



Girl Scout Juniors First Six Meetings



Objective

The goal of your first six Junior meetings is to renew old friendships and to forge new ones as returning girls and adults welcome new members. The troop will Discover their Journey as they are introduced to Girl Scout Junior Leadership Journeys. This will help them choose one to work on as a team. The girls will also plan their investiture and rededication ceremony.

Introduction

Included in this packet are basic outlines for your first six Girl Scout Junior meetings. They are designed to help you get started, and can be changed or modified to fit the needs and the interests of the girls in the troop.

Resources

Suggested items include but are not limited to:

- *Agent of Change* Journey Adult How to Guide (optional)
- Junior Girls' Guide to Girl Scouting
- Volunteer Essentials
- The girls: keep track of comments and suggestions from the girls throughout the meetings
- Your ideas: don't underestimate yourself
- The other adults in your troop: tap into this group as often as possible
- http://www.girlscoutsla.org/pages/for_volunteers/Cool_Tools.html
- <http://forgirls.girlscouts.org/> : This "For Girls" section is loaded with ideas designed just for Juniors

Each Meeting consists of:

1. Start-up activity
2. Opening
3. Business
4. Activities
5. Snack time (optional but recommended)
6. Clean-up



MEETING ONE



Theme: Getting to Know Each Other

START-UP ACTIVITY

Jumpin' Jivin' Junior Books (part 1)

Materials

- White paper
- Pencils, pens, colored pencils, markers
- Anything else fun to decorate the pages

Instructions

- As the girls arrive, give them several sheets of white paper
- Fold the sheets in half to form a book
- The girls should chat with each other; finding out interesting things about each other (favorite shows, pets, siblings, hobbies, sports, etc.)
- As they chat, they should write down what they learn about each other on the pages of the book
- They can also collect signatures, quotes, etc.
- These books will be used in other activities in other meetings, so make sure they leave some pages blank

OPENING

Introductions

- Introduce yourself and your co-leaders
- Have each girl introduce herself—name, grade, favorite something (animal, ice cream, color. Etc.)
- Have all adults present introduce themselves as well

Quiet Sign

Most girls should just need a reminder of the quiet sign.

- Introduce the quiet sign to the group: raised hand with all five fingers referring to the original law five “to be courteous”
- Explain that when they see the leader raise her hand in the quiet sign that they should raise their hands as well, and be quiet





How to open Troop Meetings

This is the first decision your troop will make for the year. They could start with a traditional Flag Ceremony and recite the Girl Scout Promise. Or a few returning members could lead the group in a favorite opening activity from previous years. Or they could do something completely new and/or different. It's up to the girls.

Make New Friends Song

Teach the girls the following song. If they know it, teach them to sing it in a round. Or have the ones who know it teach it the new members. The MP3 version can be found at www.gsusa.org/forgirls.

Make new friends, but keep the old.

One is silver and the other gold.

Circle's round. It has no end.

That's how long I want to be your friend.

BUSINESS

Get-To-Know-You Link Game

Materials: Room to move around

Instructions

- Set Up: one girl stands at one end of the area while the rest of the girls stand in a line or a bunch opposite of her
- The girl standing by herself introduces herself and says something unique about herself ("My name is Jackie and I play soccer." or "My name is Joanna and I have a baby sister.")
- If someone in the group has that "unique something" in common with the first girl, she will yell "LINK!" and run to join arms with the first girl. It is okay if multiple people have that "unique something" in common, but the first one to yell "LINK!" can link arms at a time.
- The girl who linked will stay "linked" with the first girl as she introduces herself and says something else unique about herself. Again, if someone shares that "unique something" she will yell "LINK!" and run to join arms with the second girl.
- Keep repeating these steps until all the girls have introduced themselves and linked arms with each other.
- **Moral of the Story**—No matter where you came from, whether this is your first year in Girl Scouts or your 20th, if you had friends in the troop or are new to the troop, you have at least one thing in common with at least one other person here; we are linked together as Girl Scouts. We will work together this year to achieve our goals and form relationships. This is just the first step.



ACTIVITIES

Girl Scout Law Relay

Materials

- Large index cards with one part of the Girl Scout Law written on each card (10 total) - make a couple sets
- Space to move around
- Space to assemble the cards—table top or wall (use masking tape) or a bulletin board (with push pins)
- Designate a starting time

Instructions

- Mix the cards up within each set; place them face down at a starting line
- Divide the group into two or three teams
- The first girl picks up a card and runs it to the assembly area for her team. She places the card there and runs back to her team.
- Next player takes a card, runs up, places it in the proper place (in relation to the other card), runs back.
- Each girl in turn adds another card until all the cards have made it to the assembly area. If the girl feels the card is in the wrong spot, she can change it during her turn.
- The first team to construct the Girl Scout Law in the correct sequence wins the game.

SNACK TIME

Girls like to socialize around eating. At every meeting try to have a few minutes for the girls to enjoy a simple healthy snack. One of the jobs on the Kaper Chart could be to bring a healthy finger food snack to share. Make sure to write down any food allergies or religious restrictions so the healthy snack can be enjoyed by everyone. More information can be found in the Junior Manual.

The girl who brought a snack to share chooses a helper (or a helper can be a Kaper) and serves the girls.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies. Or, you could assign easy Kapers (sweeping, collecting trash, pushing in chairs, etc.).

CLOSING

Ask the girls how they would like to close their meetings. They could do a traditional Friendship Circle, or the returning girls may want to teach the new girls closing activities from previous years.



MEETING TWO



Theme: Getting Started

START-UP ACTIVITY

Jumpin' Jivin' Junior Books (part 2)

Materials

- The books the girls started at the last meeting
- Pens, pencils, markers, crayons
- Fun decorations for the pages
- Magazines
- Glue

Instructions

- As they arrive, give the girls their books from the first meeting
- Ask them to write the Girl Scout Promise on one of the blank pages
- Ask them to write the Girl Scout Law on another of the blank pages
- Have the girls make visual representations of how they follow the Promise and Law. They could draw pictures, write sentences, or use the magazines to make a collage... be creative!

OPENING

Open the meeting based on The girls' decision from the last meeting

BUSINESS

Troop Dues

Start a discussion about troop dues. The following questions might be helpful to get the discussion going:

- What are troop dues?
- What will we need money for? (remind them of their activity ideas)
- How much money will we need to do those things?
- How else can we build our troop treasury?
- What is a reasonable amount to collect at each meeting?
- How can the girls earn their dues?



ACTIVITIES

Who led the Way for You? (Discover Your Journey; Junior Agent of Change Journey Taster Activity: available at http://www.girlscoutsla.org/documents/Junior_Journeys_Taster_Activities.pdf)

Materials for this Journey taster activity: chart paper and markers, paper and pens

1. Start this brainstorming activity by asking the girls “Who can be a leader?” (anyone, anywhere, coach, teacher, friend, parent, on the other side of the room or across the globe).
2. Then ask “What does a good leader do?” (inspires others to do their best, appreciates working with others, a good listener, strive for the groups success).
3. Ask the girls to write down the names of their favorite leaders. Encourage the girls to go beyond the obvious answers and to other possibly less-recognized leaders.
4. Then talk about what it all means to lead, some questions you might ask are:

Is it really an individual activity?

Ask the girls why listening well is a sign of a good leader?

Does it mean the leader has to be the only authority and make all the decisions?

In comic books, they are called Superheroes. In stories they are called heroes and heroines. Ask the girls to come up with their own word for a great leader. (Megasuperultrasmarytpants, or your teacher from 3rd grade?)

SNACK TIME

The girl who brought a snack to share chooses a partner (or a partner can be a Kaper) and serves the girls.

CLEAN-UP

Tidy up the meeting place the same way the girls did last meeting

CLOSING

Close the meeting based on their decision from the last meeting



MEETING THREE

Theme: Junior Girl Scouts

START-UP ACTIVITY

Jumpin' Jivin' Junior Books (part 3)

Materials

- Books the girls worked on at the last meeting
- Pens, pencils, colored pencils, markers, crayons, etc.
- Fun decorations
- Magazines
- Glue
- Colored construction paper
- Camera

Instructions

- As the girls arrive, give them their books from the previous meeting
- Use the construction paper to make a cover for the Junior Books
- Use the decorations and magazines to make the cover unique and creative to them
- Adult responsibility: Regarding the camera—take a group picture! Have one photo printed for each girl and bring them to the next meeting.

OPENING

Open the meeting based on the decision from the first meeting or let the girls come up with something new.

BUSINESS

1. Collect dues using the method the girls decided on
2. **Investiture and Rededication Ceremony**
It is time to start thinking about this ceremony. Explain to the girls what it is and what it involves.
 - Decide on decorations (the girls will make them at the next meeting)
 - Discuss who to invite and what the invitations should say
 - Brainstorm about songs, games, activities, or poems to include



Ceremony Invitations

Materials

- Paper
- Pencils, colored pencils, markers, etc.
- Other material appropriate for invitations (stickers, stencils, items to glue)

Instructions

- Have the girls make invitations for the ceremony
- Allow the girls to make several each

ACTIVITIES

Don Your Cloak! (Discover Your Journey; It's Your Story—Tell It! Journey Taster Activity: available at http://www.girlscoutsla.org/documents/Junior_Journeys_Taster_Activities.pdf)

Materials for this taster activity: Cloak activity sheets (next page) colored pencils, markers, or crayons

Let the girls know that confidence can be like a protective cloak that shelters them when someone says or does something that hurts them in some way. You might say something like, *With this cloak around you, it's easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.* Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don't want to do). If you like, write your own personal pressures outside your cloak.
- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your cloak.

Once the girls have covered their cloaks, ask them to talk about what they put inside and outside the cloaks. Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong. Ask: *Do others have something on their cloaks that might keep you strong, too? Add it to your cloak!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Feel free to take this cloak home and hang where it will most inspire you.*



Teach the Junior Smile Song: Lyrics below to the same tune as the Brownie Smile Song

Junior Smile Song

*I've got something in my pocket
That's what I used to say
We spent our time so aimlessly
At home, at school, at play.
Now every day is special
We're searching, who am I?
We can only find that out
If you let us have a try!*

SNACK TIME

The girl who brought a snack to share chooses a helper (or a helper can be a Kaper) and serves the girls.

CLEAN-UP

Tidy up the meeting place the same way the girls did last meeting

CLOSING

Close the meeting based on their decision from the last meeting, or encourage the girls to come up with a new one for their ceremony coming up.





MEETING FOUR



Theme: Getting Ready for the Investiture and Rededication Ceremony

START-UP ACTIVITY

Jumpin' Jivin' Junior Books (part 4)

Materials

- The books the girls worked on at the last meeting
- Pens, pencils, colored pencils, markers, crayons, etc.
- Glue
- The copies of the troop photo

Instructions

- As the girls arrive, give them their books
- Also give them each a copy of the troop photo
- Ask them to glue the photo onto a blank page. Somewhere near the photo have the girls write the names of all the girls in their troop (in the photo) and the troop number and date.
- Allow them to decorate the book as they'd like.

OPENING

Have the girls open the meeting as they decided in the first meeting or encourage them to try something new.

BUSINESS

1. Collect dues
 2. Planning the Investiture and Rededication Ceremony

Explain that you'll use this meeting to get the girls ready for their investiture/rededication ceremony. Help everyone understand that every idea is a good idea.

★At this point it might be a great opportunity to see if the girls would like to work in smaller groups or patrols to plan different parts of the ceremony and to be responsible for snack or entertainment or decorations. Let the girls decide what they think they might be ready for. Make sure they have an adult for support but instruct the adult to let the girls lead discussions and make the decisions with just a bit of advice and support. Refer to meeting six for ideas on how to divide the troop into smaller groups.
- Choose songs, games, or other activities to use at the ceremony.
 - Choose a snack to serve. Simple refreshments are best. Teach the girls that they will serve their guests before they serve themselves.
 - Talk about decorations and possibly including their Jumpin' Jivin' Junior Books



- Explain what could happen at the ceremony and encourage the girls to do the planning with a bit of guidance and help:

Opening

Song

Investiture and Rededication:

New Juniors will receive their Junior Girl Scout pin; Girl Scout handshake

Returning Juniors will receive their rededication patch (optional) ; Girl Scout handshake

Refreshments

Clean-up

Closing Activity; invite guests to join in

Practice the ceremony

Do a quick “dry run “ so that everyone is familiar with their roles and how the ceremony will work. Practice the Girl Scout handshake.



ACTIVITIES

Decorations

Make the decorations

Be sure to bring appropriate materials for the girls to use.

SNACK TIME

The girl who brought a snack to share chooses a helper (or a helper can be a Kaper) and serves the girls.

CLEAN-UP

Use a Kaper Chart to clean up.

CLOSING

Close the meeting based on the decision from the first meeting or encourage the girls to think up something new.

Remind everyone of their chosen roles in the ceremony and remind them what they have decided to bring.



MEETING FIVE



Theme: Having The Ceremony

This is the meeting when the girls and the adult volunteers hold the Investiture/Rededication Ceremony the girls planned.

START-UP ACTIVITY

As the girls arrive they can decorate the meeting space with the decorations they made including their Jumpin' Jivin' Junior Books and their cloaks. They can also tidy up the area and set up tables and chairs as needed to prepare the meeting space for the ceremony.

They can also seat their guests and welcome everyone to the ceremony.

OPENING

The girls do the opening and flag ceremony they decided on.

SONGS/PRESENTATIONS/SKITS

The girls present the program they decided on.

INVESTITURE/REDEDICATION

Leader explains to the guests that the girls have been rededicating themselves to the Girl Scouts and practicing the Promise and Law. If the girls would like they can recite them here.

New members receive their Girl Scout Pin and returning girls can receive a rededication patch. (optional)



REFRESHMENTS

The girls serve their guests the refreshments they decided on.

CLEAN-UP

Everyone pitches in and tidies up the meeting place.

CLOSING

The girls invite their guests to join them in a Friendship Circle or the closing they decided on.





MEETING SIX



Theme: Discover Your Journey

Choosing a Girl Scout Junior Leadership Journey

The girls have already done some taster activities from the Discover Your Journey Taster Activities in earlier meetings. In this final stage the girls will make their first Journey choice. To learn more about the Discover Your Journey Guide and the resources available to you as your girls choose their first Journey please visit http://www.girlscoutsla.org/pages/for_volunteers/Cool_Tools.html and gsbooks.docpit.com.



Adult preparations:

Download the Girl Scout Junior Journey Snap Shots from the web site and the Girl Scout Junior Journey Map from http://forgirls.girlscouts.org/wp-content/uploads/2012/10/VTEE-J-1_JuniorJourneyMap.pdf. Become familiar with the information before your meeting.

OPENING

Use the Quiet Sign to get the girls' attention.

Hold the usual flag ceremony or ask the girls to come up with their own version.

Don't forget to include the Girl Scout Promise after the Pledge of Allegiance.

BUSINESS/ACTIVITY

1. Collect dues using the method the girls decided on .
2. Break the troop into three smaller groups (patrols).
Give each small group the information on a different journey. Let them know that they will be putting together a campaign to promote their journey and persuade the others in the troop to choose their journey. Give them copies of the coloring pages for their Journey Leadership Awards and markers/colored pencils/crayons. These can be added to their presentation to the entire troop if they'd like.
The girls choose a leader who will keep everyone on task, and get started discussing the journey they have and coming up with a presentation they will make to the entire troop to promote their Journey.

Adult responsibility:

It is the responsibility of the adults volunteers to walk around and listen as the girls get started with this task. If it seems the girls can't seem to get started or if they run into a snag along the way the adult volunteer could make a suggestion or ask a question to get the group on task again. The adult should never lead the group. That is a girl job.

Possible ways to create small groups (patrols):

- As girls arrive give each one of three colored stickers. Ask them to put the colored sticker on their left shoulder. When everyone has arrived have the girls with the same colors group together.
- As the girls arrive give them each one of three pieces of colored yarn or ribbon. Ask them to tie the yarn/ribbon around their right ankle. When everyone has arrived have the girls with the same colors group together.



- Prepare a bowl with small pieces of paper with the numbers 1–3 written on them. Make sure to have the same amount of numbers as there are girls. After all the girls have arrived have each one dip their hand in the bowl and grab a number. When all the numbers have been taken have the girls group together by number.

MAKING THE CHOICE!

Once all of the patrols have made their presentations to the troop it's now time for the girls to choose the Journey they would like to take. This can be a simple vote (show of hands); after all there will be time to do another Journey later on in the year or the next year.

SNACK TIME

The girl who brought a snack to share chooses a helper (or a helper can be a Kaper) and serves the girls.

CLEAN-UP

Use a Kaper Chart to clean up.

CLOSING

Close the meeting based on the decision from the first meeting or encourage the girls to think up something new.

Girl Scout Junior Journey Awards Page 1

Agent of Change

The Agent of Change offers girls a chance to earn three awards—the Power of One Award, the Power of Team Award, the Power of Community Award. In keeping with circular symbols often used to represent community and sharing (and Dez’s own spider web), these awards are circular, too—and build on each other from the inside out.



Agent of Change Leadership Awards

Power of One Award - To earn this award girls:

- Discover and share the powerful story of a forgotten woman or girl from around the world who mobilized others and made a difference
- Use their own “power log” to discover all the ways their strengths and powers help them create change in the world
- Discover what the Girl Scout Law and true “heroines” share

Power of Team Award - to earn this award girls:

- Create a short “super girl” story, comic, or TV script in which the characters take one small situation they care about and strive for long-lasting community change
- Make a team decision and write their team hopes for a Take Action Project that reaches into a community network to solve a problem together with community members

Power of Community Award - to earn this award girls:

- Take action on their plan, reach out, join others and get them involved, and start something that snowballs into a change in their world
- Join in their Junior circle to reflect on what they accomplished and celebrate it

Get Moving

The Get Moving journey offers Juniors a chance to earn three prestigious Girl Scout Leadership awards—Energize, Investigate, and Innovate. The girls can choose to earn one, two, or all three. If they earn all three they’ll see how the awards join together to create an energizing effect on their vest or sash.



Get Moving Leadership Awards

Energize Award - To earn this award girls:

- Make an Energy Pledge to reduce their energy use in one or more ways
- Try at least two other Energize activities suggested along the journey
- Check out how other people are tracking energy use

Investigate Award - to earn this award girls connect with their Girl Scout crew to:

- Learn about energy use in their building
- Work with their families to make an energy improvement at home
- Investigate energy use in a community building and suggest ways to make it more energy-efficient

Innovate Award - to earn this award girls:

- Identify an energy issue in the community, research it, create a plan, and carry it out, all the while reaching out to others to join in, too
- Share the news, reflect on what they accomplished, and celebrate it



Girl Scout Junior Journey Awards Page 2

aMUSE

On this journey Juniors try on whatever roles they choose for themselves, then get creative—in any way they like! They tell stories and inspire others to try on new roles, too. Trying on new roles and realizing their limitless potential—that builds confidence!



aMUSE Leadership Awards On this journey, the Juniors have an opportunity to earn three Girl Scout Leadership awards, all of which build foundational leadership skills critical to moving up the Girl Scout ladder of leadership and becoming lifelong leaders.

Reach Out! Award

- What it means for Juniors: They understand the many roles women and girls play in the world around them and the leadership skills used to play them.
- How Juniors earn it: They keep a Casting Call Log and do an interview or a panel discussion (session 1–4)



Speak Out! Award

- What it means for Juniors: They are aware of how stereotypes could hold themselves and others back from trying on roles, and they Take Action to help stop stereotypes.
- How Juniors earn it: They complete three Speak Out! Activities, team up to choose a stereotype and create and tell a story to help stop it. (session 5–8)



Try Out! Award

- What it means for Juniors: They have the courage and confidence to try out new roles.
- How Juniors earn it: They keep a Role Call Log and choose and complete two other Try Out! Activities (Session 9–10)





Agent of Change Journey Awards



Power of One
Power of Team



Get Moving Journey Awards





aMUSE Journey Awards

