



A Step by Step Guide For 2 Meetings!

Dear Junior 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 Junior 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!

Where do I get help?

Your Neighborhood Service Team and other Leaders are just a few of the people available to you. At the end of each meeting, meet with your co/assistant leaders; evaluate what worked and how it might be done next time. 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.



Who will help me with cookies?

One of the parents will help. Many of the troop/group needs will be met at the parents meeting. Let parents know what help is needed, that a good troop is a partnership between girls, leaders and parents and then ask for help.



When do the girls get uniforms?

Wait until after the girls have had a chance to talk about the kind of uniform they would like to wear for the next 3 years.

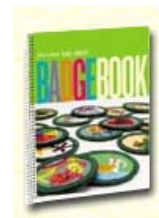
What books do the girls need?

The *Junior Girl Scout Handbook* and the *Junior Girl Scout Badge Book*.



What books do I need?

The *Guide for Junior Girl Scout Leaders*, The *Junior Girl Scout Handbook*, *Junior Girl Scout Badge Book* and *SafetyWise*. You will receive the *Guide for Junior Girl Scout Leaders* and *SafetyWise* at your trainings.



Who provides refreshments, if we decide to have them?

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

Any other advice?

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 is not what girls earn (try-its, badges, patches) 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.
- Introduce the Kaper Chart
- 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, fun beads
- Hole punch & scissors

In advance of the meeting:

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

At the meeting:

- Have girls write their names on the Trefoils.
- Have girls string a length of yarn through the hole on the name tag.
- Let them add beads.
- Have them tie it off.

Opening:

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

- Introduce yourself and the other leaders.
- Briefly tell the girls why you want to be a Girl Scout Leader.
- Tell something funny or amusing about yourself. Have your Co-Leaders do the same
- Now, it is the girls turn to introduce themselves and state what they like to do or maybe their favorite game or food.

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.

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.

Business:

It is important for the girls to know when the meeting has begun and order has been called. This can be done at the first meeting by:

- Discuss the routine troop responsibilities and help the girls form a basic "kaper chart" (you will expand on this after your training). Decide who will do the following for today's meeting,
 - Attendance taking
 - Assist in collecting dues
 - Clean up
 - Serving refreshments
 - Other

The chart can be changed at the end of every meeting or at every other meeting. Let the girls decide.

- Decide if you will be having snacks at your meetings. Will you rotate who brings them?

A Little Fun:

- 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:

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

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:

Use your new Kaper Chart!

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 14! Learn one in advance so you are ready!

Closing:

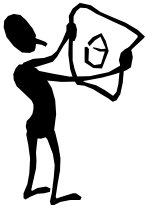
- Teach the girls the friendship circle and squeeze.
- Explain that the friendship circle stands for the unbroken chain of friendship with Girl Scouts and Girl Guides all around the world.
- Make sure they know this is a quiet time and no one speaks.

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.
- Introduce the Girl Scout Law.
- Brainstorm ideas for the year.

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. Original drawings are also acceptable!

Opening:

Teach “The Girl Scout Promise”. Discuss the meaning of the 3 parts of the 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.



Business

- Designate today’s Kaper Chart duties.
- Does anyone have any questions?

Main Activity:

Brainstorm about what the girls would like to do this year.

Supplies

- Poster Board
- Photocopied petals - one for each girl. (page 13)
- Pens
- Tape for back of daisy petals

In advance of the meeting

- Cut out petals.
- Summarize the 4 program goals on top of the poster board. (page 12)
- Draw or make a center for the daisy on the board.

At the meeting

- Have each girl write 3 things on her petal:
 - Something she would like to learn this year.
 - Something she would like to do this year.
 - What kind of community service she would like to do.
- Place the petals on the board in the shape of a Daisy.
- Discuss how each choice might figure into one of the Program goals.
- Vote on the top 3 choices of each category.



Refreshment Time: (if applicable)

Try one of the recipes on page 15 & 16!

Clean-up time:

Use Kaper Chart

Optional Game:

If you have time, play one of the games on page 14! Learn one in advance so you are ready!

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:

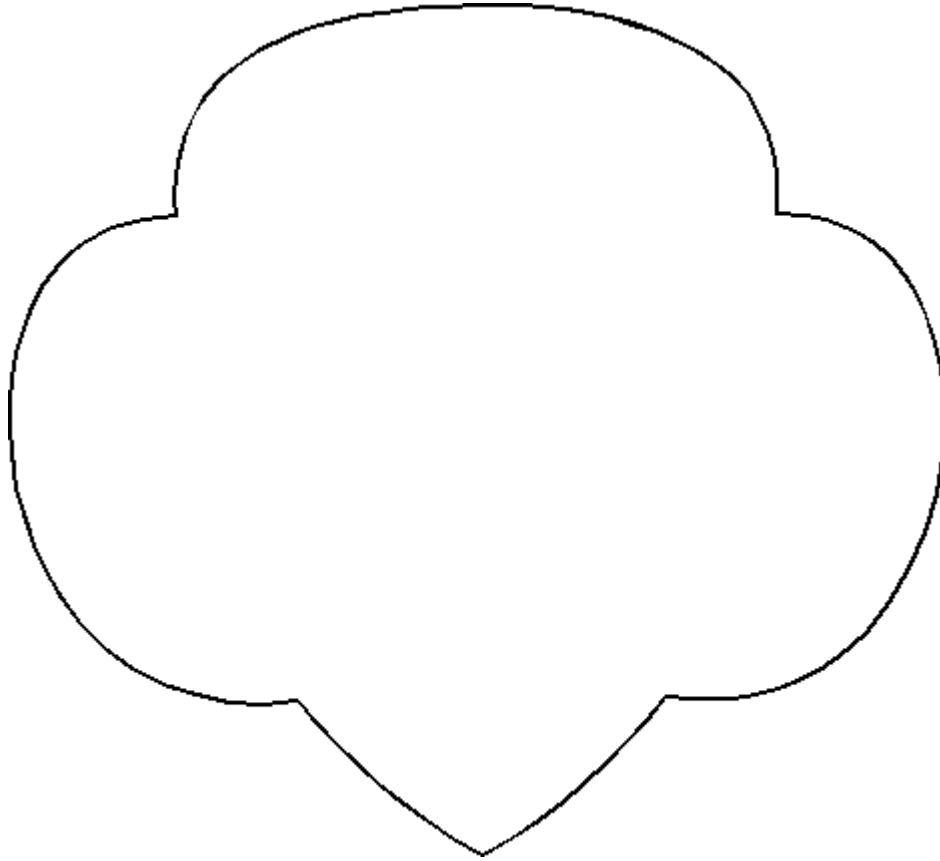
- Investiture
- Uniforms
- Parent Meeting
- Dues

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

Great Job!!!

You're on your way!!

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.

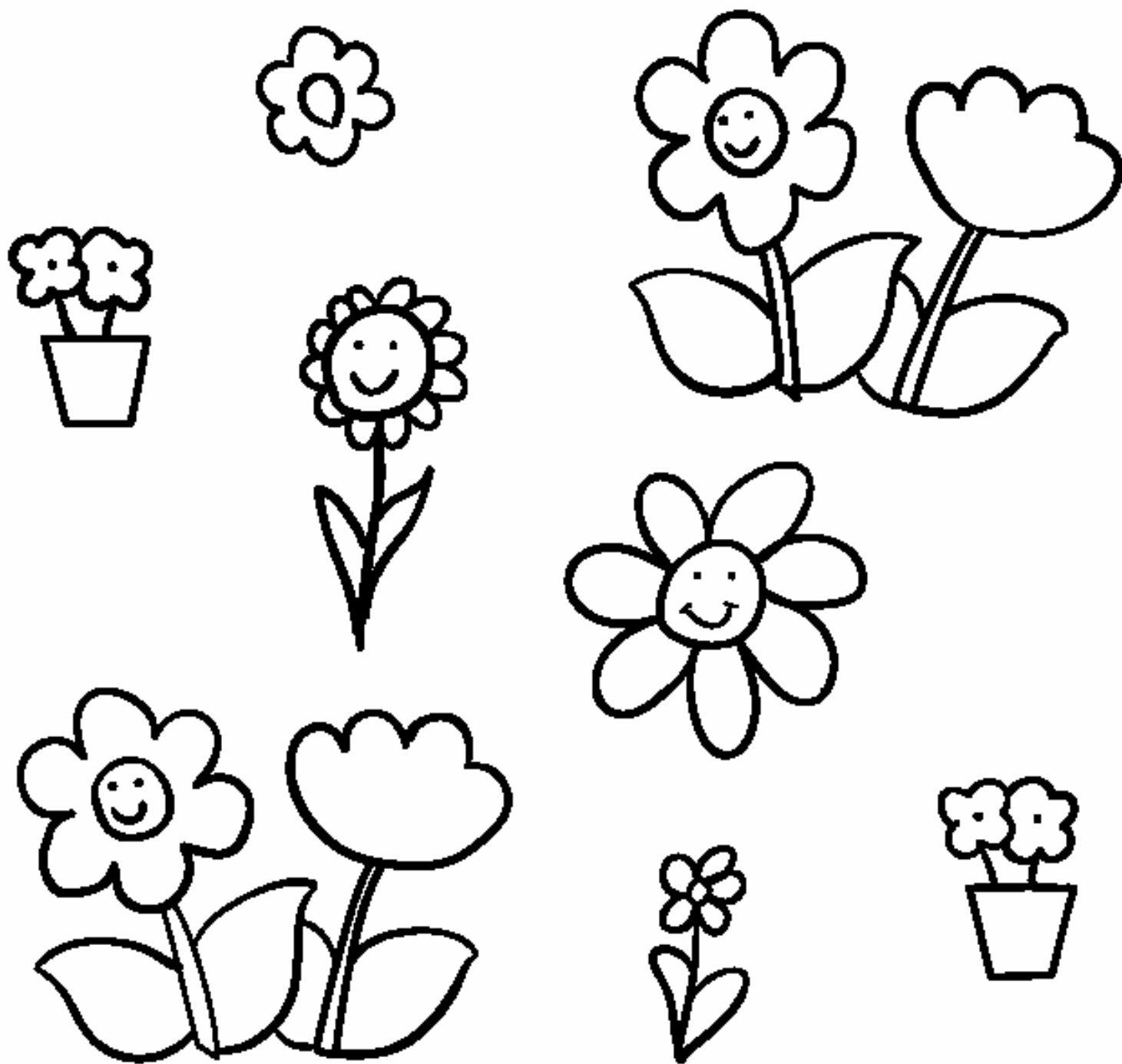
Instructions to Young Artists

- 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 for more information and 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

ENJOY THE COLORS OF FALL

NAME _____

AGE _____

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Program Goals

1. Girls will develop to their full potential. *Girl Scouting will:*

- Foster girls' feelings of self-acceptance and unique self-worth.
- Promote girls' perception of themselves as competent, responsible, and open to new experiences and challenges.
- Offer girls opportunities to learn new skills.
- Encourage girls' personal growth.
- Allow girls to utilize and practice talents and abilities.

2. Girls will relate to others with increasing understanding, skill, and respect. *Girl Scouting will:*

- Help girls develop sensitivity to others and respect for their needs, feelings, and rights.
- Promote an understanding of individual, cultural, religious, and racial differences.
- Foster the ability to build friendships and working relationships.

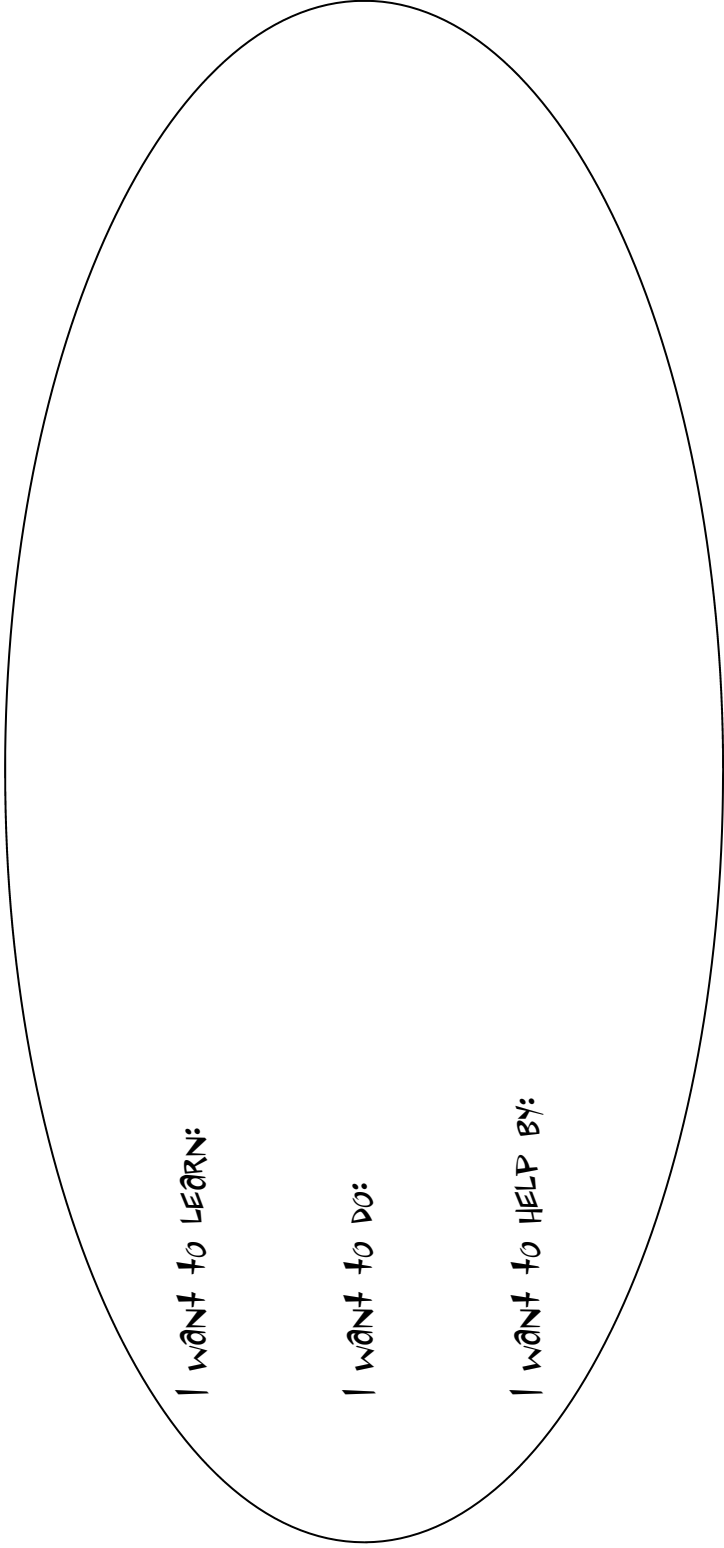
3. Girls will develop a meaningful set of values to guide their actions and to provide for sound decision-making. *Girl Scouting will:*

- Help girls develop meaningful values and ethics that will guide their actions.
- Foster an ability to make decisions that are consistent with girls' values and that reflect respect for the rights and needs of others.
- Empower girls to act upon their values and convictions.
- Encourage girls to reexamine their ideals as they mature.

4. Girls will contribute to the improvement of society through the use of their abilities and leadership skills, while working in cooperation with others. *Girl Scouting will:*

- Help girls develop concern for the well-being of their communities.
- Promote girls' understanding of how the quality of community life affects every member of society.
- Encourage girls to use their skills to work with others for the benefit of all.





I WANT TO LEARN:

I WANT TO DO:

I WANT TO HELP BY:

GAMES!!

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!!

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

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



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!!

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.