



OPTIONS

Program Guide for Junior Girl Scout Leaders



OPTIONS

Girl Scout leaders today are usually juggling some combination of family, career, volunteer commitments and leisure activities. Finding the time for all of these could, at best, be described as difficult. Planning time is even more precious. Here, then, are *OPTIONS* for the busy Girl Scout leader. *OPTIONS* are offered for each of the five levels of Girl Scouting: Daisy, Brownie, Junior, Cadette and Senior Girl Scouts.

Each set of *OPTIONS* is designed in the same fashion. They offer nine months of troop meeting ideas from September through May. They additionally present a collection of openings and closings to be mixed or matched at meetings throughout the year. To implement *OPTIONS*, certain resources are necessary. Each *OPTIONS* identifies those resources considered primary (used at nearly every meeting) and secondary (used at certain specific meetings).

OPTIONS should be used as meeting outlines for planning your own calendar of troop meetings or used occasionally when you've had little or no time to plan. *OPTIONS* is here to help you – do not think your troop year must be planned around what is written here. The girl/adult partnership always has been a fundamental concept in Girl Scouting; it is one of our unique strengths and values. In Girl Scouting, a girl can learn to make decisions, accept the consequences of those decisions, and help plan activities for her troop or group. It is difficult to stand back and let someone else participate in decisions when they obviously aren't as well equipped as we are. But that is exactly what we need to do if we sincerely want to help girls learn the decision making process.

So feel free . . . to change, adapt, modify and use *OPTIONS* in planning your troop year. Additional ideas and options for troop meetings and activities can be found in *The Junior Girl Scout Leader Guide Book*, PEP Session Packets, the current issue of *Leader Program Bulletin (LPB)* and at PEP Session programs hosted by the Resource Center, which highlight available resources.

FYI: Training is the most important tip we can offer to first time and repeating Girl Scout Leaders. Junior Leader survey responses say that Introduction to Girl Scouting, Junior Basic Age Level courses and other trainings have offered immense support. Check the current issue of the *Volunteer Development Bulletin* for dates, times and locations.

JUNIOR GIRL SCOUTS

Junior Girl Scouts are ages 8-11 or grades 3-6. The Junior Girl Scout troop offers girls an opportunity to experience decision making and different forms of troop government (particularly the Patrol System) to discover new interests through work on badges, and to potentially earn the Girl Scout Bronze Award – the top honor for Junior Girl Scouts!

Junior meetings can last between an hour and an hour and a half. This time will depend on the type of activities that are planned. Meetings may be held in a school room, church basement or Leader's home, after school, early evening or on a weekend day.

Some things to take into consideration when working with the Junior Girl Scout are:

- ❖ Permission slips, notices of future meetings, parents' letters, etc., should be given to the girls at the end of the meetings as the girls are going home.
- ❖ Involve parents as well as the girls in making decisions and be sure to recruit them to assist you with the troop's activities. A welcoming session or parent meeting for both parents and troop members may be a good way to bring your Girl Scout community together and to review goals for the year.
- ❖ Plan for a discussion time in each meeting. Give the girls an opportunity to tell you what they like to do.

Troop meetings have a certain structure. They should begin with an opening (game, ceremony, Promise, etc.) and can be filled with patch/badge work, hands on activities, a snack and/or time to brainstorm ideas for future meetings. Each also should end with a closing. (See p. 4 for some opening and closing ceremony options – also see p. 11 for the “Meeting Wheel” – a chart designed to assist you with meeting structure and in keeping the activities at each meeting varied.)

Junior Girl Scout Options Resources

Primary:

Junior Girl Scout Handbook (JGSHB)

Junior Girl Scout Badge Book (JGSBB)

Junior Girl Scout Leader Guidebook (JGSLGB)

Leader Program Bulletin (LPB)

Girl Scout Pocket Songbook (GSPSBB)

Secondary:

Perfectly Effortless Program Session Packets (PEP Session Packets) – available at the Resource Center and the G. S. EXPRESS

Cookie Sale Activity Guide – a resource provided by GSUSA (one per troop) that is also available online at www.girlscouts.org

Highlights in Girl Scouting 1912-2001 – provides information on the exciting history of Girl Scouting. (This book is available for purchase in the G. S. Shop and G.S. EXPRESS or for check out at the Resource Center and G.S. EXPRESS.)

Trips and Tours – A resource designed for Girl Scout Leaders to explore the many outstanding venues in and around the St. Louis region. *Trips and Tours* is available online at www.gscgsl.org or at the Resource Center and G.S. EXPRESS.

STUDIO 2B resources – A program option for girls ages 11-17. Check out the following resources to find even more options for activities that your troop will love: *STUDIO 2B Collection 11-13*, *STUDIO 2B Collection 13-15*, *STUDIO 2B Collection 15-17*, *STUDIO 2B Basics*, *Focus Books* (new books will be introduced as they become available), and *STUDIO 2B Guide for Advisors*. All *STUDIO 2B* resources are available for purchase in the G.S. Shop and G.S. EXPRESS and for check out in the Resource Center and G.S. EXPRESS.

Junior Meeting Openings

Opening One

Have a flag ceremony (PEP Session Packet – *Ceremonies in Girl Scouting*). Appropriate songs can be found in the *GSPSB*.

Opening Two

Say the Girl Scout Promise and Law. Discuss what it means to live by the Girl Scout Law (*JGSHB*).

Opening Three

Say the Girl Scout Promise, then the motto, “Be Prepared.” Then sing/play Kee-Chee (*GSPSB*).

Opening Four

Sing “Hello! Hello!” (*GSPSB*). Say hello in a foreign language.

Spanish:	Hola	OH-lah
French:	Bonjour	Bohng-ZHOOR
Japanese:	Konnichi wa	Kohn-NEE-chee wah
Swahili:	Jambo	KJAHM-bah
German:	Guten Tag	goo-t’n TAHK

Junior Meeting Closings

Closing One

Form a friendship circle (*JGSHB*) and sing “Taps” (*GSPSB*).

Closing Two

Texas Hug: Everyone stands in a circle, arms over each other’s shoulders. Leader say “Take one giant step forward. That’s the Texas Hug. Goodnight, Girl Scouts.”

Closing Three

Sing “Whene’er You Make a Promise,” (*GSPSB*) and form a Chain of Friendship. Everyone stands in a circle, hands on waist. Leader removes her right hand from her waist, links arm with person on her right and says, “I am a link in the golden chain of friendship, Girl Scouting.” The person on her right repeats the action and statement, and so on around the circle until the Leader has both arms linked.

Closing Four

Sing “Make New Friends” (*GSPSB*) and say good-bye in a foreign language.

Spanish:	Hasta la vista	AHS-tah lah VEES-tah
French:	Au revoir	aw V’WAHR
Japanese:	Sayonara	sah-YOH-nah-rah
Swahili:	Kwaheri	Kwah-HEH-ree
German:	Auf Wiedersehen	Ahoor-VEE-duh-zain

SEPTEMBER

Meeting 1: Prepare for next week's Rededication and Investiture Ceremony by reviewing the Girl Scout Promise and Law. The *JGSHB* talks about Girl Scouting, and would serve as a good guide for our discussion. At the end of the meeting, give the girls the matching quiz to see how much they remember (see p. 10 – answers are on p. 9).

Meeting 2: Have your Rededication and Investiture Ceremony. The Investiture Ceremony may be very simple. The new member repeats the Promise, is given her membership pin, and welcomed into the troop and the organization.

Also see the PEP Session Packet - *Ceremonies in Girl Scouting* for tips on designing ceremonies.

Meeting 3: **Check out the fall issue of *LPB* with your troop. Discuss what council-sponsored events they would like to participate in.**

Meeting 4: Have your girls look at the *JGSBB* and vote to choose which badges they would like to work on as a troop. Brainstorm ideas for completion. Encourage girls to earn badges individually as well. Introduce awards that can be earned through work on individual badges (i.e. Girl Scout Bronze Award and Junior Girl Scout Signs).

OCTOBER

Meeting 1: CHECK deadlines for a troop camping outing in the spring. Discuss with your troop. As a Leader, you will need to look into the requirements and trainings needed to go troop camping. If your troop would like to go troop camping, it is best to get started on completing the necessary steps to be able to take your troop as soon as possible. You may also want to begin planning meetings that will help prepare your troop for a weekend at camp. The "Camp Together" Badge may be a good way to get your girls' minds on the topic.

Meeting 2: Discuss creating a budget for your troop and its importance to the group and activities in which they wish to participate – especially camping (*JGSHB*). Girls may want to work on individual budget for planning spring and summer outings.

Meeting 3: Continue working on the Junior Badge(s) chosen above or another badge of your troop's choice.

Meeting 4: Celebrate Founder's Day – Juliette Low's birthday! Start to think globally – see the most recent version of the *Multicultural* Pep Session Packet, the *JGSHB*, and think about working with the Juliette Low World Friendship Fund.

NOVEMBER

Meeting 1: Work on your service project for Seasons of Giving. Check with your Neighborhood Seasons of Giving Coordinator for your assigned agency and the gifts that they need.

Meeting 2: "Let's Get Cooking" may be an appropriate Junior Badge choice for this time of year. OR: If you have older Junior Girl Scouts (2nd-and 3rd-year) now may be a good time to start discussing the Girl Scout Bronze Award.

Meeting 3: Celebrate Thanksgiving! Hold a mock Indian/Pilgrim dinner where the girls help cook or create holiday art for a local organization as a service project. Use your imagination – have fun – play harvest games, etc. (ideas often can be found in the fall issue of *LPB*).

Meeting 4: Thanksgiving week – no meeting.

DECEMBER

- Meeting 1:** Hold a session on health and safety. Invite a speaker to present basic safety to girls. See *JGSHB* and *JGSLHB* and the *Health Safety and Fitness* PEP Session Packet for ideas. The “Safety First” or “A Healthier You” Badges are ideal for this type of meeting.
- Meeting 2:** **Distribute the Seasons of Giving gifts that your troop constructed in November.** Your troop also may wish to do an activity for Seasons of Giving in addition to or instead of “making something” (i.e. caroling, packages for a homeless shelter, food pantry baskets etc.).
- Meeting 3:** Make a holiday tree ornament. The Resource Center has books that can help you find holiday craft ideas.
- Meeting 4:** Happy Holidays! – no meeting.

JANUARY

- Meeting 1:** New Year’s Week – no meeting.
Don’t Forget! Check for Troop Cookie Training dates in your Neighborhood!
Also look into registering for some of the exciting council-sponsored events being held this spring (see the spring issue of *LPB* for details and registration information.) If part or all of your troop is planning to bridge to Cadette Girl Scouts this year, you will want to look into some of the council-sponsored event offered to bridging or 3rd year Junior Girl Scouts (i.e. some Interest Project Workshops). Participating in a Cadette Girl Scout council-sponsored activity is part of bridging step 2 – see the *JGSHB* for more information on bridging to Cadette Girl Scouts.
- Meeting 2:** Discuss personal well being and self esteem. Resources may include *Issues for Girl Scouts*. Be sure to clear all sensitive issues with the Girl Scout Service Center and parents.
- Meeting 3:** **Get ready for GO DAY!** Begin working on the annual cookie sale program activities for Junior Girl Scouts that is in *LPB*. Of course, the “Cookie Connection” Badge would also be appropriate for your troop to complete during this time of year.
- Meeting 4:** Tally up overall troop cookie sales. Decide through troop government system how to use the proceeds.

FEBRUARY

- Meeting 1:** Have each girl bring her copy of *A Girl Scout Summer (AGSS)* to the meeting. *AGSS* is usually published and distributed late January or early February. Look through it together and discuss the opportunities available for Junior Girl Scouts. There are many; have the girls pick several they find most intriguing. Is there a Resident Camp that can add a spark to their summer or does a Lark sound like fun? Encourage the girls to sign up for at least one of these council-wide events. They can open doors and expand her horizons in a way she’ll remember for years. Many of the camp registration deadlines are at the beginning of March so be sure to have the girls start thinking NOW about what they would like to sign up for.
- Meeting 2:** There comes a time in every Junior Troop Leader’s life when her girls want to go troop camping. Introduce *Adventures in Girl Scouting* to your troop; refer to troop camping options and see *JGSHB* and *JGSLHB* for information. Also see *Troop Camping Packet*.
- Meeting 3:** Do several activities from the PEP Session Packet on *A Day at a Time in the Out-of-Doors*. Work with knots and talk about other outdoor activities besides camping that your troop may want to do (i.e. sports). “Earth Connections” or another “Let’s Get Outdoors” Badge will work well here.

Meeting 4: Celebrate World Thinking Day - February 22. On this day, the birthday of both Lord and Lady Baden-Powell, Girl Scouts and Girl Guides everywhere “think about” each other and their union through the World Association of Girl Guides and Girl Scouts. Some program ideas can be found in the *JGSJB* and in the spring issue of *LPB*.

MARCH

Meeting 1: Work on a Junior Badge that coincides with next month’s activities – primarily **April Showers, the annual personal care item drive**.

Meeting 2: Celebrate March 12 – the Girl Scouts’ Birthday!

Meeting 3: Discuss the troop’s participation in **April Showers, the upcoming annual council-wide personal care item drive**. Third year Juniors could work with a Cadette troop in organizing the drive within your neighborhood (bridging step 4 – *JGSHB*). Refer to current issues of *LPB* for details for details about **April Showers**.

Meeting 4: Continue work with learning to work in the outdoors. Discuss fire safety in the out-of-doors and write up a meal plan for an upcoming camping trip.

APRIL

Meeting 1: Discuss family, friends and community (*JGSHB*). Have each girl in the troop create a “Family Fun Jar” and share with the group it’s importance and uniqueness to their family.

Meeting 2: **Participate in April Showers – the council-wide personal care item drive.**

Meeting 3: Discuss how April Showers benefits our community and spreads Girl Scout values throughout the area. Think about more service opportunities that your troop can participate in. This may spark some interest in earning the Bronze Award.

Meeting 4: Spring Break/Vacation – no meeting.

MAY

Meeting 1: April Showers bring MAY flowers! Go to a council-sponsored event (See January) or a field trip – no meeting.

Meeting 2: Split the girls into two groups – first-and-second year girls in one and third-year girls in the other. For the next two meetings have the first-and second-year girls work on the Junior Aide patch. Invite a group of bridging Brownies to attend your meeting next week. Review the camping skills that you and your girls spent so much time learning, to teach and demonstrate to the visiting Brownie Girl Scout troop.

Cadette
Have the group of third year Junior Girl Scouts work on the “Bridge to Cadette” patch. Invite Girl Scouts to the meeting to tell your girls about Girl Scouting at the Cadette level. Ask the Cadettes to bring their *Cadette Girl Scout Handbook*, and do a simple activity from it. Before the meeting is over plan to meet with the Cadettes again to go on a field trip or work on a service project (bridging steps 1, 3 and part of step 5 are involved here).

Meeting 3: Before the Brownies arrive to learn about camping and other outdoor activities let the bridging girls spend some time telling the others what they have learned about Cadette Girl Scouting.

When the Brownies arrive at the meeting, let the third year Junior Girl Scouts discuss the safety rules of, for example, tying knots and making fires.

While the first and second year Juniors follow up the safety rules with demonstrations, have the bridging girls design and make special invitations for their bridging ceremony.

Review the Bridging requirements to be sure they have been completed. Have your girls discuss what they are excited about doing as Cadette Girl Scouts.

Don't forget! Bridging step 6 involves having the third year Junior Girl Scouts help plan the bridging ceremony (JGSHB).

Meeting 4: Court of Awards and Bridging Ceremony

The JGSLGB and the PEP Session Packet – Ceremonies in Girl Scouting has ideas and tips for conducting ceremonies. Below are samples of a Court of Awards and a bridging ceremony.

Bridging

Materials needed:

- (1) A bridge or something to symbolize a bridge such as a ribbon looped between uprights, a garden archway, etc.
- (2) A symbol of achievement from Juniors
- (3) A symbol of welcome from Cadettes

The Junior troop forms a ring at one end of the bridge, with the Leader at the side of the ring farthest from the bridge. The welcoming Cadette troop forms a horseshoe at the opposite end. The opening of the horseshoe faces the bridge.

Court of Awards

Materials needed:

- (1) American flag with stand
- (2) Troop or World Association flag with stand
- (3) Red color guard sashes, if desired
- (4) Badges and patches girls have earned since the last Court of Awards
- (5) Recognition tokens for adults who have helped the troop, if desired

1. Colors are posted on the platform or at the front of the room.
2. Troop and guests pledge allegiance to the flag
3. Leader or a Patrol Leader welcomes the guests.
4. Leader introduces the Badge Consultant who describes the badge requirements briefly and calls the names of the girls who earned that badge. Girls come forward and receive badge.
5. Leader introduces co-leader who describes the requirements for the badge she advised and calls the names of girls who earned the badge. Girls come forward and receive badge.
6. Leaders tell about what girls do, generally, to earn badges at home or school, call the names of girls who have earned badges this way and the names of the badges. Girls come forward and receive badges.

7. Leader introduces Brownie Leader, who tells about the activities girls did with her troop to earn the Junior Aide patch and calls the names of girls who earned the patch. Girls come forward and receive the patch.
8. Leader may then introduce the adults who were involved throughout the year's activities.
9. Leader introduces Patrol Leaders.

Patrol Leader #1: "We have enjoyed working on these recognitions and we have enjoyed working with these badge consultants. Troop # _____ would like you to accept these tokens of appreciation.

Patrol Leader #2: Calls names of consultant and the recognition she/he advised. Adults come forward and receive gifts.

Patrol Leader #3: "We would also like to show our appreciation to our Cookie Manager. With her help, our troop earned \$ _____. This money (paid or will pay) for _____." Patrol Leader #3 then calls the Cookie Manager who comes forward and receives gift. This pattern may be repeated for all of the tokens of appreciation that girls wish to give.

10. LEADER: "The recognitions that have been received today (tonight) are mementos of a lot of learning; laughing and living. Wear them with pride; they are symbols of accomplishment. They also are symbols of what you have learned, and what you can do to give service to your family, your friends, your school, your church and your community. Let us repeat our Girl Scout Promise together, a pledge that these symbols of recognition are the beginning of service."
12. Leaders and girls repeat Girl Scout Promise.
13. LEADER: "This concludes our Court of Awards. The color guard will retire the colors and the girls will follow the colors so that they may be ready to serve refreshments to you, our guests. The girls have prepared displays on the side tables of some of the work they have done for their badges and signs for you to see. Will everyone please rise?"
14. Color guard retires colors, girls follow.

The Match Game ANSWERS: see p. 10 for "The Match Game" (September Meeting #1 Activity)

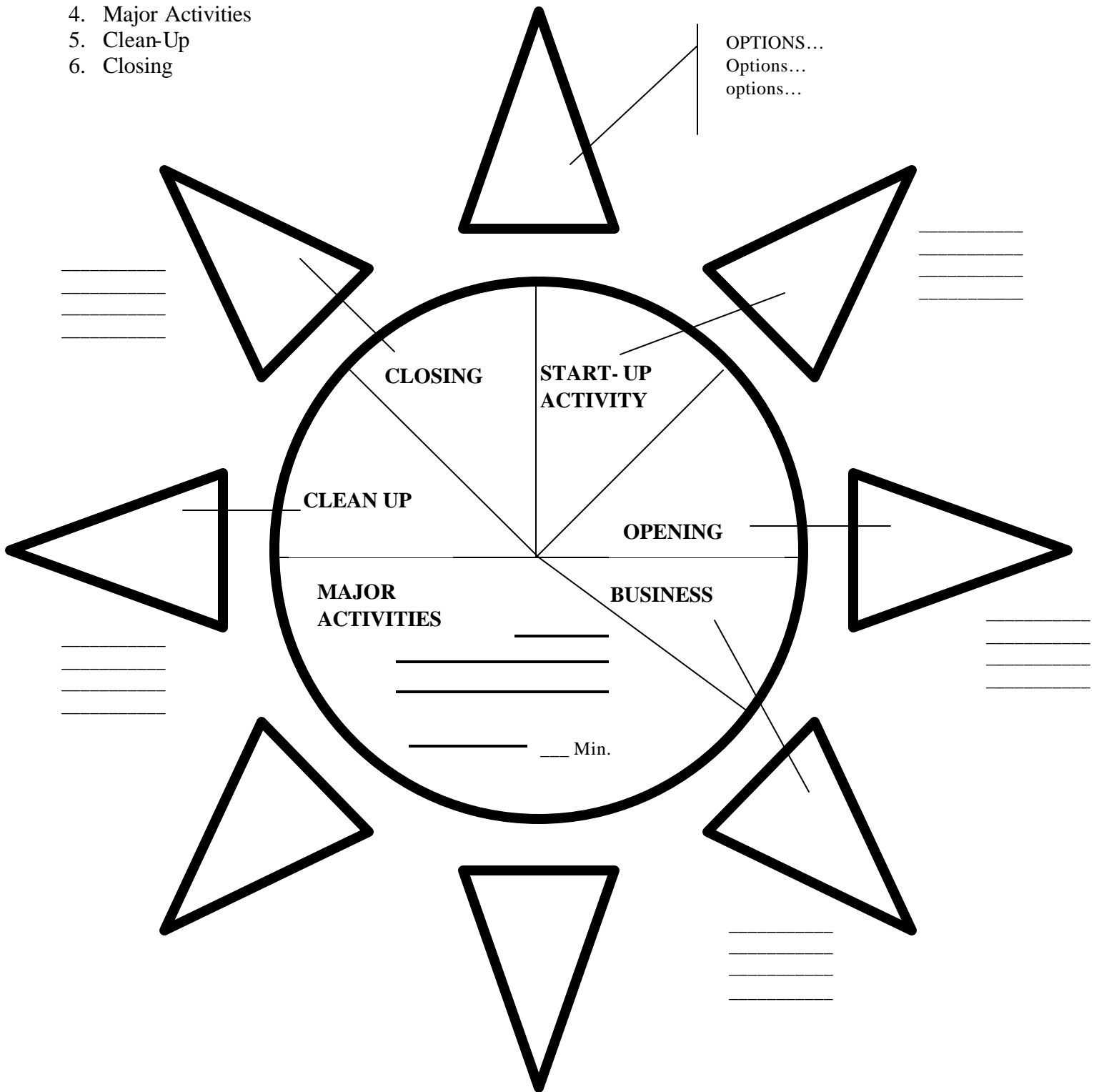
a.	5	f.	10	k.	15	p.	21	u.	9
b.	7	g.	14	l.	18	q.	23	v.	20
c.	24	h.	17	m.	4	r.	25	w.	3
d.	13	i.	2	n.	8	s.	1	x.	19
e.	6	j.	12	o.	11	t.	16	y.	22


MATCH GAME

1. Year Girl Scouts began in the U.S.A.
 2. Juliette Low's Nickname
 3. Juliette Low's Birthday
 4. World Thinking Day
 5. Liquid fire starters
 6. Closing
 7. World Thinking Day fund used for...
 8. Sit Upon
 9. First aid kit
 10. Kaper Chart
 11. Fire starters
 12. Form of Government
 13. Summer Activity
 14. Registration Fee
 15. Foundation of Girl Scouting
 16. Service Projects
 17. Court of Awards
 18. Camping dessert
 19. Always leave a campsite...
 20. Girl Scout motto
 21. Helping Brownies bridge to Juniors
 22. Girl Scout cookies
 23. Girl Scout nuts and candy
 24. A Girl Scout is...
 25. A signed permission slip is...
- a. ____ A no-no
 - b. ____ Juliette Low World Friendship Fund (JLWFF)
 - c. ____ A sister to every Girl Scout
 - d. ____ Day Camp
 - e. ____ Good Wish Circle
 - f. ____ Job Assignment
 - g. ____ \$10.00
 - h. ____ Recognitions
 - i. ____ Daisy
 - j. ____ Patrol System
 - k. ____ Girl Scout Promise and Law
 - l. ____ S'mores
 - m. ____ February 22
 - n. ____ Seat saver
 - o. ____ Candle Kisses
 - p. ____ Junior Aide patch
 - q. ____ Are sold in the fall
 - r. ____ Needed for every trip/event
 - s. ____ 1912
 - t. ____ Helping others
 - u. ____ Always have handy
 - v. ____ Be Prepared
 - w. ____ October 31
 - x. ____ Cleaner than you found it
 - y. ____ Are sold in the spring

THE MEETING WHEEL

1. Start-Up Activity
2. Opening
3. Business
4. Major Activities
5. Clean-Up
6. Closing



 The “Meeting Wheel” can be used to simply help you keep each of your meetings structured and timely. Plus it’s a great space to write out and sort through all of the options available to you and your Girl Scout troop! Don’t forget the “just in-case” items that can be used as fillers in case one of your activities does not take as long as you expected!

Girl Scout Council of Greater St. Louis

OPTIONS EVALUATION

Name: _____ Troop #: _____

District: _____ Neighborhood: _____

_____ DAISY _____ BROWNIE _____ JUNIOR _____ CADETTE _____ SENIOR

Please mark the space that most accurately reflects your feelings on each topic.

1. What is your overall rating of this resource?

_____ Excellent _____ Satisfactory _____ Average _____ Unimpressive _____ Poor

2. Did you feel that the “options” presented here were clear and easy to follow?

_____ Very _____ Reasonably _____ Clear _____ Unclear _____ Muddled

3. How many times during the troop year did you refer to Options?

_____ 1-2 _____ 3-4 _____ 5-6 _____ 6 or more

4. Which program ideas were most useful?

5. Which program ideas were least useful?

Please use the reverse side for any other comments and return to:

Girl Scout Council of Greater St. Louis
Attn: Options Evaluation
2130 Kratky Rd.
St. Louis, MO 63114