



Getting Started...

Your First Six Junior Meetings

Each time your troop meets, you should have a plan for what will happen at the meeting. There are six parts of a troop meeting, Pre-meeting Activity, Opening, Troop Business, Activity Time, Clean Up, and Closing.

These six meeting plans are *suggestions* to help you to develop a routine with your girls. Adapt them to meet the needs and interests of the girls in your troop.

After reviewing all of your resources; *The Junior Girl Scout Handbook*, *The Junior Girl Scout Badgebook*, *The Junior Girl Scout Leader Guide Book* and *Safety Wise* and completing both sessions of Basic Leadership Training, you can try out some of the ideas from the printed resources, your trainers and other leaders in your training session. Feel free to substitute these ideas and activities for those listed in these meeting plans.

Girl/adult partnerships in Girl Scouting are the key to our success. So, after your troop settles into a routine, girls should be involved in the planning of their meetings and activities. Girls in 4th, 5th, and 6th grade have the skills to plan meetings and activities. After participating in a few planned meetings and having a chance to look at *the Junior Girl Scout Handbook* and *The Junior Girl Scout Badge Book* the girls in your troop will be full of ideas.

Most troops have a parent meeting before their first troop meeting. At this time you can discuss expectations – theirs and yours regarding such things as help with troop meetings, troop fundraising programs, chaperoning field trips, how girls will get to and from meetings, transportation for field trips, uniforms, handbooks, troop dues and when and where the troop will meet. It is a good time to let families know that the troop can do more and achieve more if everyone helps out.

Some troops have a snack at each meeting. For girls whose troops meet in the evening after supper, snacks might be only an occasional thing – making a healthy snack to complete a Badge requirement or a troop party. For girls whose troops meet right after school, you might plan to have a snack when they arrive at each meeting. Be sure to allow time for this in your meeting plans. Some troops rotate who brings the snacks by sending a specially marked container home with the girls whose turn it will be. Others add in an extra 25 cents per meeting to the dues to cover the cost of snacks. Discuss this at your troop meeting and find out what the girls think about it. Be sure when planning snacks for your troop to check the girls' health histories (found on the reverse side of the girl registration form) to determine if anyone has food allergies such as peanuts or chocolate. If this is the case, please remind everyone that these are items are off limits at your troop meetings.

Remember that you are not alone. You have many people who can help you – members of your service team who you will get to know at service unit meetings, your field executive, and many other staff and volunteers in our Girl Scout Council.

Welcome to Girl Scouting! An extraordinary adventure awaits you!

Some Tips for Successful Meetings

- Be Prepared! Read through each meeting plan and gather the supplies you need for the meeting a day or two ahead of time. Bring a few extras – you might have a few new girls join your troop.
- Familiarize yourself with the resource books. Junior Girl Scout Leaders need: *The Junior Girl Scout Leader Guide Book*, *The Junior Girl Scout Handbook*, *The Junior Girl Scout Badgebook*, and *Safety Wise*.
- Sit down with your co-leader and decide who will lead which parts of the meeting.
- Be early! Especially for your first meeting. This way, you can set up the meeting space in an arrangement that will be best for you.
- Greet each girl as she comes in. It will help you to learn all of the names, and help them to get to know you, too.
- If parents ask you questions you cannot answer yet, tell them you will find out and get back to them. (Be sure you do!)
- Have a few “tricks” up your sleeve, just in case you finish something quicker than you planned. Check the *Tried and True Activities* chapter of *The Junior Girl Scout Leader Guide Book*.
- If you are not sure if the girls would like to do an activity – ask them. Junior Girl Scouts are ready and willing to share their opinions as well as responsibility for planning.

Effective Girl/Adult Partnership Checklist

A good rule of thumb is about 50% of the ideas and planning should come from the girls themselves. Save this checklist and refer to it periodically to see how your troop is doing.

- _____ Troop events are planned to encourage family participation and accessibility (time schedules, cultural, religious holidays and customs).
- _____ Girls *actively* participate in planning meetings, trips, and other activities.
- _____ Girls are choosing activities that reflect a wide range of interests (i.e. activities in sports, technology, performing arts) not just game-playing and crafts.
- _____ Our Girl Scout Troop/Group reflects the diversity in our community.
- _____ Activities and events are affordable so as not to exclude any member.
- _____ Girls demonstrate respect for the racial ethnic, cultural, and diverse backgrounds of others.
- _____ Meeting planning worksheets are co-planned with input from the girls.
- _____ Girls are actively involved in troop money management and group decision making.
- _____ Girls generate most of the conversations and ideas.
- _____ Girls show enthusiasm and excitement about Girl Scout activities.
- _____ Girls are having fun.
- _____ Girls demonstrate respect for each other and themselves.
- _____ Girls are learning skills to manage group disagreements.
- _____ Girls feel involved in the decisions being made by the group.
- _____ Girls are involved in age-appropriate activities that progressively build skills.
- _____ The interests and needs of girls guide the planning activities within the troop/group.

First 6 Junior Girl Scout Meetings

Meeting 1

Pre-Meeting Activity

As girls arrive, have Junior Girl Scout program resources out for the girls to look through, such as *Junior Girl Scout Handbook*, *Junior Girl Scout Badges* and any other Girl Scout resource.

Opening

Learn/recite the Girl Scout Promise (Handbook, p. 6 & 7). Play "Going to Montana" get acquainted game: Everyone sits in a circle. The leader, or designated girl, begins by saying, "My name is Mrs. XYZ, and I am going to Montana, and I am bringing a _____" The next leader then acts out an object that she is bringing, such as a camera. The next person in the circle says, "My name is _____, and I am going to Montana. I am bringing a (here she acts out an object), and Mrs. XYZ is bringing a (acts out taking a picture). The game proceeds around the circle, with each girl pantomiming her own object, and the object of everyone who has had a turn. Option: Play "Treasure Hunt."

Troop Business

Talk about troop government at the Junior Girl Scout age level, the patrol system, executive board or town meeting and decide which one they will use. Talk about kapers, what a kaper chart is, and have girls help decide which chores need to be done each week if patrol system is selected. Girls begin thinking about how they will divide into patrols. Make a troop/weekly meeting kaper chart. ("Kapers" is the Girl Scout term for a task or job. A kaper chart is a listing of which group will perform what task when. Below is an example.)

Task/Date	October 1	October 8	October 15	October 23
Opening/Closing	Kesha/Jenny	Anna/Katey	Tia/Madison	Rosa/Fatima
Supplies	Rosa/Fatima	Kesha/Jenny	Anna/Katey	Tia/Madison
Clean Up Checker	Tia/Madison	Rosa/Fatima	Kesha/Jenny	Anna/Katey
Snacks	Anna/Katey	Tia/Madison	Rosa/Fatima	Kesha/Jenny

Major Activity

Play a *Junior Girl Scout Handbook* "Treasure Hunt" game after breaking into small groups. After an allotted time, have all the girls discuss any items they couldn't find. Did any of the activities in the handbook look interesting? Were there some activities that they wanted to work on during the year?

Begin a troop scrapbook. Take a Polaroid or photo of each girl. Have girls each decorate "her" page in the scrapbook/memory book, with some item of interest about herself, such

as who is in her family, her likes, favorite school subject, etc. This scrapbook can be looked at towards the end of the year to notice any changes or differences (Junior Girl Scout *Handbook* p. 5). Option or both – Learn Girl Scout Basics *Junior Girl Scout Handbook*, p. 8, 9, & 12.

- Girl Scout sign
- Girl Scout handshake
- Quiet Sign
- Girl Scout Motto
- Girl Scout Slogan
- Four programs goals
- Special Girl Scout Days

Clean-up

Select a group of girls for the clean-up or the whole troop may help. Remind girls of how to use a kaper chart.

Closing

Have a Friendship Circle. Girls and leaders form a circle. Everyone crosses their right arm over their left arm, then holds hands. In a Friendship Circle, the leader (or a designated girl) begins by making a short, silent wish. When the leader has finished her wish, she gently squeezes the hand of the person to her left. That person makes a silent wish, then squeezes the hand of the person to her left. The wishes continue around the circle, until each person has had a turn and the squeeze is returned to the leader. The leader then says a dismissal, such as "Good night, Girl Scouts," and still holding hands, each girl turns to her right and goes under her right arm. The circle is now facing the outside, and girls release hands. (Note: It is important to check at the beginning that each girl has her right hand crossed over her left, not the other way around, or the girls will not be able to turn out of the circle at the end). *Junior Girl Scout Handbook*, pg. 9.

Pass out any information that is to go home to parents.

Supplies Needed:

- Junior Girl Scout program resources
- The Girl Scout Promise, written on a large sheet of newsprint
- Junior Girl Scout Handbook* for the "Treasure Hunt" game
- Paper for a troop scrapbook
- Crayons, markers, colored pencils
- Camera, film
- Kaper Chart

JUNIOR GIRL SCOUT HANDBOOK TREASURE HUNT

Directions: Using your *Junior Girl Scout Handbook*, locate the following topics, and write the page number where it was located.

1. Tying knots _____
2. Making a personal budget _____
3. Values check chart _____
4. Junior Girl Scout Bronze Award _____
5. Sign language alphabet _____
6. Girl Scout Promise _____
7. First aid kit supply list _____
8. Simple home repairs _____
9. Ceremony worksheet _____
10. Party planning worksheet _____
11. Fire hazard hidden picture _____
12. Bridging to Cadette Girl Scouting _____

Answers to *Junior Girl Scout Handbook* treasure hunt:

- 1. p. 148**
- 2. p. 30**
- 3. p. 44**
- 4. p. 202**
- 5. p. 74**
- 6. p. 6 & 7**
- 7. p. 81**
- 8. p. 167**
- 9. p. 13**
- 10. p. 68**
- 11. p. 87**
- 12. p. 201**

First 6 Junior Girl Scout Meetings

Meeting 2

Pre-meeting Activity

Have 3" x 5" cards put out with a phrase from the Girl Scout Promise written on each one. (For example: one card can say "On my honor," another card can say, "I will try," etc.) Girls try to reconstruct the Promise. Or you can put out several sets of the cards, and small groups of girls can work on each.

Opening

Say the Girl Scout Promise. Have a poster board showing the Girl Scout Law.

Troop Business

Break the girls into patrols, either randomly, or by having the girls decide who goes in which patrol. Each patrol selects a patrol leader for the next 4 weeks. At the end of the 4 weeks, another patrol leader is selected, so each girl can have a chance to be the patrol leader. Each patrol may also elect a treasurer, whose job it will be to collect the dues. (If troop dues are collected in another manner, your troop may not need to elect patrol treasurers.) Patrols brainstorm ideas of what activities, including badge work and service projects, they would like to work on during the year. They reassemble as a larger troop, and share ideas. This will form the basis of the troop's year-long calendar.

Fill in week 1 of the kaper chart. Girls check to see which kaper is assigned to their patrol.

Major Activity

Work on activity from the Model Citizen Badge, #8. Have girls talk about why they think the colors red, white and blue were chosen for the American flag. Using 8" x 11" pieces of muslin, or notebook paper, each patrol designs a patrol flag, thinking about what the colors and symbols stand for. These may be mounted on a dowel rod, and displayed at the beginning of each meeting. Each patrol shows the troop their flag, and explains any symbolism. Option: Work on "Girl Scouting in the U. S. A."

Option: - can play at closing. Play "Fruit Basket Upset." Having girls sit in a circle, assign each girl one of three fruits, such as "apple, banana, orange, apple, banana, orange..." Select someone to be "It." "It" stands in the center of the circle, and her chair is removed from the play area. "It" calls out the name of a fruit, such as "Apple!" All apples must get up and change chairs, while "It" is also trying to find a chair. The one who cannot find a new chair is now "It." Instead of calling out the name of a fruit, "It" can call "Fruit basket upset." And all girls must try to find a

new chair. TIP: To help girls remember which fruit they have been assigned, pass out fruit cut from colored construction paper. Option: – look through the *Junior Girl Scout Handbook* and discuss Signs, Junior Aide, Bronze Award, Leadership Award and Bridge to Cadettes.

Clean-up

Check kaper chart to see which patrol does the clean-up. Or the whole troop can be responsible for clean-up, and one patrol can be the “checkers” or can get out the brooms, take out the trash, etc.

Closing

Have a Friendship Circle.

Supplies Needed:

- 3” x 5” cards with phrases from the Promise
- Poster board with the Girl Scout Law written on it
- Blank kaper chart
- 8” x 11” piece of muslin for each patrol
- Markers or crayons
- Small dowel rods
- Construction paper “fruit”

First 6 Junior Girl Scout Meetings

Meeting 3

Pre-Meeting Activity

Have an egg carton game out for the girls to play. (See the *Guide for Junior Girl Scout Leader Guidebook*, p. 37)

Opening

Recite the Girl Scout Promise. Using the poster board from last week, say/read the Girl Scout Law. Remember that there is one Law with 10 parts to it. Pick out one phrase from the Law and talk about what it means to the girls. For example, ask, "What does it mean to be honest?" Each week talk about a different part of the Law, until girls understand each part.

Troop Business

Break into patrols, collect dues. Discuss ideas for an upcoming trip or outing. For example, the girls want to visit a local firehouse to help them with fire safety in the *Junior Girl Scout Handbook*, visit a local American Legion post to learn more about flag etiquette, or visit a local library as they work on the *Read to Lead - Issues for Girls*. (Issues for Girl Scout booklets). Meet with the total troop to share the ideas and decide on a destination.

Major Activity

Read about Juliette Low in the *Junior Girl Scout Handbook*, p. 4. Begin writing a play about Juliette Low's life. Make simple felt puppets to act out the play.* (*Applies toward "Girl Scouting in the U.S.A." badge, p. 7 or Toymaker badge, p. 173.) Play "Paper Towel Relay." Divide girls into two teams (more if you have a large troop). Line each team up. Each girl is given a paper towel. The first girl in each line must put her paper towel on the top of her head, walk to a spot about 20' away, and return, without the towel blowing off of her head. Each girl has a turn. The first team to finish wins.

Clean-up

Girls check kaper chart.

Closing

Friendship Circle.

Supplies Needed:

Egg carton game

Girl Scout Law poster board

Felt puppet shapes

Scraps of ribbon, yarn, etc. to decorate puppets

Markers

Roll of paper towels

First 6 Junior Girl Scout Meetings

Meeting 4

Pre-Meeting Activity

Cut old greeting cards into several pieces, and have girls put them together as if they were puzzles. OR use pictures from the *Girl Scout Leader* magazines. Have girls check kaper chart for the day.

Opening

Say the Girl Scout Promise. Discuss the meaning of another part of the Girl Scout Law.

Troop Business

Break into patrols to talk about the investiture ceremony in two weeks. Who will do what part of the ceremony? (Follow the ceremony worksheet on page 13 of the *Junior Girl Scout Handbook*, OR use the one attached as a guide.)

Major Activity

Using the *Girl Scout Pocket Songbook*, learn "Girl Scouts Together" and "When E'er You Make a Promise." Select several girls for a flag ceremony. View the video "The Golden Eaglet," available from the Girl Scout service center. Discuss ways that Girl Scouting has changed since 1918 and ways that it has remained the same* (*Requirement of "Girl Scouting in the U.S.A." badge.) Begin making Girl Scout uniform paper dolls.

Clean-up

Check kaper chart.

Closing

Using the *Girl Scout Pocket Songbook*, learn "Taps."

Supplies Needed:

Greeting card puzzles
Junior Girl Scout Handbook
Girl Scout Pocket Songbook
"The Golden Eaglet" video
Girl Scout paper dolls
Markers, crayons

First 6 Junior Girl Scout Meetings

Meeting 5

Pre-Meeting Activity

Play a word search game (*Junior Girl Scout Handbook*, p. 101). Girls check kaper chart.

Opening

Teach the girls a simple flag ceremony. During the ceremony, recite the Girl Scout Promise. Talk about another part of the Girl Scout Law.

Troop Business

Collect dues. Finalize plans for the outing. Pass out permission slips. When do they need to be returned? What badges have they decided to work on as a group? Have they thought of any ideas for a service project? If girls can narrow down their ideas for badges to 2-3, they can break into those groups and begin looking over the badge, and how they may accomplish the requirements.

Major Activity

Using the *Junior Girl Scout Handbook*, discuss the different age levels in Girl Scouting. What are the differences and similarities among them? Invent a simple game, puzzle, or quiz that you could play with older girls relating to the age levels in Girl Scouting.* (*This fulfills another requirement for the "Girl Scouting in the U.S.A. badge). Option: Requirement #8 in "Careers" badge.

Clean-up

See kaper chart.

Closing

Sing "Taps" adding the hand motions.

Day is done, (*girls put their arms straight out in front of them*)

Gone the sun, (*begin slowing raising arms*)

From the lake, from the hill (*continue slowly raising arms*)

From the sky; (*arms are raised to about eye level*)

All is well, (*cross right arm over left*)

Safely rest, (*cross left arm over right*)

God is nigh. (*place head down into folded arms*)

Leader says, "Good night, Girl Scouts."

Supplies Needed:

Word search game

Paper and pencils for quiz, puzzle, etc.

Paper, markers and decorations for invitations

Simple Flag Ceremony

Posting of Colors

Needed:	1 caller 1 American flag bearer (holder) 1 Girl Scout troop flag bearer (if applicable) 1 or 2 guards for each flag
Caller	Instructions for the Color Guard
"Color Guard , assemble"	Leave group and go to the original starting point
"Color Guard, attention"	Stand at readiness
"Color Guard, advance"	Enter with flag(s) and stand behind stand(s).
"Color Guard, post colors"	Place flag(s) in stand(s). Guards assist if needed. Remember – the American flag is posted <u>last</u> .
(To the audience) "Please join in saying the Pledge of Allegiance followed By the Girl Scout Promise."	Color Guard remains <u>silent</u> and stands at attention throughout. They do not say the Pledge or sing.
"Color Guard, dismissed"	Salute the flag (put right hand over heart) and rejoin the group.

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Meeting 6

Pre-Meeting Activity

Make stamp pad fingerprint pictures. Using a stamp pad, girls make a print of their thumb. Using a black pen, girls can add arms, legs, eyes, hats, etc. to make pictures of people or animals.

Opening

Have a flag ceremony

Troop Business

Divide up chores for the investiture/rededication. Talk about the roles and responsibilities of each assignment.

Major Activity

Find out how many Girl Scout councils there are in the U.S.A. and which ones are near you.* (*You can find this information on the Girl Scouts of the U.S.A. Website at www.GirlScouts.com). Practice next week's investiture/rededication ceremony. Make invitations for parents and family members, and decorate them using thumb prints or potato prints. To make potato prints: Cut a potato in half width-wise. Using a dull table knife, have girls carve out around a simple design, such as a heart shape. The shape will be raised, and the area around it will be lower. Push the raised design into an ink pad, and stamp it on a sheet of paper. Option: Design your own invitation.

Clean-up

See kaper chart.

Closing

Have a closing flag ceremony.

Supplies Needed

Stamp pads

Paper

Potatoes

Dull kitchen knives

Investiture and Rededication Ceremony

If your troop has candle holders available, you can place the candles in the holders, otherwise, each girl can hold her candle.

Use 3 large white candles for each part of the promise. Use 10 white candles, each tied with specified color ribbon as noted.

All: On my honor I will try
To serve God and my country (*light the candle to the girl's left*)
To help people at all times, (*light the middle candle*)
and to live by the Girl Scout Law. (*light the candle to the girl's right*)

Sing "Whene'er You Make A Promise" (Found on page 6 of the Girl Scout Pocket Songbook)

When e're you make a promise
Consider well its importance
And when made
Engrave it upon your heart.

(Each girl recites her line then lights the candle)

All: The Girl Scout Law: I will do my best to be:

Girl 1: Honest and fair
The purple ribbon on this candle represents a Girl Scout's sense of honesty and fairness. A Girl Scout works honestly and keeps her promise. She is fair in all she does and those she meets.

Girl 2: Friendly and helpful
The blue ribbon on this candle represents a Girl Scout's sense of friendship and thoughtfulness. A Girl Scout is amiable and loyal to her friends. She helps others wherever and whenever she can.

Girl 3: Considerate and caring
The orange ribbon on this candle represents a Girl Scout's sense of kindness and warmth. A Girl Scout works well with others and looks out for the well being of others.

Girl 4: Courageous and strong
The red ribbon on this candle represents a Girl Scout's sense of adventure and independence. A Girl Scout attempts new tasks and braves new endeavors. She is confident and self-assured in her actions.

Girl 5: Responsible for what I say and do
The gold ribbon on this candle represents a Girl Scout's sense of ownership and pride in her work. She readily admits her strengths and weakness and is aware of the consequences of her actions. A Girl Scout is up front with her intentions.

ALL: And to:

Girl 6: Respect myself and others
The white ribbon on this candle represents a Girl Scout's sense of integrity. A Girl Scout directs her thoughts and deeds to encompass her won beliefs and to be sensitive to, and respectful of the beliefs of those around her.

Girl 7: Respect authority
The yellow ribbon on this candle represents a Girl Scout's sense of regard for another's position. A Girl Scout understands the importance of having a leader of a group to make final decisions. She works with that leader to make the best decisions for the good of the group.

Girl 8: Use resources wisely

The green ribbon on this candle represents a Girl Scout's sense of being careful with resources. She uses her materials, money, time, and energy wisely. A Girl Scout does not waste the Earth's resources.

Girl 9: Make the world a better place

The brown ribbon on this candle represents a Girl Scout's sense of improvement. A Girl Scout strives to be clean, conserve, and enrich the world around her. She believes it is important to leave a better place than when she found it.

Girl 10: Be a sister to every Girl Scout

The silver ribbon on this candle represents a Girl Scout's loyalty to sisters all over the world. A Girl Scout is always ready to accept more friends into her ever-widening circle. She treats all of her sisters with kindness, acceptance, and warmth.

Before pinning the new members, call each girl to the front of the group. One of the leaders welcomes the new members to the troop by saying:

Welcome to Girl Scouting!

I give to you the adventure of trying something new...The joy of singing around a campfire...
The pride in your growing ability to understand yourself, your troop, your community, and
the world... The friendship of the truest of friends... The heritage and future of a great
Movement... And the gift of seven million sisters around the world.

Pin each girl with her Girl Scout Pin (traditional or contemporary). Congratulate her using the Girl Scout Handshake (Girl Scout sign with the right hand, handshake with the left).