterns. This is because they all bring something different to the sale. They can't meet their goal without everyone working together.

Snack Chat

While enjoying snack, discuss what the girls are most looking forward to this year during cookie sales. Possible discussion questions include:

- Are you excited for cookie sales this year? What are you most excited for?
- Do you think you will sell more cookies this year than you did last year?
- Who will you sell cookies to?
- Have you sold at a cookie booth before? What did you like or dislike about it?

Field Trip Ideas

- Take a trip to your local grocery store. Take note of how goods are displayed to attract shoppers' attention. Note any signage or other marketing materials that catch your eye. See what you learn about setting up your cookie booth to attract future cookie customers' attention to increase sales.

Program Guide

Smart Kids: Babysitting 101

Service Project

Host a short questionnaire with friends and family about shopping and things you learned from meeting with the Service Company. Then offer to share your customer insights with the service company you met with to discuss how it may help their service.



JUNIOR

Customer Insights Badge

*When earning the **Customer Insights badge**, girls will have a better understanding of their cookie customers.*

Activity: What Do Customers Want?

A few weeks before your meeting, arrange to have a sales or marketing professional, or business owner to come to your meeting.

1. Introduce your special guest to the girls. Tell them that your guest speaker will be chatting with them today about how she figures out what customers want. Ask the girls to think of questions they might have as the speaker shares her story.
2. Reserve a few minutes of the activity for girls to ask the guest speaker questions. If the girls are stumped about what to ask, here are some possible topics to discuss:
 - Were you a Girl Scout? Did you sell cookies?
 - What skills did you learn as a young girl that you still use today when working with customers?
 - Can you give us some tips about selling?

Activity: Blinged-out Booth Sales

Materials Needed: Grocery store flyers; magazine ads for a variety of products; paper; writing utensils; markers; scissors; glue; glitter and other fun, bright decorating materials

1. Spread the grocery store flyers and magazine ads out for girls to look at.
2. Have girls look at the various flyers and magazine ads and discuss what catches their eyes first and why.
 - Some possible topics for discussion:
 - Does it come in a fancy package or wrapping?
 - Is it the words or a catchy slogan in the advertisement that caught your eye?
 - Does it seem like a good deal?
 - Do they support a good cause?
3. Using what the girls determined from the advertisements, have girls begin to think about how they can sell more cookies by decorating a new sign for their cookie booth. Give them some time to create a sign using the insights they've gained from looking over the flyers and ads.
4. Optional: If your troop is not participating in a booth sale, have them design their own blinged-out cookie carrier box to tote cookies for their door-to-door sales.

Hiking and Snack Chat

Materials Needed: Various drinks; bandanas or blindfolds; mugs or other opaque cups; healthy snack

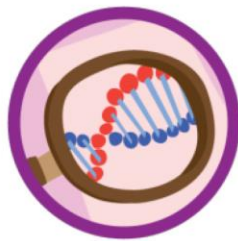
1. Blindfold one or some of the girls. Have the others set out cups with two or three different liquids.
2. Instruct the girls who have been blindfolded to pinch their noses closed and try the first cup of liquid. No one should give any comments yet (and those who can see the liquids should not give away any hints).
3. Repeat with the other liquids.
4. Let the blindfolded girls guess what the liquids might have been, but don't confirm any answers yet.
5. Repeat the process, in the same order, but let them smell the liquid as they are drinking it. Ask them if they want to change their guesses.
6. Have the girls take off the blindfolds and compare their answers.
7. Let others try the experiment; you can cycle in new things to drink so no one knows exactly which items will be part of their test.

Field Trip Ideas

- Visit a theater or an acting group and find out more about stage makeup and effects.
- Attend a mystery dinner, or write your own mystery and invite your families to attend.

Program Guide

- Girl Innovator: Mission Eggpossible
- Outdoor Adventure: Obstacle Course



JUNIOR

Detective Badge

*When earning the **Detective badge**, girls will learn how to follow clues and discover facts like a real detective.*

Activity: Masters of Disguise

Materials Needed: Clothing and accessory elements (ex. jackets, costumer jewelry, hats, scarves, sunglasses, novelty items, etc.); simple props from everyday life (ex. briefcases/backpacks, newspaper/magazines, phones, tools that indicate professions, etc.); pen; paper; (optional) face paint

- Let girls know the week before that they will be coming up with characters and corresponding disguises. Ask them to make or bring in costumes and/or disguises, making sure that it won't make much mess and that they have permission to bring the items.
1. Divide the girls into teams of two or three.
 2. Have the girls come up with an activity and characters to act out. The situation can be realistic (at a park: a dog owner, a basketball player, and a landscape gardener) or far-fetched (going on a boat: a kid with a fishing pole, a pelican, and a pirate).
 3. Have the girls look through the props and costume items to help bring their character or scene to life.
 4. Each group will create a short skit or scene. The scene should be no more than a minute and a half. Each scene should give clues about who the characters are and what activity they are doing. The catch is that they cannot mention the activity or characters by name. Give the groups a few minutes to practice.

Activity: Meet Sherlock Holmes Time

Materials Needed: Props from previous activity; pens; paper

1. The character of Sherlock Holmes used to surprise and impress people by telling them their life stories based on meeting them for only a minute or so. He used clues about their clothing, appearance, mannerisms, and conversation to figure out who they were.
2. Have the girls practice by brainstorming what you could tell from a person's shoes. Can you tell if they are used primarily on grass and dirt or on pavement? How about how a person walks – what parts are worn out first? Are the shoes uncommon, or worn mostly by only a few professions? What else can you learn?
3. Have the small groups from the last activity take turns performing their short scenes. Everyone in the audience will take notes, and try to guess who the characters are and what activity they are doing.
4. After each group has performed, discuss what clues made it easy to guess the characters or activity. Which scenes were easy to guess? Which were difficult? Why?

Snack Chat

- What do you think the best picture you took will be?
- Has anyone ever used a film camera before? What is different about using those?
- What was your favorite thing to take a picture of?
- Has anyone used a camera before today? What do you like to take pictures of?
- What different modes did you use on the camera? Did they work well or poorly?
- What modes didn't you try, but you wanted to try?

Field Trip Ideas

- Visit a local camera or electronics store to look at the different types of digital cameras available.
- Visit a photography studio to see how they work.

Program Guide

Camptivities: Tie dye, Screen Printing, or Canvas Creations!

Service Project

Use skills learned with practice time and collage fun to create a photo memory for the service unit. Girls can use photos from Day Camp or World Thinking Day, and would be a great archive for the service unit.



JUNIOR

Digital Photographer Badge

*When earning the **Digital Photographer badge**, girls will how to use a camera to create one-of-a-kind photos.*

Activity: Practice, Practice, Practice Time

1. Take a picture-taking journey within your meeting space or in the nearby neighborhood.
2. Encourage girls to try new things by giving them challenges as you go. Some possibilities are:
 - Switch to a camera setting you haven't tried yet for you next picture.
 - Turn to the shutter-preferred mode and take several pictures with several different shutter speeds.
 - Turn to the aperture-preferred mode and take several pictures with several different aperture sizes.
 - Try taking a portrait of one of your Girl Scout friends.
 - Take a landscape picture.
 - Try taking a macro (really close) picture.
 - Take a picture of something from a new angle.
 - Take a picture of a reflection.
 - Take a picture of a shadow.
 - Take a picture from inside something.
 - Take three completely different pictures of the same object

Activity: Photo Collage Fun

1. Split girls into groups of 2-4 depending on the size of your group and number of computers. As a group, have the girls open the chosen photo editing software and briefly review how to use the basic features.
2. Explain to the girls that they will be using computer software to edit their pictures and create a collage. The guidelines for their collage are:
 - At least 1 picture taken by each girl must be included. There can be more if they would like.
 - They must make 1 edit to each picture. This can be taking our red eye, changing the color, cropping, adding words or effects, or any other edits they would like.
 - They must follow the Girl Scout Law when creating their projects. This applies to their behavior with each other as well as the appropriateness of their collages. Other than these rules, the sky is the limit!
3. Be sure to cycle through the groups as the girls are working on their projects to ensure they get help with questions and issues. Make sure all girls in a group are being included.
4. When girls have finished their project, have them print enough copies for each girl to have one to take home. If groups finish early, have them experiment with different options they didn't try or look for other editing programs online.

Snack Chat Time

While enjoying snack, here are some things for girls to talk about:

- What is your favorite material to create art with?
- Do you have a favorite artist? If so, who?
- What do you enjoy drawing pictures of?
- Drawings are everywhere! From museums to comic books, children's books and cartoons. What is your favorite artwork in a museum, book, comic, or cartoon? Why?

Field Trip Ideas

Visit an art museum or art studio.

Program Guide

Art Mayhem: January 25, 2020

Service Project

- Fold card stock paper and decorate with new drawing skills. Donate these cards with stamps to a homeless shelter or rescue to be shared over the holidays.
- Create or draw pictures that be colored in by another person.



JUNIOR

Drawing Badge

*When earning the **Drawing badge**, girls will learn some great drawing techniques.*

Activity: Still Life Drawings

Materials Needed: Drawing paper or any plain white paper; various drawing materials (pens, pencils, colored pencils, charcoal, chalk pastels, oil pastels, chalk, etc.); various objects for still life (fruit, vases, bowls, stuffed animals, knickknacks, plants, etc.)

1. Have the girls create a still life by placing the items together on a table where everyone can see them.
2. Explain to the girls the different types of drawing materials you brought to the meeting. Tell the girls they will have the opportunity to draw a still life using the various materials. Encourage the girls to try at least two to three different materials. Girls can choose to draw all of the objects in the still life or just a small portion.
3. While drawing, encourage girls to share their thoughts on the various materials. How are they different? How are they similar? What are their favorites?

Activity: We Love to Shade!

Materials Needed: Drawing materials from Activity #1; still life drawings from Activity #1; desk lamp, flashlight, or any additional source of light; (optional) drawing guidebooks

1. Position and shine a new source of light onto the still life for dramatic contrast.
2. Have the girls add shading to their still life drawings based on the added light. Ways to add shading include:
 - Hatching: Drawing lines close together
 - Crosshatching: Making a grid of lines close together, similar to hatching
 - Smudging: Darkening shadow areas with pencil, charcoal or pastels and smudging them with a finger

RESOURCE SUGGESTIONS:

- Art for Kids: Drawing by Kathryn Temple
- You Can Draw Anything by Kim Gamble

Snack

Invite a chef or avid cook to your troop meeting to teach everyone how to prepare a few zero waste camp meals.

Field Trip Ideas

- Plan a camping trip during a season your troop hasn't camped in before (like the winter!) to experience the outdoors in a new way.
- Visit a waste or recycling facility to learn more about what happens to our trash after we throw it away

Program Guide

Core Camp: Junior – March 14 – 15, 2020

Service Project

Visit a waste or recycling facility to learn more about what happens to our trash after we throw it away. After your visit, keep your eyes open to see if your school or community center has a recycling program.



JUNIOR

Eco Camper Badge

*When earning the **Eco Camper badge**, girls will learn skills for minimal impact camping and know how to protect the environment when they go outdoors.*

Activity: Leave No Trace 101 Time

Materials Needed: Tablets or computers with internet access (or books about Leave No Trace); paper; writing utensils

1. Break off into seven groups. Assign one principle to each group to research:
 - Plan ahead and prepare.
 - Travel and camp on durable surfaces.
 - Dispose of waste properly.
 - Leave what you find.
 - Minimize campfire impacts (be careful with fire).
 - Respect wildlife.
 - Be considerate of other visitors.
2. Have girls find out:
 - What does this principle mean?
 - How do I follow this principle?
 - Why is it important to follow this principle when outdoors?
3. Once groups have completed their research, come back together as the larger group and have girls present their findings to each other. Girls will need to know their assigned principle well as they'll be teaching the Seven Principles to a younger Daisy or Brownie troop.

Activity: Leave No Trace Booklets Time

Materials Needed: Luggage-style paper tags; permanent markers; coloring utensils; stickers; key rings, yarn, or ribbon. Arrange for a younger troop to attend your troop meeting.

1. Now that girls are Leave No Trace experts, they'll teach what they know to a younger troop. Have girls lead the younger troop in creating a Leave No Trace mini book:
2. Hand each girl eight paper tags and a permanent marker.
3. Have younger girls write "Leave No Trace" on a paper tag. This will be their booklet cover.
4. Each Junior group should briefly present their Leave No Trace principle. After each group presents, younger girls should write down that principle on a separate tag.
5. After all Seven Principles have been presented, girls may spend a few minutes coloring and decorating their tags. Have your Junior troop walk around the tables and help younger girls if necessary.
6. Then use a key ring, yarn, or ribbon to bind each girl's eight tags together.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What movies have you seen with fun special effects? What about video games?
- Has anyone seen other ways to animate pictures? What are they?
- What piece of technology do you think you could never live without?
- What's your favorite movie?
- What's your favorite TV show?
- What's your favorite cartoon?
- Has anyone ever made a short movie on her phone or camera?

Field Trip Ideas

- Music City Hall of Fame
- Grand Ole Opry

Program Guide

A Taste of Theatre: February 9,
2020

Service Project

Offer to volunteer at a community theatre or movie theater and host a short information session on how sound and video works at the theatre.



JUNIOR

Entertainment Technology Badge

*When earning the **Entertainment Technology badge**, girls will explore the science behind the world of entertainment.*

Activity: Thaumatrope Time

1. Give each girl an index card and a pencil. Have the girls fold the index card in half.
2. Girls should draw a picture on each outward-facing side of the card. The two pictures should have similar themes and be placed in the same location on each side of the card. For example, girls can draw a bird in the middle of one side and a cage in the middle of the other, or a horse on one side and a rider on the other. The pictures should be oriented so the top of the image is at the fold.
3. Have each girl put her card on top of the end of a pencil, so the fold is resting on the pencil. Tape the card to the pencil.
4. Have each girl hold the pencil between her hands and rub her hands back and forth so the pencil spins back and forth repeatedly. If done quickly enough, the drawing should come together as one image. This is because our eyes have a "memory". Even after an object is no longer visible, our eyes still see that object for a very short time. Since you are spinning the images quickly, your eyes still see the first image when the second one appears, and vice versa.

Activity: Night During the Day Time

Materials Needed: Blue cellophane, scissors

Prep Needed: Cut cellophane into multiple small pieces. They should be large enough to fit over the girl's eyes and cheeks.

1. If available, go into the daylight or a room with white light.
2. Ask girls why a person can't see in the dark outside, but can see what's going on at "night" in the movies. Encourage them to take guesses.
3. Give each girl three pieces of blue cellophane. Remind the girls that they are just covering their eyes with the cellophane, not their mouths or noses.
4. Have the girls look at the area around them closely. Have them put a piece of cellophane over their eyes so it blocks the light and look again. Have them do this again, adding a piece of cellophane. With three pieces of cellophane (you may need more or less), it should look like night, but they should be able to see details.
5. Moviemakers achieve the same effect by using blue filters on their camera lenses.

Snack Chat:

While enjoying snack, here are some things for girls to talk about:

- Do you have a favorite flower? What is it and why?
- How do flowers help people?
- Would you like to grow flowers inside or outside and why?
- Where and when do you think it is okay to pick flowers?
- NOTES: Need a suggestion for a healthy snack? Try hibiscus tea and sliced apples!
- Boil two quarts water in a large pot. Remove water from stove.
- Add 6-8 hibiscus tea bags and let stand for 3-5 minutes. Remove the tea bags.
- Add $\frac{1}{4}$ cup honey or sugar (more to taste) and stir well.
- Leave tea in pot until it comes to room temperature.
- Transfer the tea to a sealed container and store in the fridge overnight.
- Serve with sliced apples.

Field Trip Ideas:

- Visit a flower garden or greenhouse to learn more about the science of flowers.
- Visit a florist to learn more about floral arrangements

Program Guide:

Outdoor Fun in the Sun Day –
June 17, 2020

Service Project:

After visiting the florist, put together floral arrangements and deliver to assisted living homes



JUNIOR

Flowers Badge

*When earning the **Flowers badge**, girls will know all that is wonderful about flowers.*

Activity: The Science of Flowers Time

Prep Needed:

- Find a location close to your meeting site with many flowers or bring flowers to the meeting.
 - Check your local library for books about flowers and/or plants.
1. As girls are looking at the flowers, ask them what they think about them and if they have a favorite flower.
 2. Have them describe the parts of the flower they can see.
 3. Let girls know they are going to do one of the things a botanist might do.
 4. Ask if they know what a botanist does. Explain that botanists are scientists who study plants. Tell the girls that botanists often draw plants that they see.
 5. Have each girl choose a flower and spend time drawing all of its details on paper.
 6. Once they're finished, have girls share their pictures and one new thing that they discovered about their flowers.

RESOURCE SUGGESTIONS:

- Botanicum: Welcome to the Museum by Kathy Willis
- Eyewitness Plant by David Burnie

Activity: Colorful Flowers Time

Materials Needed: White flowers—carnations work well (one per girl, if possible); multiple colors of food dye; bowls of small containers; towels (paper or scrap cloth)

1. Flowers aren't just pretty. They may look like they aren't doing a lot, but they're actually quite busy! Try this activity to see a flower's root system in action.
2. Fill small containers with water. Have the girls choose food dye colors and place dye in water to make the colors.
3. Cut the flowers' stems and direct girls to put their flowers into the container with their favorite color. The petals should soon turn that color!
4. Have the girls record and/or discuss their observations:
 - What part of the flower changed color first?
 - How long did it take?
 - Are some parts of the flower now darker than others?
5. When flowers are dyed, let them dry on a towel or wrap their stems in wet paper towels so girls can take them home.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What kind of gardens did you see on the tour? Which was your favorite one?
- What was your favorite plant? Why?
- Does anyone have a garden at home? What kind of plants are in it?
- Has anyone been to a botanical garden? Were the plants there the same or different than what we saw?
- What is your favorite kind of flower?

Field Trip Ideas

- Visit a local farmer to find out how they grow crops
- Visit a local park that has gardens
- Visit a botanical garden
- Visit a local nursery
- Visit a bee farm

Program Guide:

- Happy Healthy Me – March 2020
- Campfire Cooking: Basics

Service Project:

Offer to volunteer with a nearby nursery, farm, or park in exchange for information on they support the crops, plants, and flowers.



JUNIOR

Gardener Badge

*When earning the **Gardener badge**, girls will learn how to help plants and flowers grow.*

Activity: Garden Tour

1. Walk around the area near your meeting place and look at different types of gardens and flowers.
2. Optional: Give the girls a flower ID guide and have them identify plants they really like. This can also be done once the girls return from their walk.
3. On the tour, ask the girls questions about the gardens they see:
 - What kind of flowers do you see? Are there any you really like?
 - Have you seen these plants before or are they new to you?
 - Are there flowers and plants that are growing well? Are there any that aren't?
 - What kind of soil are the plants in? Does it look like the rest of the soil in the area or do you think the person who planted the garden added it? Is there mulch or any other ground covering?
 - How are the gardens laid out? Is there a pattern?
 - What about the gardens are the same? What is different?
 - Which garden is your favorite? Why?
 - Have you seen any animals in the gardens? Were they around any specific plants or flowers?

Activity: Experimenting with Seeds

Cut the tops off the egg cartons. Cut the bottom portion into sets of two cups.

1. Give each girl one section of egg carton and four seeds.
2. Using the small scoops, have each girl put some soil into each hole in the egg carton. Then, she should gently put two seeds into the soil of each section.
3. Explain to the girls that they are going to do an experiment at home and report back at their next meeting.
4. When they go home, they're going to water both sections of their seeds, but they should give one side one teaspoon of water each day and the other one tablespoon to see what will happen.
5. Ask the girls what they think will happen.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- Tell about a time when you were looking for one thing, and were surprised by something else.
- What is one place you've never been, either near or far, where you would really like to go?
- What's one place you know so well that you could draw an expert guide map of it?

Field Trip

- Attend a Geocaching Event and talk to the adventurers themselves. Girls can ask questions about geocachers' adventures and the cool things they have found.
- Use a geocaching website to locate geocachers in your local area. As a group, head outside and see if you can find them.

Program Guide:

Camptivities: LetterBoxing

Service Project

Encourage the troop to make their own geocache for a younger Daisy troop or another troop in the service unit.



JUNIOR

Geocacher Badge

*When earning the **Geocacher badge**, girls will learn how to have a geocaching adventure.*

Activity: Geocache Word Challenge

1. Make copies of the word challenge header cards, terms, and answer cards. Cut out to separate cards. Keep a copy of the answers for yourself. Or, have a small group of girls make one or more of these categories in advance, decorated however they like.
2. If desired, use tape to put the term cards up on the wall in your meeting space, grouped under the appropriate heading cards. Otherwise, keep them in stacks on the table, still sorted by heading. Have a separate space to set out the answers.
3. Divide girls into small teams.
4. If you haven't already, set out terms cards under their categories in one space and answer cards on a table somewhere else.
5. Explain the rules: each team will take turns picking a category of initials, stuff to bring, stuff to find, or people and stuff to know. One team member will draw a card from that stack (or from the wall).
6. If the group thinks they know what the answer is, they can answer it right away for two points. Feel free to coach them as much as needed.
7. If girls aren't certain of their answer, they can go to the answer cards and find the answer they think matches.
8. If they have it right, they keep both the term and the answer cards and earn one point. If not, the next group can try to answer.
9. As the moderator, use the overall answer sheet with the longer answers to bring out the details or provide further explanations.

Activity: Trade Items

Materials Needed: Varies depending upon trade item chose. Potential supplies include: string, beads, safety pins, craft foam, tape, glue, cloth/fabric, paper, coloring utensils, etc.

1. Before girls start out on a geocaching adventure, they will need to carry an item that they'll leave at the geocache. This item should be small enough to fit inside the box and should not be expensive. Some common items are sports trading cards and small toys.
2. Brainstorm as a troop what kind of trade item your group would like to make. Trade items can be things that represent Girl Scouts, like a patch or a SWAP; something that represents the individual members of your troop, like a drawing or collage; or a simple piece of jewelry that someone can wear.
3. The girls will need to make a trade item for each cache they would like to find.
4. Safety tip: When making a trade item, remind girls to never include personal photos or information like names, phone numbers or addresses.

Snack Chat Time

While enjoying snack, here are some things for girls to talk about:

- Do you know how many horses we have at Camp Sycamore Hills? What are some of their names?
- What do you like most about horses?
- Have you ever ridden a horse before?
- What can we learn from horses?

Field Trip

- Visit a horse stable and learn more about horse care.
- Visit an equine-assisted therapy facility to see how horses help people with their physical and mental health.

Program Guide

- How to Build a Unicorn – March 28, 2020
- Horsemanship Badge Workshop Ride

Service Project

Inquire at a nearby farm, stable or horse therapy group on ways to support the horses or the barn. Consider hosting a supply drive for blankets for the horses!



JUNIOR

Horseback Riding Badge

*When earning the **Horseback Riding badge**, girls will learn what it takes to be a good rider—from understanding horse body language to controlling the horse's speed while they're riding.*

Activity: Horseback Riding 101 Time

1. We stay safe while riding a horse when we wear a helmet and proper gear. Another way we can stay safe is by listening to and understanding what a horse is trying to tell us. Ask girls, how do you think horses try to communicate with us? Through body language.
2. Have girls break off into groups of four. Hand each group a "How to Read a Horse" handout (can be found by googling "how to read a horse" and a writing utensil. Girls should try and guess which emotion matches with each numbered horse. When girls have finished, come back as a larger group and review the answers:
 - Relaxed: Ears are forward, but relaxed. Horse is interested in what's in front of it. Eyes and general body are soft and relaxed.
 - Stressed: Horses tend to yawn to relieve anxiety when they're stressed.
 - Angry: Ears are pinned back flat against the neck. Upper lip is curled and teeth are visible. Horse is telling you to keep your distance!
 - Happy: Eyes are soft and slightly droopy. Eyes are facing forward.
 - Scared: Head and neck are held high. Eyes are wide open and whites of the eye are visible.

Activity: Safety First Time

1. Whenever we interact with animals, it's important to follow rules to keep the animal and ourselves safe.
2. Review some general rules with your girls:
 - Let the horse know you're approaching. Horses have trouble seeing directly in front and directly behind them, and can be easily spooked by things they can't see. Use a soothing, gentle voice to tell your horse where you are.
 - Slow introductions. Always walk up to a horse, never run.
 - Approach a horse from the shoulder. Approaching a horse from the side lets the horse see where you are. Hold out the back of your hand for the horse to smell. Don't approach straight-on or directly behind the horse.
 - Keep a hand on your horse. Use your hands as a way to communicate with your horse. When you're grooming or tacking up, keep a hand on your horse's shoulder or hindquarters—this lets your horse know where you are even if it can't see you.

Snack Chat:

While enjoying snack, here are some things for girls to talk about:

- Have you ever planned an imaginary trip to a far-off place? Where would you go?
- Is there anything that your parents do for you that you want to try and do by yourself?
- Have you ever organized anything at home for yourself or someone else? What was it?
- Now that you are your own fashion designer, what would you do if a family member got a hole in a favorite pair of jeans?
- What is one thing that you can do at home or at school that will show others how to be independent (e.g. make your bed, do your own laundry, and clean your own dishes)?

Field Trip:

- Take a trip on public transit. Let the girls plan the itinerary and determine which route would be the most cost-effective and time efficient.
- Visit a central bus or train station to see how everything works.

Program Guide

Rise Up: April 25, 2020

Service Project

- Take the girls to a shelter or food kitchen to volunteer and learn how to wash dishes or launder the tablecloths.



JUNIOR

Independence Badge

*When earning the **Independence badge**, girls will have confidence doing things on their own and will know how to help others have confidence in them.*

Activity: Growing Up is Hard to Do

Give each of the girls six pieces of paper. Have them write the following age ranges on each sheet (one age range per sheet):

- Baby/toddler
 - Elementary school
 - Junior high or middle school
 - High school
 - College
 - Adult
1. On each sheet of paper, ask the girls to write down skills that they had/have/or might have at each age and things that they can or cannot do on their own. As they progress through the ages, they should include responsibilities they anticipate having when they grow up. Girls can express these items with words and/or pictures.
 2. After they are done, girls can either tape the sheets up together to make a personal timeline or create a booklet with a hole punch and fasteners/string.
 3. Ask the girls what they think it will take for them to achieve these skills and what it means to be more responsible. It all leads to being an independent person!

Activity: Watch Out Fashion, Here I Come!

1. Ask parents/guardians to send an article of clothing that needs mending to the meeting (e.g. their girl's button-up shirt with a missing button or her pair of pants with a small hole). The items should still fit the girls and they should be items that parents don't mind if the girls decorate or alter.
2. Bring a few extra clothing or accessory items that fit the activity in case anyone forgets (e.g. a girl's bandana, a t-shirt, or some clean socks).
3. Ask the girls if anyone has ever had a button fall off their shirt or if they have ripped a hole in their jeans. Tell the girls that an important part of being independent is taking charge of their wardrobe by fixing fashion mishaps and creating their own personal styles. This activity will teach them how to do just that.
4. Have the girls patch up the holes in their pants or replace buttons on their shirts.
5. Optional: Girls can use other fabric or craft accessories like jewels, sequins, fun buttons, scrap fabric, or fabric paint/markers to change the look of their clothing item/accessory and create their own styles.

Snack Chat

Have the girls think about laws that they might propose one day if they were in the following situations:

- You are the mayor of the first town on the moon.
- A toxic-waste dump is being built next to a farm.
- There is a five-story building with no elevator. It only has one staircase inside.
- If time, have girls vote on some of these proposals and discuss

Field Trip ideas

- Go to the state or city capital building, or visit a local government office.
- Attend a city council meeting.
- Visit a political campaign headquarters.

Program Guide

Girl Scout Day on the Hill: March 17, 2020

Service Project

Get inspiration from Junior troop 1347 and how they proposed, planned, and advocated for a historical marker for Josephine Groves Holloway. Troop 1347 met with local councilwoman and attended a local Metro Council meeting. The troop was successful in establishing Nashville's 200th historical marker in April 2019 honoring Josephine Holloway. How can you leave a lasting impact in your community?



JUNIOR

Inside Government Badge

*When earning the **Inside Government badge**, girls will learn how government runs.*

What Makes An Active Citizen?

1. As a large group, ask the girls to brainstorm characteristics of active citizens. Write them on the large paper or whiteboard for everyone to see. Answers will vary, but some ideas include:
 - Following laws
 - Paying taxes
 - Cleaning/protecting the environment
 - Being informed or knowledgeable about things going on in the world
 - Voting
2. Read the children's story about being a good citizen.
3. Ask girls to list all the examples/traits of good citizenship they noted in the book.
4. Discuss these characteristics with the girls and ask why they are so important. What would happen if people didn't do these things?
5. Save talking about voting for the last portion of your discussion so you can easily transition to the next activity.

RESOURCE SUGGESTIONS:

- Being a Good Citizen: A Book about Citizenship by Mary Small
- She's Wearing a Dead Bird on Her Head! by Kathryn Lasky
- We Live Here Too! by Nancy Loewen
- America Is...by Louise Borden

Activity: Vote for Me!

1. A great way to get involved in government is to run for office! Explain to the group that they will develop their own campaign as if they were running for office. This activity may be done individually or in small groups.
2. On scratch paper, instruct girls/groups to write down the top three things they would try to change if they were in office. Also, instruct each girl/group to develop a symbol that represents them (ex. the Democratic Party is represented by a donkey; Republican Party is represented by an elephant).
3. Using their top three priorities and symbol they have chosen, instruct each girl/group to create a campaign poster that best represents their platform for change.
4. When posters are completed, have each candidate or party explain their posters and why they should be in office.

Snack Chat

While enjoying a healthy snack, ask the girls the following questions:

- Do you know any local artists who make jewelry?
- Have you ever seen jewelry in a museum?
- What careers could you have with jewelry?
- Do you know your birthstone?

Field Trip

Visit a craft fair or local jewelry artisan.

- Go to a museum with a display on rocks and minerals. Find out which minerals are used for jewelry, what they look like in their natural state, and where they are typically found.
- Take a cave tour that includes information on the rocks and minerals found there and how the cave formed.
- Visit a historic site that includes information on blacksmiths.
- Visit a cultural festival where costumes include jewelry, and find out about their significance.

Program Guide

Camptivities: Wood Craft (create a Jewelry box!)

Service Project

Use your new jewelry making skills to create pieces to donate such as eye glasses holders, or a long necklace with a space to hang glasses.



JUNIOR

Jeweler Badge

*When earning the **Jeweler badge**, girls will learn how to make different kinds of jewelry.*

Activity: Heart Anklet

- Gather materials and supplies. The girls will need to share two kinds of pliers. If you don't have enough, you may want to have the girls do these activities in stations.
 - If possible, make an example to show the girls.
1. Flatten the paper clips with the needle nosed pliers.
 2. Make a small loop at both ends of every paper clip using the round nosed pliers.
 3. With the needle nosed pliers, bend angles and loops into each paper clip. They don't need to match; they'll actually look better if they don't.
 4. String a heart bead onto each head pin. Add a seed bead and use the round nosed pliers to make a loop in the top of the head pin.
 5. To attach the paper clips to each other, open the loop in one end of the first paper clip. Thread the loop of a head pin and the loop of another paper clip onto the loop you just opened. Close the loop.
 6. Repeat the last step until you've attached all the paper clips and head pins.
 7. Open the loop at the end of the last paper clip and attach the clasp. Attach the jump ring on the other end by using two pliers to ease the ring open and thread it on the end

Activity: Meet a Jeweler

1. Explain to the girls that there are numerous ways to make jewelry and it requires various tools and techniques. The way that you make jewelry changes depending on what materials are being used (beads and wire, silver and gold, gemstones, diamonds, wood, glass, metal, recycled materials, etc.).
2. Watch the following YouTube video:
 - Chuck Koehler, a bench jeweler and gemologist, describes different tools he uses to make jewelry: jeweler's bench, torch, pliers, wire cutters, round-nose needle-nose pliers, flat file, half-round ring file, saw frame, ring mandrel and hammers (raw hide mallet, brass hammer, and ball peen chasing hammer)
3. Ask the girls if they know about any tools or techniques for jewelry making that weren't mentioned in the video.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What is your favorite song?
- Who is your favorite musician, singer, band or composer?
- Have you ever learned to play an instrument?
- What is your favorite thing about learning a new instrument? Your least favorite thing?
- Have you ever been to a musical performance or concert?

Field Trip

- Visit a music store or museum to learn about different instruments.
- Attend a concert or musical performance.

Program Guide

Songs and S'mores Campvitiy

Service Project

- Offer to collect used instruments for schools or music programs that need instruments. The girls could collect through the service unit or local area.
- Host a performance for family and friends or local senior center.



JUNIOR

Musician Badge

*When earning the **Musician badge**, girls will learn how music is made and how to perform music.*

Activity: Take a Music Trip

Materials Needed: CD or MP3 player with speakers, recordings of music from three different countries or three different time periods

- Troubadour or Medieval Minstrel
 - Baroque (Bach, Vivaldi, Handel)
 - 1920s–1930s Jazz (Louis Armstrong, Ella Fitzgerald, George Gershwin)
 - 1950s Rock ‘n’ Roll (Bill Haley and the Comets, Elvis)
 - African drumming
 - Celtic bagpipes
 - Reggae
 - Mariachi
 - Western/Country
1. Choose music from three different countries or three different time periods (or a mix of both)
 2. Split the girls into three groups. Assign each group a song. Each group will come up with dance moves to their song.
 3. Have each group perform and/or teach their dance to the rest of the troop.
 4. After each song, ask the girls how the music made them feel. Did they move fast or slow? How did each style of music differ?

Activity: Music Poll Time:

1. Have the girls brainstorm different styles of music. List at least five different styles of music and write them down on their own sheet of paper. Post the musical styles around the room. Ideas include: Pop, Rock, Hip-hop, Classical, Jazz, Bluegrass, and Folk.
2. Have girls take turns marking a tally next to each style of music they like.
3. Ask the girls to share why they like certain styles of music and not others. Which styles are the most popular across the group?

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What are some things outdoors that would be considered art?
- Have you ever been to a botanical garden?
- What is your favorite kind of flower?

Field Trip

- Visit a museum or gallery featuring work by a nature photographer.
- Visit an outdoor sculpture garden to see how art interacts with nature.
- Visit Cheekwood (hint: all Girl Scouts get to go for free!)

Program Guide

- Core Camp: Junior – March 14-15, 2020
- Outdoor Adventure: Corcl
- Outdoor Adventure: Archery

Service Project

Offer to make terrariums or seasonal flower art for a holiday dinner at a shelter or assisted living home.



JUNIOR

Outdoor Art Explorer Badge

*When earning the **Outdoor Art Explorer badge**, girls will learn how to find the art in nature and create their own outdoor art.*

Activity: Musical Islands

1. Tell girls that you'll be playing a game just like musical chairs. Ask for a (girl) volunteer to explain the rules of musical chairs.
2. Explain that the hula hoops will be like the "chairs" in the game. When the music plays, girls will have to move through the open space (remind them that they can walk quickly, but they may not run). Once the music stops, they should find an open "island" to land on. Any girls who aren't on an island are out of the game.
3. Before you begin to play the music again, remove one hula hoop. Continue for a few rounds until there's only one hula hoop left.
4. If girls would like, play a few more rounds of the game. Switch it up a bit by making the hula hoops super close together, or very far apart.

Mason Jar Terrariums

Materials Needed: Mason jars (one per girl); potting soil; scoops (for transferring soil and stones); peat moss; small stones; plants; watering can or small cup; small figurines or other little props

1. Explain to girls that a terrarium is like a miniature garden. Today, they'll be using their imagination to design a miniature world!
2. Hand each girl a mason jar. Fill the jar with an inch or two of small stones. These stones will make sure the soil properly drains—if it's too soggy, the plants inside won't flourish. Add a layer of peat moss over the small stones. Then, add an inch or two of potting soil over the moss. Then, add plants (make a small hole for the plant's roots, then cover with soil and tamp down lightly). Once the plants have been added, decorate with figurines or other small props. After girls have completed their terrariums, use the watering can or a small cup to dampen the soil with water.

Snack Chat:

1. Invite girls to have snack. Girls will make a group decision about how they want to use the money that they'll earn this year through the Cookie Program Activity. Direct girls to start by brainstorming their needs and wants as a troop—let everyone know that there are no bad suggestions!
1. Write the list on the large paper or whiteboard and divide the girls into small teams.
2. Have teams pick their top three items and present their choices to the entire group.
3. Once all the teams have presented their ideas, hold a group vote to decide on the three best ways to use the money.
4. Next, have girls decide on a goal for this year's cookie sale. How many cookies do they want to sell and how much money do they want to make? Will their cookie goal be enough to be able to do one of the three things they chose?

Field Trip

Visit a local small business

Program Guide

Badge Blast: Financial Literacy –
July 25, 2020



JUNIOR

Savvy Shopper Badge

*When earning the **Savvy Shopper badge**, girls will learn the difference between what they need and want and will be able to smartly save money for both.*

Activity: I Want That!

1. Explain to the girls that sometimes it's hard to tell the difference between needs and wants. Advertisers create exciting commercials to convince people to buy things they "need." Or, a person might want something simply because their best friend has it.
2. Ask the girls to think back on the needs and wants they discussed in the last activity. Now think about what needs and wants there might have been in 1912 when Girl Scouting started. How do they think needs and wants might have been different then? Why do they think needs and wants are different now? To help girls brainstorm, you can share a few facts:
 - While many homes had electricity, it wasn't available in many rural areas and was more expensive in others.
 - The first battery powered toy racing cars were invented. They ran on a track. The most popular toys of this time were teddy bears and toy trains.
 - The first talking motion picture was produced in 1912. This was also the year Paramount Pictures and Universal Studios started.
 - The company Sharp was founded. While it now produces electronics, its first product was the mechanical pencil.
 - This was the first year toy surprises were put into Cracker Jack boxes.
 - Cranberry sauce was first commercially canned in 1912.
 - Oreos, Lifesavers, Morton's table salt, and Lysol were all introduced.
 - Inventions of 1912: electric movie projectors, Dixie cups, electric traffic light and shopping bags.
 - The ocean liner Titanic sunk on its first voyage.
 - Books published in 1912: The Lost World by Sir Arthur Conan Doyle, Tarzan of the Apes by Edgar Rice Burroughs, Chronicles of Avonlea by L.M. Montgomery, and Robin Hood by Henry Gilbert.
3. Now, ask girls to think about the future and imagine what Junior Girl Scouts will want in the year 2112.
4. Have girls pair up or get into small groups and design an item they think Junior Girl Scouts will want in the year 2112.
5. Have girls share their design with the large group and explain why they think girls will want it. Will girls in the future be influenced by the same types of things as current girls? Will future girls want things for the same reasons that girls today do?

Snack Chat

While enjoying snack, ask the girls to share and explain their opinions about the activities they've done so far.

1. Next, have each girl write on a sticky note one topic, thought, issue, activity, sport etc.
2. Direct the girls to fold up their sticky note and toss it in the bowl.
3. Have the girls take turns drawing a topic out of the bowl, reading it aloud, and verbally expressing something they think about the topic drawn. For example: Sticky note topic drawn: "The environment and 'going green.'" Verbal Response: "I think it's important to 'go green.'"
4. Challenge the girls to support their opinion with facts and relevant statements
5. Draw new topics out of the bowl as each discussion fades. Work to mediate the group when needed.
6. At the end, have the girls write down one topic that interested them the most during this activity. Encourage the girls to write an essay about that topic at home. An essay gives facts, but it is written from the author's point of view. So, unlike an article in which no opinions are given, an essay is a writer's chance to share her opinion—her thoughts and feelings—along with the facts.

Field Trip

- Visit a local newspaper or magazine business.
- Visit a local library

Program Guide

Art Mayhem – January 25, 2020

Service Project

Visit with an assisted living center and offer to create a memory book with residents. Create using video or written memories.



JUNIOR

Scribe Badge

*When earning the **Scribe badge**, girls will learn ways to create and capture stories, ideas, and opinions in writing, and find out all they can do with words.*

Activity: Poem Pass

1. Gather the girls to sit down in a circle and distribute one writing utensil to each girl. Tell the girls that as a group, they are going to create one sonnet together. A sonnet is simply a 14-line poem, and can be about any topic. The girls' sonnets do not have to rhyme, but they can if they wish.
2. Start the poem by handing one notepad to the first girl, who will write the first line of the poem.
3. When she is done, she will pass it to the girl on her right, who will continue by writing the second line of the poem.
4. The notepad will continue to be passed from girl to girl and the poem lines created until it reaches either the 14th person or 14th line of the poem.
5. If you have a large group, it would work well to divide girls into small groups of three–four girls. The same activity can be done in these small groups, with each girl getting the chance to write three–four lines and not having to wait as long between turns.
6. Once the poem is complete, ask for a girl volunteer to read the poem aloud to the large group. Afterwards, discuss as a large group:
 - What did you like about the poem?
 - What made it a good poem or a bad poem? Why?
 - What was most challenging about that activity?
- What did you like most about that activity?
7. If time allows, try the same activity by dividing the girls up into groups of three to write a haiku or groups of five to write a limerick.
 - Haiku: a three-line poem that follows a pattern—five syllables in the first line, seven in the second, and five in the third.
8. Example: Haiku by Basho
 - An old silent pond...
 - A frog jumps into the pond,
 - Splash! Silence again.
- Limerick: a five-line poem where the first, second and fifth lines rhyme with each other, and the third and fourth lines rhyme with each other.
9. Example: "There was on Old Man with a Beard," by Edward Lear
 - There was an Old Man with a beard,
 - Who said, "It is just as I feared!–
 - Two Owls and a Hen,
 - Four Larks and a Wren,
 - Have all built their nests in my beard!"

Snack Chat

While enjoying snack, ask the girls to share and explain their opinions about the activities they've done so far.

- Have you ever made a meal for your family? What did you make?
- If you were a famous chef, what would be your specialty?
- What is your favorite mealtime of the day?
- What can you do to stay safe in the kitchen?
- If you could only have one meal for the rest of your life, what would it be?
- Does your family eat any special foods or meals during holidays or celebrations?

Field Trip

- Visit a local health food store or co-op.
- Go to a local cooking school.
- Visit a local restaurant.

Program Guide

Happy Healthy Me: March 2020

Service Project

Volunteer to help prepare or serve meals at a shelter or food bank in exchange for learning what happens to food that is donated.



JUNIOR

Simple Meals Badge

*When earning the **Simple Meals badge**, girls will learn how to serve up a meal for their family and friends.*

Kitchen Scavenger Hunt

1. Gather materials and supplies.
2. Write out the list of kitchen tools on note cards (one on each card):
 - Spatula
 - Mixing bowl
 - Frying pan
 - Saucepan
 - Oven mitt
 - Baking sheet
 - Whisk
 - Cheese grater
 - Measuring cups or measuring spoons
 - Casserole dish
3. Place the items on the scavenger list throughout the room. If you have a kitchen available, you can have the girls search through the cupboards and drawers (with caution) to see where they might be stored. Designate any off-limit areas that contain potentially dangerous tools or equipment.
4. Break the girls into teams of two or three and give each group a scavenger hunt notecard (or more, if you have fewer teams than notecards).
5. Tell girls to search for the various utensils and cookware listed on their notecards.
6. Once girls find their item(s), have them think of meals or dishes that might use that item.
7. Once everyone has completed their hunt, go down the list and have girls describe the kitchen tool and share with everyone what meal they could make with it

Junior Iron Chef

1. Using the various ingredients, have the girls compete in their own Iron Chef Challenge to create a meal for breakfast, lunch, dinner, or dessert! Let each girl choose the type of meal they want to create based on the items provided, or you can give them a theme around which to base their creation.
2. After the girls have finished, they can compare what they created with girls who made the same type of meal (example: girls who made a breakfast dish compare with other girls who made a breakfast dish).
3. Have girls share their creations with a friend and enjoy!

Snack Chat

Ask parents to arrive 15 minutes early to join the troop for snack. Inform them that the girls will be practicing good manners.

- For your snack, consider having food that requires utensils to eat to give girls an opportunity to practice good manners. Fruit salad would be a good option.
- While enjoying snack, here are some things for girls to talk about:
- Encourage girls to introduce their parents to other Girl Scouts in the troop or troop leaders.
- Use the conversation starters to begin a conversation.
- Practice non-verbal communication that encourages conversation: smiling, looking others in the eye, nodding.
- Ask parents what manners they were expected to follow that kids today are not.
- Thank parents/guardians for coming early to join the troop for the snack. Give them the thank you gift (vase with tissue paper flowers).

Field Trip Ideas

- Have lunch or dinner at an ethnic restaurant. Choose one that has customs, table manners or utensils different than your own.
- Attend a special dinner, ceremony or event as a troop and practice proper etiquette

Program Guide

Smart Kids: Polite Kids

Service Project

Volunteer to create small thank you's for a holiday event for the service unit or company that has helped support the Girl Scout troop.



JUNIOR

Social Butterfly Badge

*When earning the **Social Butterfly badge**, girls will learn how to act at many types of events, from picnics to weddings and parties.*

Activity: Toothpaste

1. Break girls into pairs and give each pair a paper plate and tube of toothpaste. Tell the girls that they can smile, but they cannot speak during the activity.
2. Instruct one partner to squeeze the contents of the tube onto the paper plates. After each pair has the toothpaste on their plates, tell the other partner they now have one minute to put the contents back into the tube.
3. Some girls will immediately shake their head but continue to encourage them to attempt to put the contents back in. After time is up, ask the girls what was difficult about putting the toothpaste back in the tube.
4. Explain that just like the toothpaste coming out of a tube, words can easily come out of our mouths. When we say hurtful things or something we regret, we can't take the words back. This is why it is important to display good etiquette and be considerate, caring and respectful of others. Have girls clean up and wash their hands before the next activity

Activity: Thank You Flowers

- Save glass food jars to use as vases. Tomato sauce, salsa, and jam jars typically work well.
 - Ask girls/parents to send recycled glass jars to the meeting, if needed for vases.
1. Ask girls why do people give thank you gifts. Have you ever given or received a thank you gift?
 2. Explain that in this activity, the girls will make a thank you gift for a special person such as a parent, friend, relative or teacher.
 3. Instruct girls how to make the vase of flowers and show example:
 - Decorate the paper bag with markers or crayons.
 - Cut a few pieces (about 4-6) of tissue paper about 8 x 10 inches.
 - Put the paper in a pile and fold it like an accordion.
 - Tie the center of the folded paper with a green pipe cleaner or floral wire.
 - Gently pull each piece of paper towards the top center of the flower, separating each sheet of paper from the others to form the petals of the flower.
 - Use floral wire, ribbon, string, twine, or tape to secure flower to stem. Insert flower into the vase.
 - Repeat to create desired number of flowers.
 - Add flowers to the vase.
 - Insert vase into the paper bag.
 - Wrap ribbon, string or twine around the mouth of the vase.

Snack Chat

While enjoying snack, here are some things for girls to talk about:

- What does your family do to stay healthy?
- What's your favorite exercise to do with your friends? What about with your family?
- Have you ever made a healthy snack for yourself? What did you make?
- What other kinds of healthy foods do you like to eat?
- How can you tell if a food is healthy for you?
- For our next activity, we're going to relax with some yoga. What do you normally do to relax?

Field Trip

- Visit a local health food store or farmer's market.
- Get a tour of a local gym or fitness studio.
- Attend yoga or a dance class a troop

Program Guide

Happy Healthy Me – March 2020

Service Project

- Host a workout or meditation that you learned with friends or a sister troop.
- Create bookmarks with relaxation reminders.



JUNIOR

Staying Fit Badge

*When earning the **Staying Fit badge**, girls will learn what they need to get strong and stay strong.*

Activity: Fitness Uno

1. Divide the girls into small groups (make sure each group has the same number), and place a small deck of UNO cards (make sure each deck has the same number of cards per group) with each group.
2. Instruct the girls (in their small groups) to line up from oldest girl to youngest. That is their order of play for the game. When you say "Go!", the girl who goes first draws one UNO card. Then, the entire group must perform the 'fitness command' according to the card they drew. The number on the card determines how many times they perform that exercise (repetitions or 'reps'). The color of the card determines the type of exercise they do.
3. After the group finishes that card, the next girl draws a card, and the game continues in the same fashion until the group finishes their entire deck.
4. The first group to finish their entire deck wins.
5. Challenge the girls to teach and play this game with their family members at home.
6. Uno Fitness Commands:
 - Red cards = push-ups
 - Blue cards = sit-ups/crunches
 - Yellow cards = mountain climbers
 - Green cards: jumping jacks
 - Skip card = skip one lap around the space
 - Reverse card = jog/walk one lap backwards around the space
 - Draw two cards = draw two cards from the regular UNO deck and perform the activities that correspond to the card color and number of the cards
 - Wild Card: That girl chooses the 'color' or exercise she wants to do, and do the 'number' of how many years old they are
 - Wild Draw 4 Card = That girl draws four cards more from the UNO deck and they must complete all four cards