

# Discover Girl Scouts 1: Juliette & Traditions

**Set-up:** Have an area with floor space for girls to sit in a circle and play the games, and tables where adults can sit and the girls can make their bracelets. (Tables in a horseshoe work well)

## Set-up Materials Needed:

- |                         |                            |  |
|-------------------------|----------------------------|--|
| • Tablecloth            | • List of local troops     | Optional:  |
| • Pens                  | • Paper registration forms | • Sample Badge Books                                 |
| • Crayons on the tables | • Scripts for volunteers   | • Grade signs for tables (K, 1 <sup>st</sup> , etc.) |

Time	Activity	Materials
<b>10 Mins</b>	<b><u>Check-In and Arrival Activity</u></b> As families enter, they check themselves in on the attendee list or fill out lead forms, then take informational flyers, a nametag, and an activity sheet and go to the table to complete them. Optional: Put grade, school, or level signs on the tables ahead of time and ask people to sit accordingly. This will help them (and you!) see the groups and get an idea of how to make potential troops. It will also aid the conversation about needing two volunteers to co-lead a new troop.	• Attendee List • Lead Forms • Informational Flyers • Name Tags • Activity Sheet of choice
<b>2 Mins</b>	<b><u>Welcome and Upfront Contract</u></b> <i>(INVITE GIRLS AND FAMILIES TO GATHER AND STAND IN A CIRCLE)</i>  Welcome! My name is <i>(NAME)</i> and with the help of <i>(NAMES OF HELPERS/TROOP#)</i> , we are going to have fun getting to know each other and learn about ALL the great things Girl Scouts do!  Tonight, we are going to run a mock Girl Scout meeting. We want everyone to see what running a Girl Scout meeting looks like. Our goal by the end of tonight is to get all the girls into troops. In some cases, we will already have troops with openings, and in others, we will have to make new troops. It all depends on the number of girls we have in each level, and what makes sense. We will talk more about how troops are formed and toward the end we will have time to answer any questions you have about our Girl Scout program and how our Girl Scout troops work. Does anyone have any questions before we begin?  <i>(INVITE GIRLS AND FAMILIES TO GATHER AND STAND IN A CIRCLE)</i>	
<b>5 Mins</b>	<b><u>Opening: Girl Scout Sign and Promise</u></b> First, let's begin our meeting with the tradition of reciting the Girl Scout Promise. Raise your hand if you have ever made a promise. <i>(WAIT FOR HANDS)</i> The Girl Scout Promise is the way Girl Scouts agree to act every day toward each other and the world! We hold up 3 fingers to represent the 3 parts of the promise. Can you try holding up your fingers and saying the promise with me?  <i>(DEMONSTRATE THE GIRL SCOUT SIGN AND MAKE SURE EACH GIRL CAN DO IT BEFORE CONTINUING)</i>  Great! Now, let's say it together! Our Girl Scout promise has the word "God" in it. As we say the Promise, you may substitute the word God to match your own spiritual beliefs. Is everyone holding up their Girl	

	<p>Scout Signs? (<i>CHECK THAT THEY ARE</i>) Great! Please repeat after me as I say each line of the Girl Scout Promise.</p> <p><i>On my honor, I will try: (WAIT FOR GIRLS TO REPEAT)</i>  <i>To serve God and my country, (WAIT FOR GIRLS TO REPEAT)</i>  <i>To help people at all times, (WAIT FOR GIRLS TO REPEAT)</i>  <i>And to live by the Girl Scout Law (WAIT FOR GIRLS TO REPEAT)</i></p>	
8-10 Mins	<p><b>Ice Breaker – Juliette Low Action Story</b>  <i>(HAVE CAREGIVERS STAND NEXT TO OR BEHIND THEIR GIRLS)</i></p> <p>To break the ice a little bit, we are all going to be silly together and play an Action Story Game to learn about a woman named Juliette Gordon Low and how she started Girl Scouts! I am going to read a story, and when I say certain words, each person will do an action.</p> <p><i>(DIVIDE GIRLS AND CAREGIVERS INTO 6 GROUPS AND ASSIGN ONE OF THE FOLLOWING ACTIONS TO EACH GROUP)</i></p> <p>Let's review the words and actions:</p> <ul style="list-style-type: none"> <li>• <b>LITTLE GIRL</b> – Cover your mouth and giggle.</li> <li>• <b>JULIETTE GORDON LOW</b> – Curtsy and say, "Be my friend!"</li> <li>• <b>GEORGIA</b> – Wave and say, "Hi, y'all!"</li> <li>• <b>FUN</b> – Wave your hands in the air while spinning in a circle and say, "Woohoo!"</li> <li>• <b>HORSES</b> – Stamp your foot and say, "Neighhhhhhh!"</li> <li>• <b>WORLD</b> – Make a circle with your arms over your head, spin around, and say, "Wee!"</li> </ul> <p>And when we hear the following words, we will ALL do these actions:</p> <ul style="list-style-type: none"> <li>• <b>GIRL SCOUTS or SCOUTING</b> – Smile and make the Girl Scout sign.</li> <li>• <b>DAISY</b> – Touch the floor, jump up, and say "Amazing Daisy!"</li> </ul> <p>Now I will read the story and we will all do our actions when we hear those words.</p> <p><b>STORY:</b> <i>(READ SLOWLY AND ALLOW FOR EACH PART TO BE ACTED OUT)</i></p> <p>Once upon a time, there was a <b>LITTLE GIRL</b> named <b>JULIETTE GORDON LOW</b> who lived in Savannah, <b>GEORGIA</b>. When she was a baby, her uncle nicknamed her <b>DAISY</b>. That was his way of saying she was special! When <b>JULIETTE</b> was young, she wasn't dainty and delicate like most other <b>LITTLE GIRLS</b> during her time. She liked to have <b>FUN</b> adventures outside, like fishing and climbing trees. She loved all kinds of animals, and she loved to ride <b>HORSES</b>!</p> <p>When <b>JULIETTE LOW</b> got older, she loved to travel around the <b>WORLD</b>! In 1912, she visited her friend, Lord Baden-Powell, in England and became interested in <b>SCOUTING</b>. He had started Boy Scouts, and she was fascinated by all the <b>FUN</b> they were having. She wanted <b>LITTLE GIRLS</b> to have <b>FUN</b>, too! So, <b>JULIETTE LOW</b> came home to <b>GEORGIA</b> with the ideas that Lord Baden-Powell gave her. She formed a troop of <b>GIRL SCOUTS</b> in Savannah, <b>GEORGIA</b>, who liked to ride <b>HORSES</b> and be together outside. She taught the girls to hike, camp,</p>	

	<p>swim, help others, tie knots, survive in the wilderness, and even save lives! Their first meeting was on March 12th, 1912, and this troop of eighteen <b>LITTLE GIRLS</b> was the first <b>GIRL SCOUT</b> troop in this part of the <b>WORLD</b>!</p> <p>Her first troop was such a success that she dreamed of starting new troops everywhere! She knew that <b>GIRL SCOUTING</b> would bring girls together as friends and help them make the <b>WORLD</b> a better place!</p> <p>So, aren't we glad that a <b>LITTLE GIRL</b> named <b>JULIETTE GORDON LOW</b>, from <b>GEORGIA</b>, who liked <b>HORSES</b>, came to start the wonderful <b>WORLD</b> of <b>GIRL SCOUTS</b>, so we can have <b>FUN</b> being <b>DAISIES</b>?</p>	
<b>10 Mins</b>	<p><b><u>Girl Scout Circle / Introductions</u></b>  <i>(HAVE CAREGIVERS TAKE THEIR SEATS AT THE TABLES AND HAVE THE GIRLS SIT DOWN IN THE CIRCLE)</i></p> <p>Welcome! Are you all excited to become Girl Scouts? You are going to have so much fun making friends, singing songs, playing games, having outdoor adventures, and making the world a better place!</p> <p>This is our Girl Scout Circle. It is a special place where we come together to share thoughts and ideas and to make plans for our troop. In the Girl Scout Circle, everyone gets a chance to talk, and everyone listens to what the other girls have to say.</p> <p>Before we go around the circle, are there any adults here who were Girl Scouts? What are some of your favorite things you remember as Girl Scouts?</p> <p><i>(WAIT FOR ANSWERS AND RESPOND TO EACH ONE)</i></p> <p>Great! Now, let's go around the circle and introduce ourselves and name one thing you want to do in Girl Scouts or that you love about Girl Scouts!</p> <p><i>(GO AROUND THE CIRCLE – INCLUDE VOLUNTEERS TOO!)</i></p>	
<b>5-10 Mins</b>	<p><b><u>Daisy-to-Daisy Game</u></b></p> <p>Our game is called Daisy-to-Daisy. It's going to help us practice the Girl Scout traditions we learned and get to know each other a little better.</p> <p>Let's start by facing our partners and doing the Girl Scout Handshake again. While you shake hands, I want you to tell your partner your name and something about yourself. You might tell her what grade you're in, what school you go to, the name of your pet, your favorite place to visit, your favorite food – anything that lets her know a little about you. Then let your partner do the same. If you are in a group of three, take turns so everyone gets a chance to introduce herself. Try to remember what your partner is telling you about herself! When you're done, I'll give you more directions.</p> <p><i>(WAIT FOR THEM TO INTRODUCE THEMSELVES)</i></p> <p>Ok, now I'm going to say things like elbow-to-elbow. When I say that, you're going to touch elbows with your partner. Let's try it...</p>	

	<p>Elbow-to-elbow! (Pause for them to get in position)  Now try knee-to-knee. (Pause)  And when I say Daisy-to-Daisy, you are going to scurry and find a brand-new partner.  Daisy-to-Daisy! (Pause)</p> <p><i>(USE THE QUIET SIGN TO GET THE GIRLS' ATTENTION)</i>  Great! Now new partners do the Girl Scout Handshake. Introduce yourselves and tell your new partners something about yourself.</p> <p><i>(CONTINUE IN THE SAME MANNER...)</i></p> <p>Ok, now shoulder-to-shoulder! (PAUSE)  Ankle-to-ankle! (PAUSE)  Back-to-back! (PAUSE)  Daisy-to-Daisy! (PAUSE WHILE THEY SWITCH PARTNERS AND INTRODUCE THEMSELVES)</p> <p>Side-to-side! (PAUSE)  Heel-to-heel! (PAUSE)  Pinky-to-pinky! (PAUSE)  Daisy-to-Daisy! (PAUSE WHILE THEY SWITCH PARTNERS AND INTRODUCE THEMSELVES)</p> <p>Great! Now you all know a little bit more about each other! Let's sit in our Girl Scout Circle and share what we learned!</p> <p><i>(GO AROUND THE CIRCLE TO EACH GIRL AND ASK THE OTHER GIRLS TO NAME ONE THING THEY LEARNED ABOUT HER)</i></p> <p>Great job! That is a fun way to get to know our Girl Scout friends a little better! One of the best things about Girl Scouts is the friends you will make!</p>	
10-15 Mins	<p><b><u>Meals on Wheels Cards</u></b></p> <p>Another great thing about Girl Scouts is that we are always trying to make the world a better place – whether it is taking care of our environment, helping animals, or helping people “at all times,” as it says in our Girl Scout Promise! Today, we are going to help people by making some cards! Does anyone know what Meals on Wheels is?</p> <p><i>(WAIT FOR ANSWERS)</i></p> <p>Meals on Wheels is an organization that brings meals to people who can't leave their homes. They might be elderly, disabled, hurt, or sick and they can't go to grocery stores or restaurants to buy food. So, Meals on Wheels brings food to them. They also can't go to fun places like we got to do today by coming here! They can't always visit their family and friends like they would want to, and they can get lonely sitting at home all the time. So today we are going to make cards to let them know we are thinking about them and wishing them a good day! The cards will be delivered with their meals and hopefully, it will make the people smile and feel better knowing that we are thinking about them!</p> <p><i>(HAVE GIRLS JOIN ADULTS AT THE TABLE. VOLUNTEERS HAND OUT SUPPLIES. WHILE GIRLS ARE MAKING CARDS, TALK TO THE PARENTS ABOUT TROOP</i></p>	<ul style="list-style-type: none"> <li>• Card Stock folded in half for cards (pre-print greeting inside)</li> <li>• Crayons</li> <li>• Glue Sticks</li> <li>• Small strips of tissue paper or streamers (red, yellow, orange for Autumn; light and dark blue for Winter; purple and pink for Spring or multicolor for Summer)</li> </ul>

***PLACEMENT, AND TROOPS THAT NEED TO FORM, AND ASK ABOUT ANY POTENTIAL LEADERS. REFER TO PLATICA DISCUSSION POINTS AND ANSWER QUESTIONS)***

Okay, now we are going to make our Meals on Wheels Cards! Adults are welcome to make cards too if you want!

Autumn Tree Cards

- We are going to start by signing your first name inside the card.
- Now trace your hand and wrist to make a tree shape on the front of the card (the older girls and adults can help with this).
- Color in the tree with crayons.
- Tear off pieces of the tissue paper and crumple them up into balls, making a pile.
- Use the glue stick to add dots of glue to the tree branches and stick on the crumpled balls of tissue paper as leaves.
- Decorate the rest of the front of the card (grass, sun, birds, flowers, butterflies, etc.)
- Then have all the girls help clean up and put the supplies away.



Winter Snowman Cards

- We are going to start by signing your first name inside the card.
- Now draw two or three circles on the front of the card to make a snowman (the older girls and adults can help with this).
- Decorate your snowman however you want! Does he or she have eyes? A smile? A carrot nose? Arms? A scarf? Buttons?
- Tear off pieces of the tissue paper and crumple them up into balls, making a pile.
- Use the glue stick to add dots of glue to the sky and stick on the crumpled balls of tissue paper as snowflakes.
- Then have all the girls help clean up and put the supplies away.

Spring Hyacinth or Summer Flower Cards

- We are going to start by signing your first name inside the card.
- Have the girls draw a stem and leaves on the bottom half of the front of the card.
- Tear off pieces of the tissue paper and crumple them up into balls, making a pile.
- Use the glue stick to add dots of glue to the top of the stem and stick on the crumpled balls of tissue paper as a hyacinth flower.
- Decorate the rest of the front of the card (grass, sun, birds, flowers, butterflies, etc.)
- Then have all the girls help clean up and put the supplies away.



**5  
Mins**

**Closing Friendship Circle**

*(INVITE ADULTS AND GIRLS TO STAND IN A CIRCLE)*

Thank you for teaming up to make our meeting place clean and neat! Girl Scouts like to be helpful and always leave a place cleaner than they found it. Troop meetings are very similar to today's meeting. They usually open with the Girl Scout Promise, so you may want to practice at home. You will also use

	<p>the Quiet Sign to get everyone's attention. And you will always have lots of fun together! Does anyone have any questions?</p> <p><i>(MAKE SURE EVERYONE HAS INFORMATION ABOUT THE NEXT MEETING (DATE, TIME, LOCATION). TELL PEOPLE YOU WILL BE AVAILABLE AFTER THE CLOSING FOR QUESTIONS AND ENCOURAGE ANYONE CONSIDERING BECOMING A LEADER TO TALK TO YOU AFTERWARD)</i></p> <p>Now we are going to close our meeting with one last tradition called the Friendship Circle. Everyone, please stand shoulder to shoulder.</p> <p><i>(CAREGIVERS JOIN TOO!)</i></p> <p>Now cross your right arm over your left arm.</p> <p><i>(MAKE SURE EVERYONE HAS DONE IT CORRECTLY)</i></p> <p>Now hold hands with the people on each side of you. Who would like to start the Friendship Squeeze?</p> <p><i>(CHOOSE A VOLUNTEER)</i></p> <p>Think of a silent wish that you would like to make. Once you make your wish, then you'll put one foot out in front of you and use your right hand to squeeze the hand of the friend next to you. This will continue with each girl and travel all around the circle. Ready?</p> <p><i>(ASK THE GIRL WHO VOLUNTEERED TO BEGIN. CONTINUE WHEN SQUEEZE HAS BEEN PASSED ALL THE WAY AROUND THE CIRCLE)</i></p> <p>Now everyone, raise your joined hands and twist to your right so everyone is untwisted!</p> <p><i>(THANK THE GIRLS AND FAMILIES FOR ATTENDING. TELL ADULTS THAT YOU WILL STAY FOR QUESTIONS AND OFFER ASSISTANCE WITH ONLINE REGISTRATION (OR PAPER REGISTRATION FORMS) FOR THOSE WHO ARE READY TO JOIN. BE SURE TO TALK TO ANYONE WHO WANTS TO BE A LEADER OR ANYONE YOU ALREADY HAVE A TROOP PLACEMENT FOR)</i></p>	
	<p><b><u>Wrapping Up</u></b></p> <p>Leave the room better than you found it. Give the volunteers their community service forms (and goodies!).</p>	<ul style="list-style-type: none"> <li>• Community Service Forms</li> <li>• Goodies for Volunteers</li> </ul>



*Girl Scouts  
send you happy  
thoughts and best  
wishes. Have a  
wonderful day!*

