



Juniors

First Six

Meetings

Junior

Grade 4th-5th

Essentials for Troop Meetings

<p>Girl Scout Promise & Law</p>	<p>For every meeting, have the Girl Scout Promise and the Law in hand for the girls to use. Also, direct the girls to use their Girl Guides to see the Promise and Law at home.</p>
<p>Kaper Chart</p>	<p>A “kaper chart” is a Girl Scout tradition for dividing up troop responsibilities. A kaper is a job or chore that must be done. The chart indicates all the jobs available and who is responsible for each one. Using a kaper system right from the start will help with the long-term group behavior management of a troop.</p> <p>Kaper Examples: Greeter, Attendance, Pledge, Promise, Law, Clean up, Snack</p>
<p>Girl Scout Sign</p>	<p>Girl Scouts make the Girl Scout sign when they say the Girl Scout promise. The three fingers represent the parts of the Promise.</p>
<p>Girl Scout Quiet Sign</p>	<p>Girl Scouts use the Quiet Sign when everyone is talking and its time to be quiet. Someone raises her right hand and stops talking. As others see her hand in the air, they raise their right hands and stop talking, too.</p>
<p>Friendship Circle</p>	<p>The friendship circle is a way that you can close your troop meeting. With big gatherings of troops, girls can end their troop meetings with closing with a friendship circle.</p> <p>Have each girl stand and cross her right hand over her left, then hold the hand of each girl next to her. One person will start and squeeze the hand of the girl on her left. This goes around the whole circle until the last person’s hand has been squeezed and they make a wish.</p>

1st MEETING

GOALS

- Introduction of everyone in the troop
- Create rules for Troop meetings
- Introduce the Kaper Chart
- Teach the Girl Scout sign, Promise & Law, and Girl Scout quiet sign

SUPPLIES

- | | |
|------------------------------|-------------|
| Notecards | Yarn |
| Poster | Snacks |
| Coloring Sheets | Markers |
| Pencils | Kaper Chart |
| Visual of GS Promise and Law | |

1. Arrival Activity

- Greet each girl as they arrive, show them where to place their personal belongings, where the bathroom is, and where to sit.
- If nametags are premade, give each girl a nametag as they come in. If nametags are being made as they arrive, show each girl where to begin decorating her nametag. (Nametags can be made as easy as possible by using notecards/paper and yarn).

2. Opening Activity

- Alliteration Name Game
- Girls sit in a circle and go around saying an adjective or action word that starts with the first letter of their name + their name. For example: Beautiful Brandy, Excited Elizabeth, Motivating Megan, Silly Sarah. Each person will have to recall out loud the other people's words and names in order and create their own. This goes on until the person who started the circle repeats everyone's answers.

3. Troop Business

- Have the girls help to create their rules for their troop meetings. They will feel more accountable for following their own rules. Write the rules on a piece of paper or poster and post them at every meeting.
- Introduce the troop's "Kaper Chart", explain what the chart is and what the girls will need to do for each job.

4. Main Activity

- Teach the girls the Girl Scout Sign, the Girl Scout Promise and Law, and the Girl Scout Quiet sign. (After the first meeting, you will recite the Girl Scout Promise and Law as the opening activity).
- Have a coloring sheet with the Girl Scout Promise and Law printed on it for the girls to take home and practice.

5. Snack

- Bring a snack that celebrates the girls' first troop meeting.
* TIP: Have a parent sign up to bring snacks at your next meeting or make a yearly snack schedule for them to sign up for future dates.

6. Closing

- Have the girls clean up everything they used during the meeting. Let them know that "a Girl Scout always leaves a place cleaner than they found it!"
- End the meeting with a Friendship Circle.

2ND MEETING

GOALS

- Get to know the girls and the things they are interested in doing with GS
- Introduction of types of Ceremonies

SUPPLIES

GS Promise & Law	Crayons
Coloring Sheet	Kaper Chart
Troop Meeting Rules	
Pen and Paper for Note taking	

1. Arrival Activity

- Have a coloring sheet for the girls to color as they come in.

2. Opening Activity

- Girls sit in a circle and one holds a ball of yarn. As her to say 2 things she is excited to do with her Girl Scout troop. Have the people who agree raise their hands and she picks another person to pass the yarn too (while holding the beginning piece of yarn). Have this continue until everyone has a piece of yarn in each hand. Once this is finished they have created a web with the yarn. Tell the girls this web represents all of the interests they have in common and how many fun things they will get to accomplish as Girl Scouts.

3. Troop Business

- Use your Kaper Chart to assign a “Kaper” to each girl.
- Recite the rules that the girls created in their first meeting.
- Have a discussion about the Investiture ceremony. Tell the girls that the investiture ceremony will welcome new members -girls and adults-into the Girl Scout family for the first time. Girls receive their Girl Scout; Girl Scout Brownie or Girl Scout Daisy pin at this time.

4. Main Activity

- Discuss with the girls all of the different ceremonies in Girl Scouts and the purposes they serve. Name the ceremonies and have the girls guess what they think each one represents, then explain the true meanings.
- Girl Scouts use ceremonies to celebrate special occasions, such as the welcoming of new members to the troop, the presentation of recognitions, or the Girl Scout birthday. Ceremonies can open or close a meeting, and can be short or long, formal or informal. You and the girls in your troop or group can decide which ceremonies to perform, and how they can make meetings special. Ceremonies can include girls from your troop or group, other Girl Scouts or Girl Scout leaders, and special guests like parents, relatives, or friends. Ceremonies can be performed by large groups or small groups, outdoors or indoors. You will most likely need to assist girls in planning a flag ceremony, an investiture or rededication ceremony, and a recognition ceremony.
- Types of Ceremonies:
 - Investiture: A way to welcome someone into Girl Scouting for the first time.
 - Rededication: Girl Scouts who have already been invested renew their Girl Scout Promise and Law. Many girls do this at the beginning and end of the troop year.
 - Bridging: Girl Scouts move from one age level to another.

- Court of Awards: A ceremony in which Girl Scouts receive recognitions (badges) and other insignia.
 - Girl Scouts' Own: A quiet ceremony designed by the girls in which the participants express their feelings about a particular theme.
 - Flag Ceremony: A ceremony that honors the flag of the United State of America.
 - Candle Lighting: A candle lighting (or flashlight) ceremony that helps remind people of the words and meaning of the Girl Scout Promise and Law.
 - Opening Ceremony: A short ceremony to start a meeting.
 - Closing Ceremony: A short ceremony to close a meeting.
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5. Snack

Bring a snack that is representative of the Girl Scout Law bracelet.

* TIP: Have a parent sign up to bring snacks at your next meeting or make a yearly snack schedule for them to sign up for future dates.

6. Closing

- Have the girls clean up everything they used during the meeting. Let them know that “a Girl Scout always leaves a place cleaner than they found it!”
- End the meeting with a Friendship Circle.

Looking Ahead:

- At your next Troop Meeting, the troop will have an Investiture ceremony. The Investiture Ceremony is to welcome girls into Girl Scouting for the first time. As part of this ceremony, girls make the Girl Scout Promise and receive the Girl Scout Membership Pin appropriate to their age level. This ceremony may be held at the troop meeting place or at a park. Be sure to invite family and friends to the ceremony.

3rd MEETING

GOALS

- Complete the Investiture ceremony

SUPPLIES

Bean Bags	Containers
GS Journey Flier	Crayons
Snacks	

1. Arrival Activity

- Greet each girl as they arrive. Assign the “Greeter” kaper to the first girl that arrives and have her to tell everyone what the arrival activity is.
- Bean Bag Toss
Set up boxes, bins, or containers you have for girls to toss bean bags into. Have each girl stand beside a chair or behind a “line” and toss. Each girl gets three tries before she passes the beanbags to the next girl.

2. Opening Activity

- Stand in a circle and recite the Pledge of Allegiance, Girl Scout Promise and Law.

3. Troop Business

- Use your Kaper Chart to assign the rest of the kapers to each girl.
- Ask the girls what is one thing they remember about the Girl Scout law. Share with them that throughout their time as Girl Scouts, they will be able to demonstrate the law through their actions as they continue through their Girl Scout year.

4. Main Activity

- Investiture Ceremony: The Investiture Ceremony is to welcome girls into Girl Scouting for the first time. As part of this ceremony, girls make the Girl Scout Promise and receive the Girl Scout Membership Pin appropriate to their age level. A script for the ceremony is provided on the next page.

5. Snack/Clean Up

- Have a snack that ties into the Investiture ceremony. For example, you can make cookies or have a celebration cake.

6. Closing

- End the meeting by doing the friendship squeeze and/ or singing a song.

Girl Scout Junior Investiture Ceremony

Participants

- Troop Leaders
- Girls

Supplies

- Girl Scout Membership Pins (one for each girl)

Leader: “Who are here to become Girl Scout Juniors?”

Girls: “We are”. (Girl Scout Juniors walk in holding hands and take their places.)

Leader: (States the name of the first girl) “_____, why do you want to be a Girl Scout Junior?”

Girl: She answers with her reason why.

Leader: “(Girl Scout’s name), will you please say the Girl Scout Promise”. Have her repeat the Girl Scout Promise after you.

Leader: Place the Girl Scout Membership Pin on the girl’s left side, upside down, give the Girl Scout handshake and sign, and welcome her to Girl Scouts. (The pin may be turned right side up when (the Girl Scout) has done a good deed. A good deed can be doing something that she has not been asked to do. (The Girl Scout) now stands with you. Explain this to the girls at the end of the ceremony.

At this time, the Leader can relate to the parents some of the things the girls would like to do this year and how you can use their help to achieve these goals. Everyone can do something.

4th MEETING

GOALS

- Select a Girl Scout Leadership Journey
- Learn/ Celebrate Juliette Gordon Low's birthday

SUPPLIES

- | | |
|---------------------------------|--------------|
| Paper | Crayons |
| Candles | Tissue Paper |
| Juliette Low's Paper Bag Puppet | |
| Snacks | |

1. Arrival Activity

- Have each girl make a birthday card to celebrate Juliette Gordon Low's birthday or have a picture of Juliette sitting on the table for them to color.

2. Opening Activity

- Recite the Pledge of Allegiance, Girl Scout Promise and Law.

3. Troop Business

- Assign Kapers & give announcements.
- Select a Girl Scout Leadership Journey:
 - Give each girl a flyer (provided on the next page) & review the three options.
 - Remember, "A World of Girls" will be the journey that is available in the Volunteer Toolkit. If you want to follow along with the toolkit, just discuss what the journey is and a Take Action project.

4. Main Activity

- Juliette Gordon Low Paper Bag Puppet:
 - Using a paper bag, girls can color and cut out the puppet. Let the girls get creative by attaching googly eyes, yarn hair, felt mouths, etc.
- Tissue Paper Daisies
 - Make a bouquet of tissue paper daisies using white and yellow paper. Stack 3 white and 1 yellow piece of tissue paper. Trim the ends more deeply before you open up the flower so that the petals separate better. Trim the top of the yellow center if desired.

4. Snack

- Have a snack that celebrates the founder, Juliette Gordon Low. Make a cookie in the shape of Juliette Low for the girls to eat, decorate cupcakes, or have a donut birthday party to celebrate.

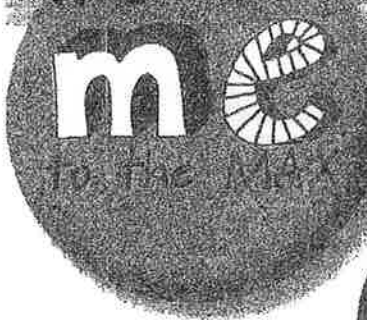
7. Closing

End the meeting by doing the friendship squeeze and/ or singing a song.

DEAR JUNIOR,

What journey will you take? Read more below and make your choice.

#1 It's your World - Change it!




AGENT OF CHANGE. Junior Girl Scouts have Power! Power to change the world and make a difference. Take this journey and discover how you and your friends can use your amazing power.

#2 It's your Planet - Love it!



GET MOVING. Where does energy come from? What is a carbon footprint? Why should you recycle? Get your answers and much more as you take this energetic journey through Get Moving!

#3 It's your Story - Tell it!



aMUSE. What do you want to be when you grow up? A rock star, a pilot, an Olympian? Maybe you don't know yet? Take the Amuse journey and discover that the possibilities are endless!

Circle your Junior journey below:



LEARN MORE ABOUT THE JOURNEYS



It's your World - Change it!

Book: Agent of Change

Theme: Taking Action

Power. In this journey, there's a whole spiral of it waiting for Girl Scout Juniors. The journey is filled with fun, friendship, ceremonies and circles, real-life heroines, and special new characters, including the fashion-savvy spider named Dez. Along the way, girls learn how their own power combines into team power and then moves out to become community power (kind of like how Dez weaves her web from the inside out). The journey's centerpiece is a comic story of girl heroines who will inspire the Juniors as they take action to improve their own community.



It's your Planet - Love it!

Book: Get Moving

Theme: Environment

In Get Moving, Juniors build their skills as leaders who Energize, Investigate, and Innovate. They earn these three prestigious new leadership awards as they explore their own energy, the energy in their places and spaces (buildings), and the energy of getting from here to there (transportation). From their own paper-making experiment to making beads from newspapers and magazines to forming a "perpetual human motion machine," Juniors will find that GET MOVING! is crammed full of energizing stuff to make and do!



It's your Story - Tell it!

Book: Amuse

Theme: Storytelling

Juniors learn just how many roles are open to them in the world and the possibilities those roles open for them. They will

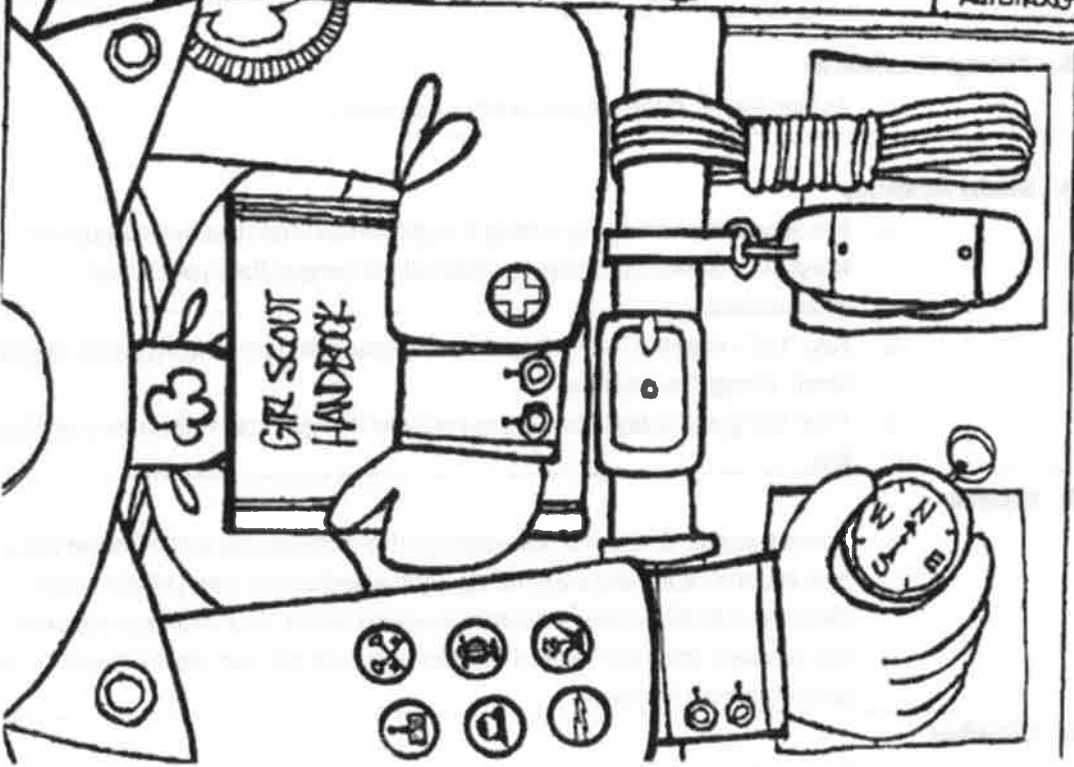
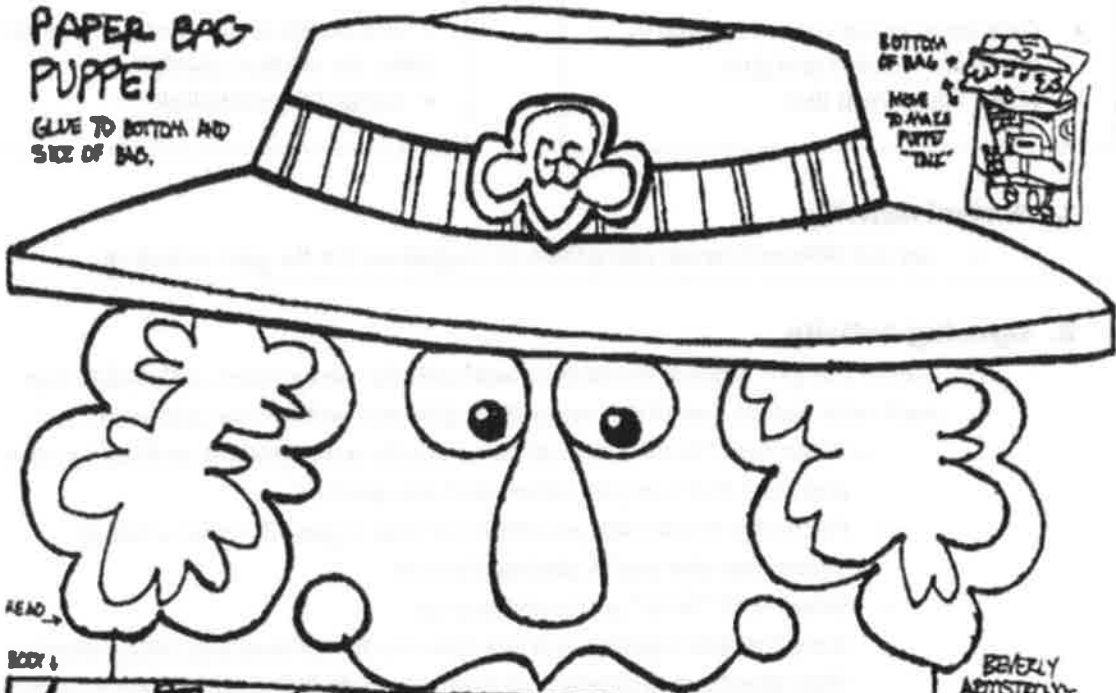


Troop Meetings five and six correspond with the Journey Book: Amuse

PAPER BAG PUPPET

GLUE TO BOTTOM AND
SIDE OF BAG.

BOTTOM
OF BAG -
HIDE
"DANIEL
PUFFY
TAIL"



5th MEETING

GOALS

- Girls learn about roles available in world for women and girls
- Make Team Prop Box

SUPPLIES

- Pre-made sticky notes with different roles. Ex. Athlete, doctor
- Large box/container

1. Arrival Activity

- Lay out different career pamphlets or magazines for the girls to look at.

2. Opening Activity

- Gather the girls around the table or wall with the sticky notes and explain that each note names one of the many roles girls and women can play in life. Say:
 - When I call "START!" you all have exactly one minute to grab some roles and stick them on yourselves and one another.
 - Place only those roles you think are truly a good fit for yourself or whomever else you're placing them on
 - When I call "Time!" your minute is up.
 - Bring the girls together and ask them to not remove any sticky notes. Then give them a moment or two to look at all the roles stuck to them.

3. Troop Business

- Assign Kaper duties & give announcements

4. Main Activity

- Introduce the activity by letting the girls know that theater companies keep prop boxes backstage to hold all the props they use in their productions.
- Say: "Let's make a Team Prop Box that you can use to store props, big or small, along this journey."
- Then bring out a large box/container and the girls can decorate it as they like.

5. Snack

- Spread yogurt cheese or hummus on the tortillas, top with desired filling (turkey, shredded lettuce), roll up tightly, and cover with plastic wrap. Slice the rolls like a jelly roll when ready to serve. You and your Network can prepare the "role"-ups in advance or each girl can play the role of chef and assemble her own.

6. Closing

- Roles and More Roles: The girls will gather in a circle. Ask them to take turns naming one of the many roles they already have in life and one new role they'd like to try. Then have the girls end with the friendship squeeze.

6th MEETING

GOALS

- Learn about stereotypes
- Use Casting Call Log

SUPPLIES

- | | |
|--------|---------------|
| Snacks | Girls' books |
| Pens | Team prop box |

1. Arrival Activity

- Bring work uniforms for girls to try on and look at. (Scrubs, fire hat, microphone)
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2. Opening Activity

- Have the girls sit in a circle and ask them to take turns naming one thing that they think girls are expected to be in life. Let the girls come up with their own expectations; don't put any ideas in their heads.
 - After each girl has named one expectation say: But you don't need to meet an expectation that isn't good or really don't feel right.
 - Then invite the girls to stand up and give a good shake, to shake off anything they don't believe they have to be.
 - Then ask each girl to say one thing that helps describe who she really is. After each one speaks, invite the group to say "That's who you're supposed to be!"
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3. Troop Business

- Assign Kaper charts
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4. Main Activity

- Time to Mingle- Keep the girls active with this version of the vocal warm-ups that actors do to loosen up before they rehearse or perform. Here, the girls learn more about one another and their roles in daily life. You can say: What we are about to do might seem really silly, but it's something actors like to do to loosen up before a performance.
- Ask for a girl to volunteer to be the leader, and then get them playing the game by offering these directions:
 - Start by walking in a circle, and mumbling "mingle, mingle, mingle....." as you go. Try to face one another as you walk so you're not just looking at your feet or the back of the girl in front of you.
 - Keep walking and mumbling "mingle" until the leader shouts, "Freeze!"
 - When "Freeze" is called, stop and face the girl opposite you across the circle. Then the leader points to one of you. If the leader points to you, call out your name and one thing about yourself: "my name is _____ and I love/like/play _____."

- Then the leader points to the girl across the circle. She repeats what the girl said, but in a tone the leader decides, such as “happily, very tired, whiny, like you have a cold, angrily, giggly, so forth.
 - Then another girl will volunteer to lead the group, and you’ll all start again walking and mumbling, “mingle, mingle.” We’ll wrap up when you’ve all had a chance to be the leader and everyone has had a chance to speak.
 - Then you can ask the girls what they noticed about trying on different roles and attitudes by changing their tone of voice. Ask them, What roles and voices did you like? Which were your favorites? Which didn’t you feel comfortable with and Why?
 - Logs and Leaders- Ask the girls to turn to the Casting Call Log on page 16 of their book. Let them know that filling it out is a step toward their Reach Out! Award. Explain that the log is a place to list all the women they meet in their daily lives and the roles they play. Say: In your Casting Call Log, write down who you saw and the roles they were playing. If you don’t know their names, write their roles. If there are just too many, write a few for now and you can fill the rest later.
 - Take a moment for the girls to share their list with one another.
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5. Snack

- Invite the girls to have some fun drawing creatively with pesto or fruit sauces) on whole grain rice cakes or bread. The sauces can be applied with kitchen brushes or put in a squeeze bottle. What the girls choose to “draw” is up to them.
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6. Closing

- Gather the girls in a circle around the Team Prop Box, and invite them to take turns choosing a prop that looks interesting to them. Ask them to name a role they might use it in and say if it’s a role they already play or might want to try out.