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First Four Meetings

For Junior Girl Scouts



2457 - 7/03



INTRODUCTION TO THE FIRST FOUR JUNIOR GIRL SCOUT MEETINGS

In a survey conducted with girls in our council they said: *“I want to do fun things, not just sit in a room.” “Kids our age don’t like lectures. They like doing stuff.”*

As troop leaders it is important to have **A**wesome, **L**ively, **I**nteractive, **V**aluable and **E**xciting meetings. We want every troop meeting to have at least 3 of the **ALIVE** characteristics.

To determine how much **ALIVE** emphasis you need; answer the following question:

Do your girls leave your troop meeting saying: (check one)
_____ “That was so cool, I can’t wait to come back!” OR
_____ “That was so boring!”

Which one would you check if you attended your meeting?

Girls want fun and excitement. They don’t want to go to school when school is out. We want girls to learn and grow while they have fun. Look at the word **ALIVE** at the top of this page. If you have every part of your meeting with at least 3 of those characteristics, then your meeting will begin to become **ALIVE!**

Use these suggestions to help you get started on an **ALIVE** meeting plan.

Sharing – instead of general sharing, ask the girls to share on a specific subject. For example – what is your favorite food and what sounds of enjoyment would you make while eating it? Or – do a quick go round of each girl and ask her who her favorite singer is.

Business – make up a song or a sound while each girl pays her dues. The whole group sings or makes the sound while dues are being collected. For paperwork that needs to be collected, try a relay race to collect the items with the winning team getting to choose a game to play later at a break.

Planning – Use different ways of getting information from girls. Try blindfolding them and using hand raises, or “yes” and “no” cards that only the leaders can see. To brainstorm safety rules, gather your girls in a circle, begin by having the first person tell one safety rule. Then next girl repeats the first rule and then adds her own and so on until all the girls have had the opportunity to share.

Major Program Activity – Use your creative ideas and the creative ideas of the girls and their parents. Here is the way creativity can work with a badge. Badge Name: Field Sports Activity #5. Look at the footwear for three different sports. What is the special feature of each? I'm not sure I would call that exciting. What could be done is: Borrow enough sports shoes for each girl to have one. Have a sport shoe fashion show. Dividing into groups, give the girls 10 minutes to develop a commercial for their product. As the commercial takes place, have an announcer relate additional information about the shoe.

Clean-Up – Whistle while you work may help but some girls may not be able to whistle. Girls could make up a clean up song or cheer. Ask the girls how clean up can become fun for them.

Closing – Have the girls get in a circle. Then have all the girls face right. Have the girls tighten the circle until they almost touch each other. At one time (or the count of 3) have the girls sit down. They should be sitting on the lap of the girl behind them. As they sit, ask them what would make their next meeting fun.

Quick Tips for **ALIVE** meetings:

- ☺ Let the girls tell you what would make the parts of the meetings fun and then use their ideas.
- ☺ Keep the meetings balanced– alternate quiet and active programs.
- ☺ End on a high note so the girls leave feeling geared up.
- ☺ Use girls as a resource. They can teach or lead songs and games.
- ☺ Have short bursts of activity. Stop for a song, game or food – then go back to what you were doing.
- ☺ Do what the girls like doing.

Girl Scouting does make girls strong – the girls just want to grow strong and have fun doing it.

SAMPLE JUNIOR GIRL SCOUT MEETINGS

On the following pages, you will find sample meeting plans. Choose any of the activities that fit your girls and your meeting place. If you feel comfortable "doing it your way" do so.

See the *Guide for Junior Girl Scout Leaders* page 36-37 for meeting planning helps.

Junior meetings are usually scheduled once a week or twice a month, for 60 to 90 minutes. Leaders and girls determine what schedule works best for them.

An explanation of the words in ALL CAPITALS can be found in the glossary in the GSVSC Volunteer Resource Manual.

START-UP ACTIVITY: should be available to the girls as they arrive. It can be worked on until the official meeting starts and should correspond with the general theme or focus of the meeting.

OPENING: is used to officially start the meeting. It will help to focus the girls' attention on ideas they will be working with during the meeting. An opening activity can be a song, game or ceremony.

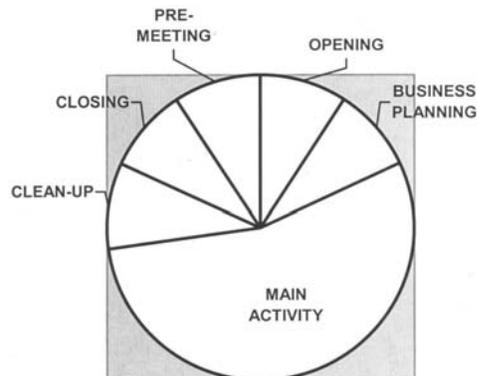
BUSINESS/PLANNING: Junior Girl Scouts have three types of troop government to choose from. The Patrol System, Town Meeting, and Executive Board system all give an opportunity to be a leader and practice leadership skills while planning and organizing activities. The choice is up to the girls and the leaders. Page 24-25 in the *Junior GS Handbook* describes the 3 types of government.

ACTIVITIES: are the primary focuses of the meeting. Remember—Keep the meeting **ALIVE!**

CLEANUP: can be conducted by using a KAPER CHART to fairly divide responsibilities. Make sure the girls understand what "clean" means. Also, give praise for a job well done.

CLOSING: is the end of the meeting. May be a friendship circle, song, or other appropriate ending. Reminders - Be sure to remind the girls of any special things they need for the next meeting; for example: permission slips, special dress, or material for a special project.

REMINDERS: Be sure to remind the girls of any special things they need for the next meeting; for example: permission slips, special dress or material for a special project, or dues.



SAMPLE JUNIOR GIRL SCOUT MEETING

Getting Started:

On the following pages you will find plans for your first 4 troop meetings. On page 36-37 of the *Guide for Junior Girl Scout Leaders* you will find information about planning troop meetings.

When working with these meeting plans you may run the meetings as described in the plan or substitute activities that fit your troop better.

An explanation of the words in ALL CAPITALS can be found in the glossary in the GSVSC Volunteer Resource Manual.

Junior Girl Scout meetings are scheduled weekly or bi-weekly for 60 to 90 minutes. The times given in the sample meetings can be adjusted to meet the needs of your troop.

Familiarize yourself with all you will be teaching and gather the supplies you will need in advance.

Prepare a game and a song as backup in case you have extra time in the meeting or just need a change of pace.

Plan ahead for the rededication/investiture ceremony by ordering the Girl Scout pins for the new girls in the troop from the Skyline shop in Roanoke or Charlottesville.

Meeting 1

Getting Started:

You will need to make a temporary KAPER chart for this meeting.

You may want to use an IT and OTHER bag. IT Bag is a fair way to choose it for games or kapers. Use two lunch bags; one marked 'IT' and one marked 'OTHER'. Put a card with each girls' name on it in the IT bag. When you need IT for a game, pick one card then put the card in the other bag. This way everyone gets a chance to be IT.

It is a good idea to have a kaper chart for the troop. A KAPER CHART shows which girls are helping with particular tasks such as opening ceremonies, snacks, supplies, or cleanup. These tasks are called kapers. That is why the chart is called a kaper chart. This system allows girls to volunteer for responsibilities and to alternate their tasks for each meeting. You can use the kaper chart with the cards from the It/Other Bag. Each week you can draw the

MATERIALS NEEDED:

Guide for Junior G.S. Leaders
Junior G.S. Handbook
Junior G.S. Badgebook



MATERIALS NEEDED:

Brown lunch bags
Markers
Scraps of paper and/or material
Scissors
Glue Sticks



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names for the jobs from the It bag and attach them to the appropriate place on the chart.

If you decide that you want your troop to use a TREAT BUCKET which is any durable, reusable, washable container in which the girls may bring the meeting snack; sent home weekly with a different girl, you will need to have a treat bucket for your meeting. This is one way to remind the girls who will bring the snack the next week. You can also do this by sending notes home or communicating directly with parents.

PRE-MEETING ACTIVITY

Paper Bag Puppets: Have puppet materials spread out. Explain to girls as they arrive, they should decorate bags to make puppets that represent them. Clothing and accessories can reflect the individual girl (i.e., a puppet that has shorts, T-shirt, and a softball glove tells something about the girl's interests.) A sample puppet of the leader should be available.

OPENING

Each puppet should introduce the girl who made it, telling the girl's name and some of her likes and dislikes.

BUSINESS/PLANNING

Try using the Town Meeting System to do the following:

1. Discuss the QUIET SIGN and TALKING SIGN. See page 9 of *Junior Girl Scout Handbook*. Learning these traditions helps fulfill requirement #4 of the Girl Scouting in the USA badge page 6-7 in the *Junior GS Badge Book*.
2. Troop finances/dues: How much and how often will the dues be collected? Let girls decide as long as their decision is reasonable.
3. Snacks: Do they want to have one at each meeting? How to share the responsibility? Introduce the TREAT BUCKET or KAPER CHART as a way of sharing the responsibility fairly and in a rotating manner.
4. Uniforms: What do they need? Are uniforms required? See pages 14-15 of *Junior GS Handbook*. The sash or vest to display insignia and recognitions is the most vital piece of the uniform.



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ACTIVITY

1. Review or teach the Girl Scout Promise (page 6 *Junior GS Handbook*). The Promise has three parts which explains why we hold up the three middle fingers of the right hand when we say it. This is the Girl Scout Sign. See page 9 *Junior GS Handbook*.
 2. Have the girls repeat each part of the Promise while giving the Girl Scout Sign. If the girls are experienced Juniors practice will not be necessary. It will take repetition at several meetings to learn the Promise by heart.
 3. Talk about what the parts of the Promise mean. See page 7 of *Junior GS Handbook*.
 4. Group Building Games. Non-competitive games to build group spirit in the troop. Do as many and as often as time allows.
- ☺ The Giant's House. Divide girls into groups of 4 to 6. The Leader says, "We are going to visit a giant's house, where everything is enormous." Each group finds space in the room. The whole troop sings: "Come inside the giant's house (repeat three times) and see what you can see." (Tune: Polly Put the Kettle On or you can use any tune that is familiar to you and the girls.)

When the song is over, the Leader says, "I see the giant's sofa." or teapot, vase, piano, etc. Each group then makes themselves into the object. The group must use all its members. After all are done, the girls sing the song again and the leaders call out a new item.

- ☺ One-Two-Three-Four – Have each girl find two people wearing the same color socks as she is. The three stand facing each other holding one hand in a fist in front of them. Girls shake their fists up and down four times and chant together, "One, two, three, four." On a count of four each girl puts out any number of fingers from zero to five. The object of the game is, without talking to each other, for the three girls to have exactly eleven fingers out. Once everyone has reached eleven, try getting twenty-three with two fists.

Junior G.S. Handbook

Large piece of paper with the G.S. Promise written on it.

A blank piece of paper to record the girls' answers to what the parts of the promise mean.



Continued

- ☺ **Human Jigsaw Puzzle.** One girl volunteers to lie on the floor. Two more girls lie next to her fitting themselves in closely like a jigsaw piece. The rest of the girls join them, each fitting in like a puzzle piece. The leader says, "Notice where you are. Who is next to you; at your feet; at your head." Everyone gets up and forms a large circle. When the leader says "go" the girls have to remake their human jigsaw puzzle. The leader counts out loud while girls remake puzzle. This activity can be repeated in an effort to better the girls' time.

CLEAN-UP

Use a kaper chart to fairly divide the jobs. Everyone should cleanup and pick up their personal things.

CLOSING

Form a FRIENDSHIP CIRCLE. Ask one of the experienced Juniors to teach everyone how to make a friendship circle, how to do the friendship squeeze and how to turn out of the circle to leave.

Meeting 2

PRE-MEETING ACTIVITY

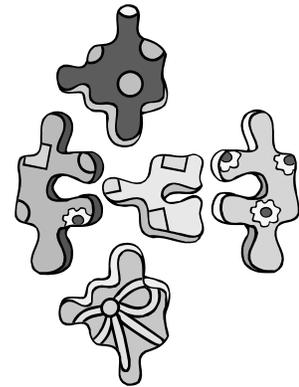
Interview: As the girls arrive, give them a blank piece of paper and a pencil and pair them off. Each girl interviews her partner. She needs to find out 10 facts about her partner and her partner needs to find out 10 facts about her. They write the information on the paper. Each girl share one new thing she learned about the girl she interviewed.

OPENING

If you have experienced girls in the troop, ask them to demonstrate the ceremony for the opening. Teach a simple flag ceremony. After practicing a few times, actually do a ceremony for your opening. Be sure to use the Kaper Chart for choosing flag bearer. If the troop does not have a flag, borrow one from another troop or draw a picture of one for practice.

BUSINESS/PLANNING

1. Take attendance, collect dues, have treat. Kaper chart should include these jobs so that everyone has a chance do one of them.



MATERIALS NEEDED:

Junior G.S. Handbook
Junior G.S. Badge Book
Pencil for each girl
Blank paper for each girl

Flag on a pole, flag stand



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2. Discuss having an Investiture/Rededication Ceremony. See pages 12 and 13 of the *Junior GS Handbook*. This is an appropriate way to welcome girls into Girl Scouting and to begin each year. A sample ceremony is included in this packet. Be sure to let the girls make decisions about what they would like in the ceremony. On page 13 of the *Junior GS Handbook* there is a Ceremony Worksheet the girls can use. There is also information on the Girl Scout website: www.girlscouts.org.

Things to consider:

- a. Will there be refreshments?
- b. Who should be invited? Do we need to make invitations?
- c. Will there be entertainment?
- d. What will the ceremony consist of?

The investiture/re-dedication ceremony will fulfill requirement #3 for the Girl Scouting in the USA badge on page 7 of the *Junior GS Badgebook*.

ACTIVITY

1. Make and play the Egg Carton and Ball Game found on page 37 of the *Guide for Junior GS Leaders*.
2. Prepare the egg cartons as instructed.
3. Have the girls try the game individually.
4. Try the game in with two players.
5. By making this game and playing it the girls are getting started on the Toymaker badge on page 173 of the *Junior GS Badgebook*. This could be used toward requirement #10.
6. If there is time repeat one of the games from last week.

CLEANUP

Use the kaper chart to determine who is responsible for cleanup at this meeting.

CLOSING

Form a FRIENDSHIP CIRCLE. Ask the experienced girls to teach "Make New Friends. Sing it all together.

Ceremony Worksheet
 Use this as a guide for planning your own ceremony.
 Name: _____
 Date: _____
 Location: _____
 Number of girls: _____
 What time will the ceremony start?
 What time will the ceremony end?
 What will be the theme of the ceremony?
 What will be the purpose of the ceremony?
 What will be the main activity of the ceremony?
 What will be the closing activity of the ceremony?
 What will be the closing prayer of the ceremony?
 What will be the closing song of the ceremony?
 What will be the closing words of the ceremony?
 What will be the closing blessing of the ceremony?
 What will be the closing benediction of the ceremony?
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 What will be the closing benediction of the ceremony?



1 egg carton per girl
 1 ping pong ball per girl
 Permanent markers to write the numbers on the cartons especially if using Styrofoam cartons
 Scissors



Continued

Meeting 3

PRE-MEETING ACTIVITY

What does the Girl Scout Law mean? As the girls come in ask them to take a piece of paper with a part of the Law written on it. Then ask them to draw what that means to them.

OPENING

Talk about the GIRL SCOUT LAW found on page 6 *Junior GS Handbook* as a code of behavior all Girl Scouts try to follow. Have the girls share their drawings of the meaning of the parts of the law. Talk a little bit about each part and it's meaning in everyday life.

BUSINESS/PLANNING

1. Take attendance, collect dues, serve treat. Determine which girls do these jobs by using the kaper chart.
2. Making Choices as a Troop. Brainstorming. Do step 1 in "Making Plans in Girl Scouting" on page 70, *Junior GS Handbook* by having a brainstorming session. Remember to stress the brainstorming rules: lots of ideas, everything counts - no matter how silly or impossible it may sound and no criticism of ideas. Using the ideas from the brainstorming session, follow the techniques for Getting Groups on Track page 22 *Junior GS Handbook* to make decisions about what they would like to do for pre-meeting activities, openings and closings. Once they have a list of things for each category have them vote on what to do at the next meeting. Moving to designated sections of the room is an acceptable method of voting. If peer pressure is strong, secret ballot is appropriate.
3. Make a kaper chart for the next meeting including who is responsible for the pre-meeting activity, the opening and closing. Make sure the girls include what supplies are needed and who will be bringing them.

ACTIVITY

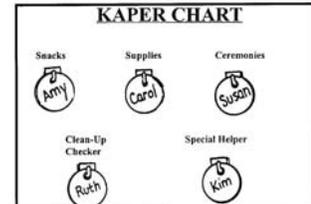
Use the *Junior GS Handbook* pages 96-99 for this activity.

Making Choices for Myself. Present the girls with some choices they might make like: places to eat, movies to see, vacation ideas, what to do after school.

MATERIALS NEEDED:

Crayons
Paper for drawing
Each part of the Law written on a small piece of paper.
Junior G.S. Handbook – the Law is on page 6

Kaper Chart



Put the 7 Decision Making Steps on a large piece of paper.

Continued

Limit choices to two or three for each category. Designate one section of the room for each choice. Have the girls move to the part of the room matching their choice. Then ask some of the girls to explain why they made the choice they did. No answer is right or wrong. Repeat as time and interest allow.

Discuss who might help to influence the choice: friends, parents, and advertisements?

Divide the girls into pairs. Ask each pair to go through the Decision-Making Story Maze on pages 98 & 99 in the *Junior GS Handbook*.

Ask the girls what they learned. (i.e., What is important to them; everyone is different; making choices is difficult.)

Have another brainstorming session for ideas for future meetings and activities. Remember to stress the brainstorming rules: lots of ideas, everything counts - no matter how silly or impossible it may sound and no criticism of ideas. If they are having difficulty coming up with ideas, ask questions to get them started. Such as, what is something you'd like to learn? What is something you'd like to do for someone else? What is something you'd like to make? What badges would you like to earn? Keep the list for a future meeting.

CLEANUP

Use kaper chart to determine who does what.

CLOSING

Say the Girl Scout Promise as a troop. Leader reads the Girl Scout Law. Ask girls to think about how "Trying" involves making choices and decisions. Trying to live by the Girl Scout Law is a choice.

Using your troop kaper chart, have the girls determine who is responsible for the Pre-Meeting activity, opening and closing for the next meeting.

MEETING 4

Getting Started:

Don't forget to get the pins for the rededication/investiture ceremony.

Pre-print invitations to the ceremony, leaving space for the girls to decorate them.



Large paper and marker to write down brainstorming.



MATERIALS NEEDED:

Invitations for the rededication/investiture
Crayons or markers
Pens

Continued

PRE-MEETING ACTIVITY

Girls' responsibility - use troop kaper chart to remind the girls.

OPENING

Girls' responsibility - use troop kaper chart to remind the girls.

BUSINESS/PLANNING

1. Take attendance, collect dues, have treat.
2. Finalize plans for investiture/rededication.
3. Discuss the different types of troop government. See information in *Junior GS Handbook*, pages 24-25. Remind girls how they have used the Town Meeting and a modified Patrol System. Which do they think will work best for them? The ways girls decide to do work may change based on the activities planned, but a consistent form of troop government is needed to help make it easier for decision making and getting things accomplished.

ACTIVITY

Preparations for Investiture/Rededication.

1. Practice ceremony
2. Make invitations

CLEAN UP

Use kaper chart to determine responsibilities.

CLOSING

Girls' responsibility - Use troop kaper chart to remind the girls.

FUTURE MEETINGS

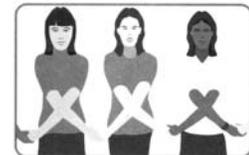
Investiture/Rededication should take place at meeting five or six.

Future meetings should be based on the ideas girls have decided to pursue at meeting 4. Allow time in the schedule for Leaders' Choice also.



Ceremony supplies like candles, matches, flag, flag pole and stand

Invitations printed to decorate



REDEDICATION/INVESTITURE BY CANDLELIGHT



Equipment: A table, three tall white candles, three candlesticks, one taller than the others and ten medium size white candles. The first three candles symbolize the three parts of the Promise and are placed on the table behind the leader. The ten medium sized candles represent the parts of the Law.

Ceremony:

The leader takes her place before the table. "Now we are about to receive into the Girl Scout sisterhood the girls who have proven themselves ready to become Girl Scouts. The investiture is their first great international bond for it is by this same Promise the world over that girls, regardless of their nationality, creed or race, become part of our world wide movement."

Standing aside the Leader continues:

"This Promise is in three parts. That is why our pin is in the shape of a trefoil; first part concerns serving God and my country.

One of the experienced Juniors lights the center candle.

The leader says: "The second is to help people at all times."

Another experienced Junior lights the second candle.

The leader says: "The third is to live by the Girl Scout Law."

Another experienced Junior lights the third candle.

At this point the ten girls representing the Law come forward, five on either side of the table and light their candles as each repeats her part of the Law. (Each smaller candle is lighted from the larger center one).

The Leader says: "Every great movement has a code of behavior. The Girl Scout code is the Promise and Law."

The rest of the troop members now come forward in an orderly fashion and form a horseshoe around the table.

At this time, the girls to be invested are brought forward to the leader by their patrol leader or other troop members. Each new girl is presented to the Leader by a troop member who says:

"_____ wishes to become a Girl Scout."

The Leader asks the new girl to say her Promise, helping her if she has difficulty. When the Promise is made, the leader pins the girl saying:

"This pin tells everyone you are a Girl Scout. I know you will wear it proudly."

After all new members have been invested; the leader or designated girls may say a few additional words of welcome to Girl Scouting and to the troop. The invested girls take their places with the troop.

A closing song such as, When Ever You Make a Promise is appropriate at this time.

