



## **A Step by Step Guide For 2 Meetings!**

Dear Daisy Leader,

Congratulations and welcome to “Jump Start”. You have just taken the first step into the rewarding world of Girl Scouting! This adventure will be as exciting for you as it will be for the girls!

This version of “Jump Start” lays out 2 Daisy Girl Scout Troop meetings meant to fill the gap before you take all your trainings and receive your books. They might also be used for one of those times when you really need a ready made meeting!

So, relax and enjoy your first meetings. You will probably come away full of questions that can be answered at your upcoming trainings!

Your Neighborhood Training Team

Adapted by Liz Ripke, Girl Scouts Columbia River Council from original work by J. Maxwell, Girl Scouts of Broward County.

# ***A Little Q & A!***

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## **Where do I get help?**

Your Neighborhood Service Team and other Leaders are just a few of the people available to help you. An excellent way to help yourself is to evaluate at the end of each meeting with your Co-Leader(s). Evaluate what worked and what you might do differently the next meeting. In addition, review the plans for the next meeting; decide who will be responsible for what and who will bring what.

We suggest that you start a resource list of people who can help you through the year. Include moms, dads, grandparents, neighbors, friends, teachers, other leaders, co-workers - the list goes on and on.

## **What books do I need?**

The *Guide for Daisy Girl Scout Leaders*, The *Daisy Girl Scout Activity Book* and *SafetyWise*. You will receive your *Guide for Daisy Girl Scout Leaders* and *Safety Wise* at your trainings.



## **What books do the girls need?**

The *Daisy Girl Scout Activity Book*.

## **When do the girls get/wear uniforms?**

Daisy Girl Scouts wear their Tunics for the first time to the Investiture Ceremony.



## **Who provides refreshments if we decide to have them?**

To have or not have refreshments is usually determined by the time and place of the meeting and by you and the girls. Many troops/groups develop a schedule for girls to bring refreshments.

## **Anything else?**

The best advice for any new leader is to enjoy yourself and the girls. Have fun, play games with the girls, sing songs with the girls and along the way you will learn, too. Remember, it's not what girls earn (petals) it is what girls learn that is important.

## **Good Luck!**

Make new friends but keep the old,  
One is silver and the other gold.  
A circle is round, it has no end,  
That's how long I want to be your friend.

### First Meeting Objectives:

- Girls and Leaders get to know each other.
- Learn a little about Juliette Low.
- Learn the friendship circle.



### Pre-Meeting Activity:

*Make Trefoil Name Tags.* These name tags should be worn until everyone knows each other's names.

#### Supplies

- Green construction paper
- Yarn
- Colorful pony beads
- Hole punch & scissors

#### In advance of the meeting:

- Trace and cut out Trefoil shapes on green construction paper. (pattern on page 9)
- Write Girls and Leaders names on the shapes.
- Punch a hole in the top.
- Cut lengths of yarn - long enough so the name tags fall mid chest.

#### At the meeting:

- Have girls string a length of yarn through the hole on the name tag.
- Let them add some pony beads.
- Help them tie it off.

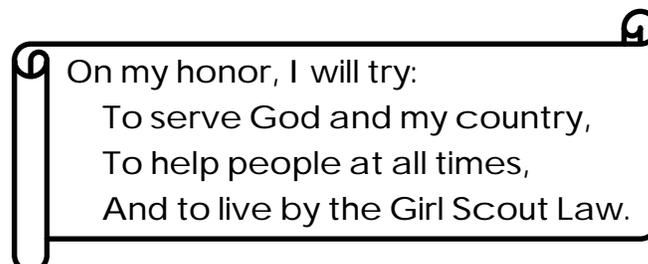
### Opening:

It is important for the girls to know when the meeting has begun and order has been called.

- Asking the girls to sit in a circle and introduce yourself and Co-Leaders.
- Have the girls say their name and something about themselves.
- Talk about some of the things they can do during the year.
- Let the girls express any ideas they might have.

This would be a good time to introduce the Quiet Sign.

*In order to maintain order at lively Girl Scout functions, the leader raises her right hand for silence. The girls follow in the motion; as their hands go up, the conversation stops, until everyone has their hand up and the room is silent.*



### Sharing Time:

- Read the Juliette Low Story below to the girls.
- Next, read it with the girls "acting it out".

### The Story of Juliette Low (An Action Story)

Divide group into smaller groups These will be: Little Girls, Juliette Low, Georgia, Horses, London, Lord Baden-Powell, Boy Scouts and Girl Scouts.

For a small group, give each girl a "word" to listen for and act out.

### Sound Effects:

<b>Little Girls</b>	Stand and giggle
<b>Juliette Low</b>	Curtsey and say "Be My Friend"
<b>Georgia</b> (state of)	Say "Hey, you all"
<b>Horses</b>	Say "Neighhh"
<b>Lord Baden-Powell</b>	Bow formally and say "How do you do?"
<b>London</b>	Sing "London Bridge is Falling Down"
<b>Boy Scouts</b>	Make Scout sign, say "Be Prepared"
<b>Girl Scouts.</b>	"Where's the campout?!"

Once upon a time there was a little girl named **Juliette Low** who lived in **Georgia** and loved to ride **horses**.

After she grew up she went to **London** where she met **Lord Baden-Powell** who founded the **Boy Scouts**.

She was fascinated by the work he was doing.

She studied with him awhile and decided to found a troop of **Girl Scouts** for her friends who liked to ride **horses** in **Georgia**.

So **Juliette Low** said good-bye to the **Boy Scouts** in **London** and came home with the idea that **Lord Baden-Powell** gave her.

She formed a group of **little girls**, who liked to ride **horses** and be together, into a troop of **Girl Scouts**.

And they loved it so much that the idea spread and now there are troops all over the world.

Aren't we glad that a (SPEED UP HERE)

**Little Girl** named **Juliette Low** from **Georgia** who liked **Horses** went to **London** and met **Lord Baden-Powell**, founder of the **Boy Scouts**, and came home to start the wonderful world of **Girl Scouts**!

### Refreshment Time:

10 minutes is plenty of time. To have, or not have, refreshments would depend on when and where you are meeting. If your meeting takes place right after school, you might want to do this at the start of the meeting.

### Main Activity:

#### Daisy Chain Crown

Materials needed:

- construction paper in white, green, yellow and orange
- scissors
- glue
- pencil
- stapler



#### In advance:

- Make a daisy flower out of the white paper. Make the flower about 1-1/2 inches in diameter. Trace and cut 8-12 flowers for each girl.
- With the yellow paper make a circle about the size of a nickel. Trace and cut out centers for how many flowers you have.
- With the green paper make a simple leaf that looks like the shape of an eye. Have the leaf be about 2 inches long and only cut out half the amount you did of the flowers. the leaves go on every other flower.
- With the orange paper cut it into strips. You will probably need 2 strips per girl.

#### At the meeting:

- Take the strips and measure the girls head. Staple the ends together. Have the girls glue the flowers together and glue on the orange paper.

*Be sure to share with the girls that Daisy was the nickname of Juliette Gordon Low - the founder of Girl Scouts!*

### Clean-up time:

Everyone helps at the first meeting. This will help start the process of learning the Girl Scout Law (the yellow petal - to be friendly and helpful). Explain to the girls that a Girl Scout leaves a place cleaner than she found it!

As they are cleaning up you might want to express how they are being helpful in a friendly manner. This is an easy way to reinforce the Girl Scout Law and Principles.



### Optional Game:

If you have time, play one of the games on page 12! Learn one in advance so you are ready!

### Closing:

- Teach the girls the friendship circle and squeeze.
- Explain that the friendship circle stands for the unbroken chain of friendship with Girl Scouts and Girl Guides all around the world.
- Make sure they know this is a quiet time and no one speaks.

### *Friendship Circle*

*Everyone gathers in a circle where they cross their right arm over their left in front of them and hold hands with the people on either side.*

*Once everyone is silent, the leader starts the **friendship squeeze** which is passed from hand to hand.*

*You could also have the girls put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.*



### Evaluation:

It is important for you and your Co-Leaders to evaluate after each meeting.

- Did the girls have fun?
- Did they learn something about Girl Scouting?
- Did everyone participate?
- Did we plan too much or too little?
- Decide who will prepare what for the next meeting.

**You Did It!!!**

**Congratulations on your first meeting!!**

### Second Meeting Objectives:

- Teach the girls the Girl Scout Promise.
- How to form a Daisy Girl Scout Circle and what it is for.
- Introduce the Girl Scout Law.

### Pre-Meeting Activity:

Community Service is an important part of Girl Scouting. Introduce the girls to service by providing crayons and/or markers for the girls to color pictures for **Color-a-Smile**. See directions on page 9. Coloring sheets to copy are on pages 10 & 11.

### Opening:

Teach “The Girl Scout Promise”. Discuss the meaning of the 3 parts of the Promise. This may take several weeks to learn.

On my honor, I will try:  
To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.



### Sharing Time:

Form the Daisy Circle and talk about:

- Why we use a Daisy Circle.

*The job of a Girl Scout Leader is to help the girls progress so that as they get older they are making more and more of the decisions regarding their troop. Daisy Girl Scouts can help make some of the decisions about their troop through the Daisy Circle. Meetings are held about once a month or so for 10-15 minutes and they are led by the Troop Leader. It is best for the Leader to give girls two or three choices to pick from at this age. Decisions could include things such as where to go on a field trip or what kind of service project the girls would like to participate in. Simplicity is the key here.*

When you are explaining these or any other subjects to the Daisies, use simple words and keep your statements short. Repetition throughout the year will help girls understand the ways of Girl Scouting.

### Refreshment Time: (if applicable)

Try one of the recipes on page 13 & 14!



### Main Activity:

#### Girl Scout Law Bracelet

Making this bracelet will serve as introduction to the Girl Scout Law!

#### Supplies

- Enough beads for each girl in the colors noted next to each part of the law below.
- Plastic lacing or other string to place the beads on.

I will do my best to be  
honest and fair, (*light blue*)  
friendly and helpful, (*yellow*)  
considerate and caring, (*spring green*)  
courageous and strong, and (*red*)  
responsible for what I say and do, (*orange*)  
and to  
respect myself and others, (*purple*)  
respect authority, (*magenta*)  
use resources wisely, (*green*)  
make the world a better place, and (*rose*)  
be a sister to every Girl Scout. (*violet*)



As the girls string each bead on, ask them to give you examples demonstrating that part of the law.

### Clean-up time:

Everyone helps.

### Closing:

*Friendship Circle.* Ask the girls if they remember why Girl Scouts have a friendship circle.



### Evaluation:

Evaluate right after your meetings so you do not forget any of your thoughts and ideas. You can also discuss you and your Co-Leaders are doing well and what you might improve on.

- Are we doing too much for them?
- Are the girls responding to our directions?
- How can we make our meeting run more smoothly?
- Decide who will prepare what for the next meeting.

### Looking Ahead

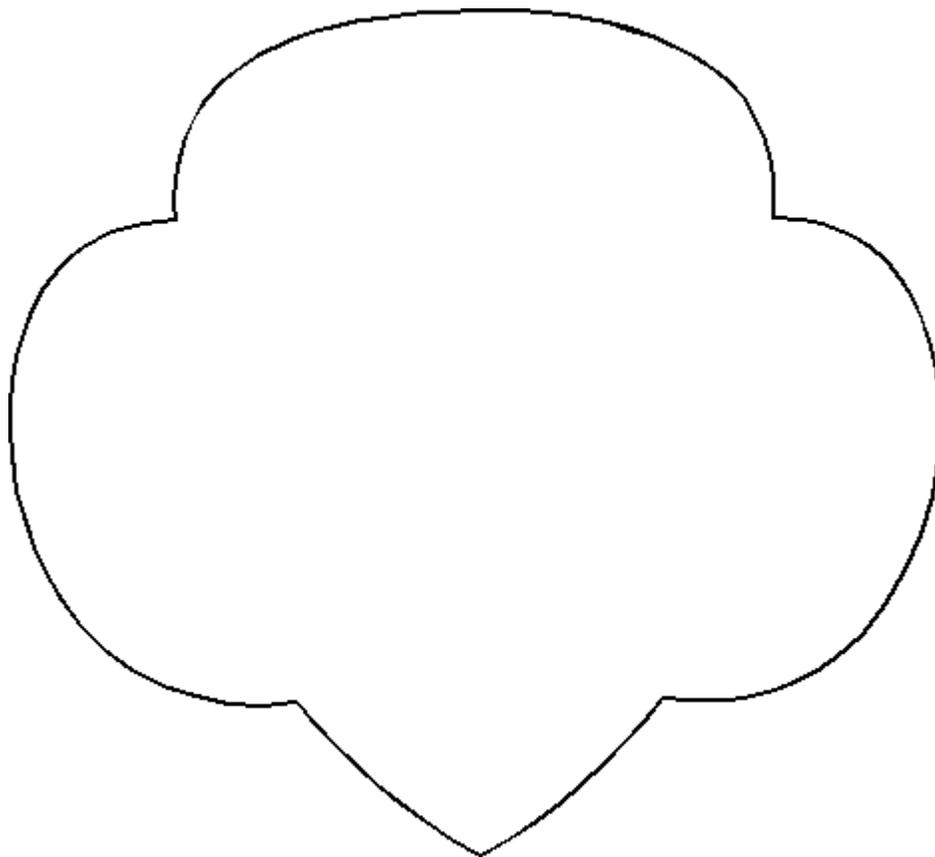
To keep in mind for future meetings:

- Investiture
- Uniforms (*Girls will wear their Tunics for the first time at the Investiture Ceremony*)
- Parent Meeting
- Financial support of the troop

After your training you will be better prepared to address these subjects!

**Great Job!!!**

## Trefoil Name Tag Template



### Color A Smile

A non-profit organization spreading smiles with cheerful drawings

Color A Smile collects crayon drawings from school children. Every month they mail these crayon 'masterpieces' to people throughout the country. Most people hang the drawings on their refrigerator or bulletin boards. There is never a charge to receive these 'smiles'. The majority of the drawings are mailed to senior citizens but they are happy to send 'smiles' to anyone that would like them.

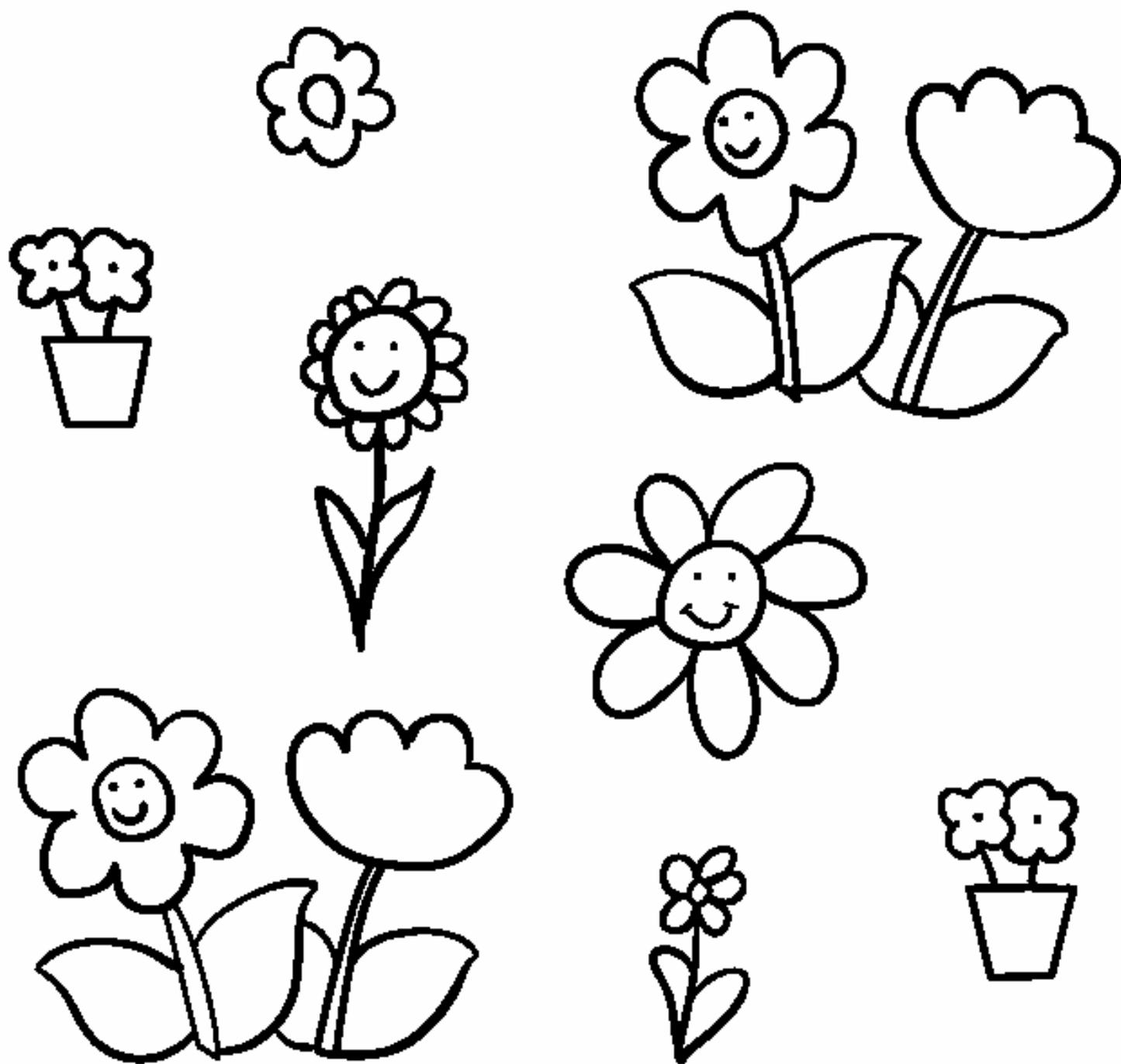
### Instructions to Young Artists

- Choose cheerful, colorful themes. (Avoid "Get Well")
- **Do not** put a date on any drawing.
- Use crayon, marker, or colored pencil.
- **Do not** use glitter, paint or paste.
- Sign the front of the drawing with your first name and age.
- Use one side of the paper only. (No fold over cards)
- Use standard 8 1/2 X 11 letter size paper.

Mail completed drawings to: **Color A Smile P O Box 1516 Morristown, NJ 07962-1516**

Visit [www.colorasmile.org](http://www.colorasmile.org) for more information and more coloring sheets - including seasonal ones!

# FLOWERS EVERYWHERE



Name \_\_\_\_\_ Age \_\_\_\_\_

**Color A Smile**

P O Box 1516

Morristown NJ 07962-1516

A non-profit organization spreading smiles with cheerful drawings.

ph 973-540-9222

[www.colorasmile.org](http://www.colorasmile.org)

# ENJOY THE COLORS OF FALL

NAME \_\_\_\_\_

AGE \_\_\_\_\_

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# **GAMES!!**

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## **Caterpillar Relay**

Each team forms a line and each girl must hold onto the waist of the girl in front of her. They may stretch out as far as possible so long as they don't separate. When the whistle blows, the girl at the back goes down on her hands and knees and must crawl through the legs of the whole group. When she gets to the front she jumps up, her waist gets grabbed, and the girl who is now at the back goes through. You can either do this down to the finish line or down and back (by reaching the turning point and having all girls spin around so they are facing back the way they came).

## **Human Knot**

Girls get in a circle & put their hands all together in the center. Girls grab hands without looking at whose hands they are grabbing.... they are "knotted up" and have to untangle without letting their hands go. They can twist their hands but never let go.

## **Turn the Circle Inside Out**

A circle is formed using all the players. Everyone joins hands and faces the middle of the circle. Everyone closes their eyes and tries to turn the circle inside out so that everyone is facing the opposite direction (outside of the circle) without letting go of each others' hands.

(Hint: the solution is that two players hold up their hands and everyone else follows through underneath.

## **People to People**

The girls dance around to music. When it stops, form pairs. Caller says body parts the partners have to touch together e.g. nose to elbow, ear to knee.

## **Huggy Bear**

Girls dance around. When music stops, call out instructions: "Get in hug-groups of: e.g. a number, everyone with same hair color etc." On the shout of Huggy Bear, everyone crowds into a big hug.

## **Co-op Letters**

In groups of 2-3, make shapes of letters from bodies. Then try words!

## **Amoebas**

Circle of 5 girls face outward, with their arms linked and try to move as one around obstacles.

## **Hedgehog**

Girls skip, run, jump, walk etc around until the leader calls "hedgehog". At this they all crouch on the ground with their heads covered with arms so they can't see. When all eyes are covered the leader places a blanket over one girl and when she is fully covered says "hedgehog". This is the cue for everyone but the covered girl to stand up and guess who the hedgehog (covered girl) is.

## **Quiet**

Split the group into two equal lines facing each other about 3-4 feet apart. Taking turns from one line to the next, one girl walks down the center of the aisle trying not to laugh. She must walk slowly looking straight ahead and her eyes must remain open. She may not smile or laugh.

The girls in the opposing line, tries to make her laugh. They may do anything they'd like as long as they don't make any noise and their feet don't leave the ground. If she succeeds in reaching the end of the line without laughing, she rejoins the end of her line. If she laughs, she joins the end of the opposing line.

The game continues until all the girls are in one line.

# Recipes!!

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## GORP Balls

### Ingredients:

- 1/3 C. dried fruit
- 1/3 C. Cheerios
- 1/3 C. mixed nuts
- 1/3 C. coconut flakes
- 1/3 C. sunflower seeds
- 1/3 C. raisins
- 2 C. peanuts
- 1 C. chocolate chips
- 1/3 C. honey
- 1/2 C. peanut butter

### Preparation:

Combine melted chocolate chips, honey, and peanut butter. This is the "glue" that holds together the mix. Add in the remaining ingredients. Roll into balls.

[www.kidskuisine.com](http://www.kidskuisine.com)

## Puppy Chow

### Ingredients:

- 1 stick butter
- 1 C. peanut butter
- 1 lb. box powdered sugar
- 1 lg Box Crispix cereal
- 12 oz pkg. milk chocolate chips

### Preparation:

Melt margarine, peanut butter and chocolate chips in a microwave on medium setting until melted. Stir. Place one large box of Crispix cereal in a large pan and pour chocolate mixture over top and coat thoroughly. Place 1 lb box of powdered sugar in a grocery bag. Put coated cereal in the bag and shake until powdered sugar covers cereal mixture.

[www.kidskuisine.com](http://www.kidskuisine.com)



## Armpit Fudge

### Single serving:

### Ingredients:

- 2 oz. powdered sugar (1/2 cup)
- 1 Tbsp butter
- 2 tsp cream cheese
- dash of vanilla
- 2 tsp cocoa

### What to do:

Place all ingredients in a sandwich-size plastic zipper-bag (Ziploc (tm), etc). Squeeze out all the air. Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency. Add any favorite flavors or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc). Take out a spoon and enjoy.

### "Patrol-size" version:

### Ingredients:

- 1 lb. powdered sugar
- 1 stick (1/4 cup) butter
- 1 - 3 oz pkg cream cheese
- 1/2 tsp vanilla
- 1/3 cup cocoa

### What to do:

Mix ingredients as above in a one-gallon zipper bag.

submitted by Katie Baron to WAGGGS-L

## Fairy Bread (Australian)

### Ingredients:

- Sliced White Bread
- Hundreds and Thousands (Jimmies/Sprinkles)
- Margarine

### Steps

1. Take the sliced white spread and spread margarine on to the bread.
2. Then take the Sprinkles and spread them over the top of the margarine.
3. Then cut the bread in half diagonally so that it forms 2 triangles.

Then arrange on serving tray and serve.

# Recipes!!

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## Ice Cream in a Baggie

### Ingredients:

- 1 1/2 cups of milk\*
- 1/2 tsp. vanilla
- 1/4 cup sugar
- 2 cups ice
- 1/2 cup table salt
- 1 quart size freezer zip lock bag
- 1 gallon size freezer zip lock bag

\* Half & half or cream will make a richer ice cream

### Directions:

1. Put the milk, vanilla and sugar into the quart size zip lock bag and close tightly.
2. Place the filled quart size zip lock bag in the gallon size zip lock bag.
3. Put the ice and table salt in the gallon size zip lock bag and close tightly, with as little air in the bag as possible.
4. Shake and shake and shake the bag some more. After about 10 minutes of shaking, you should have an ice cream treat to eat! (If too much water accumulates in the large bag, pour out the water, put in a little more ice and salt and continue shaking.)

## Camp Taffy

### Ingredients:

- 1 marshmallow

### Preparation:

Wash your hands well. Place one marshmallow in between your thumb and pointer finger and squeeze together. Place your other thumb and pointer finger over the marshmallow and squeeze. Keep alternating and squeezing while you pull and stretch the marshmallow until it becomes shiny and smooth taffy. This takes about five minutes.

Eat it from your fingers. It tastes sweeter than marshmallows and should be silky and smooth like taffy.

## Astronaut Pudding

### Ingredients:

- 2 (4 servings) package pudding
- 4 cups milk

### Supplies

- Sandwich size Ziploc bag
- Pair of clean scissors
- Measuring cup

### 1 What to do:

1. Put 1 tablespoon of instant pudding (any flavor) in the Ziploc bag.
2. Add 1/4 cup milk.
3. Squish the pudding mix and shake the bag until pudding is more firm.
4. Poke a hole in the bag and suck out the pudding!

## Toadstools

- 1 Saltine cracker
- 1 Small piece of Hershey bar
- 1 tsp Peanut butter
- 1/2 Large marshmallow

Spread peanut butter on saltine cracker. Top with Hershey bar piece and marshmallow. Microwave 20 seconds.



## Girl Scout Sign

The sign is formed by holding down the thumb and little finger on the right hand, leaving the three middle fingers extended. These three fingers represent the three parts of the **Girl Scout Promise\***.

On my honor, I will try:

To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.



*\* The word "God" can be interpreted in a number of ways, depending on one's spiritual beliefs. When reciting the Girl Scout Promise, it is okay to replace the word "God" with whatever word your spiritual beliefs dictate.*

## Girl Scout Handshake

This is the way many Girl Scouts and Girl Guides greet each other. They shake their left hands while making the Girl Scout sign with their right hand. The left handed handshake represents friendship because the left hand is closer to the heart than the right.

## Quiet Sign

In order to maintain order at lively Girl Scout functions, the leader raises her right hand for silence. The girls follow in the motion; as their hands go up, the conversation stops, until everyone has their hand up and the room is silent.

## Friendship Circle

The friendship circle is often formed at the end of meetings or campfires as a sort of closing ceremony. Everyone gathers in a circle where they cross their right arm over their left in front of them and hold hands with the people on either side. Once everyone is silent, the leader starts the **friendship squeeze** which is passed from hand to hand. Often the girls will make a wish after their hand has been squeezed before they pass the squeeze along. Also, in some larger groups, the girls put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

## Girl Scout Slogan

Do a good turn daily.

## Girl Scout Motto

Be prepared.

## Girl Scout Law

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.



## Tips for Teaching Games

1. Choose games according to the ages, interests, and abilities of the group you are working with. Make sure you choose a game appropriate to the site you will be using.
2. Know the game well so you don't have to refer to notes while you are teaching
3. Make sure you collect all the supplies and equipment you will need for the game.
4. Explain the game briefly and get them playing it as soon as possible. Ask for questions before you begin.
5. If the game is complicated, teach a portion at a time letting the girls play each portion as you teach it.
6. Let the girls have fun with the game but stop when necessary to clear up any rules or to answer questions regarding the action of the game.
7. Stop the game after a reasonable amount of time even if some girls are begging to continue.
8. Make sure you make any adaptations in the action or the rules of the game to accommodate girls with special needs in the group.

Make sure you check the playing area for any safety hazards as well as evaluate the game for potential safety problems *before* you play the game with the girls.

## Tips for Teaching Crafts

1. *Be sure to include any safety instructions that are necessary for the activity.* If you are working with young Brownie or Daisy Girl Scouts, don't assume too much. They may not know how to hold the scissors or the fact that they shouldn't run with them.
2. *Give adequate instructions for the activity.* Keep these instructions simple. If the activity is simple, little instruction may be necessary; however, if it is very involved or is a new activity, give the instructions twice and then ask if there are any questions. For extremely complicated activities it may be necessary to break the instructions into sections and teach one section at a time.
3. *Have enough equipment and supplies on hand.* At most, two people can share supplies. More than that and the girls tend to get frustrated at having to wait and the activity is less enjoyable.
4. *Be sure that the craft is suitable for the age child you are working with.* If the project is too difficult, the child will become frustrated. If it is too simple, the child may become bored.
5. *Allow enough time for the activity.* Remember that different girls work at different speeds and most girls will take longer to make a craft than you can make it yourself. Having something extra to do for those who finish early is also a good idea or you could have them help the girls who have not finished yet.
6. *If necessary, prepare your meeting for the craft activity.* Covering surfaces for messy projects will make clean-up much easier. If supplies can be divided in advance it is easier to hand them out.
7. *Do the activity yourself before you give it to the girls to complete.* This way, you will be able to identify the pitfalls and problems that may occur with a particular craft. You can also adjust, if necessary, the directions to make the project easier.

## Tips for Teaching Songs

1. Be familiar with the song so you don't need to use a song sheet or book as a "crutch".
2. Sing the song through first.
3. Say the words phrase by phrase and have the group repeat.
4. Sing the words phrase by phrase and have the group repeat.
5. Sing the song together 3 times or until known - but don't wear it out.
6. If a song has several verses, teach one verse at a time.
7. Begin with simple songs and move on to more difficult ones later on.
8. You give the starting note. Avoid pitching the song too high or too low.
9. Songs may be taught using tapes or CD's as well, just follow the procedure above.