



Girl Scouts of Kentucky's Wilderness Road Council
2277 Executive Drive
Lexington, KY 40505
gskentucky.org



Green, Gold, Silver, and Blue Trefoil Challenge

All Girl Scout activities are organized around the Girl Scout three keys to leadership and are based on the values of the Girl Scout Promise and Law. **Discover** activities engage girls in exploring their values, skills and world. **Connect** activities engage girls in teaming up and relating to others in a multicultural world. **Take Action** activities engage girls in making a difference in the world. Girls develop a plan, reach out for team members, create a plan of action, and lead the team to carry out the plan.

Some of the following activities are service related while others are just a fun activity to do at a troop meeting.

Green Trefoil Challenges - Girl Scouts Forever Green is the 100th Anniversary Take Action project. Girls join together in this national effort leading their families, schools and communities in improving the environment and protecting natural resources.

1. Plant 100 trees, bulbs or plants to beautify an empty lot or park.
2. Contribute 100 minutes each to clean-up a park or streambed.
3. Make a list of 100 ways to save energy and share this with others.
4. Tie 100 green ribbons around trees on March 12, 2012. (Remove them the week after.)
5. Clean up your community and collect 100 bags of trash from sidewalks, schoolyards, trails, etc.
6. Advocate for the implementation of a recycling program where one does not exist.
7. Create a centennial rain garden at your school or meeting place.
8. Plan a recycling day for the community.
9. Promote the use of reusable water bottles and shopping bags in your community.
10. On the last Saturday of March, take part with other Girl Scouts, their families, friends and community affiliates who will replace incandescent bulbs with ENERGY STAR qualified, or other energy-efficient light bulbs.
11. Girl Scouts may also participate in Earth Hour by turning lights out from 8:30 to 9:30 pm also on the last Saturday of March. Register your troop's service project on the GSUSA Forever Green:

<http://www.girlscouts.org/geforevergreen>

12. Log 100 hours without using electricity/cell phone/texting/computers.
13. Log 100 hours in a new physical challenge: bike, walk, swim, dribble a basketball, jump rope, etc.
14. Spend 100 hours at a State or National Park removing non-native plant material. Make sure you contact the park!
15. Is there a vacant parking lot or piece of land in your community that people have come to refer to as an eye sore? If so, how about doing a beautification project to clean up this unsightly area. Let local residents know of your plan and some of them may even be willing to lend a hand to help clean up the place they call home.
16. Find out how to start a water monitoring program in your area. You'll find a list of methods as well as links to national water monitoring sites. epa.gov/volunteer/
17. Plant native plants in a school or park garden that attracts birds, bees or butterflies. Find out which plants are appropriate and organize an event to help plant 100 plants.
18. Participate in the National Wildlife Federation "Wildlife Watch". Log onto the website at <http://www.nwf.org/WildlifeWatch/>
19. Give "Water A Hand" is a national watershed education program designed to involve young people in local environmental service projects. Your troop will plan and complete a community service project to protect and improve water resources. <http://www.uwex.edu/erc/gwah/>
20. Plant a vegetable garden at a retirement home or day care center.
21. Volunteer to do yard work for a homeowner that is unable to do it themselves such as rake leaves, trim bushes, weed, etc.

Gold Trefoil Challenges - The "Song Make New Friends" talks about Girl Scout friends being either Silver or Gold. The 100th Anniversary gives us a chance to connect again to our history and the women who made Kentucky's Wilderness Road Council what it is today.

22. Collect 100 pieces of Girl Scout memorabilia / artifacts and create a display in your community.
23. Early handbooks included information on Morse code and semaphore. Learn about these ways of communicating and try sending a friend a message in one of them. Make semaphore flags and present this activity to a younger group of Girl Scouts.
23. Try to make a list of 100 Girl Scout adults. If possible, send a special card to them thanking them for their service to Girl Scouts.
24. How many words can you create from the letters in "Juliette Gordon Low"? Can your troop make 100 different words?
25. Juliette Gordon Low was born in Savannah, Georgia. Cook a meal using foods Georgia is known for (peaches, pecans, peanuts, and onions).

26. From birth, Juliette's nickname was "Daisy". Create a flower arrangement that includes daisies and use it as a centerpiece for a special troop or town event.
27. Juliette was almost completely deaf by the age of 26. Learn about other famous women who have had physical challenges such as Marla Runyan (marathoner), Bethany Hamilton (surfer), Jean Driscoll (marathoner), Marlee Martin (actress), or Frida Kahlo (artist).
28. Juliette sold her pearls to finance Girl Scout activities. Make a piece of jewelry using a technique or materials of your choice.
29. Do a fun activity from an old Girl Scout handbook.
30. What else happened in 1912? Learn about historical events or inventions that share our centennial celebration.
31. Make a batch of Girl Scout Cookies using the original recipe from the 1920s.
32. Watch the video, "The Golden Eaglet" available on You Tube at http://www.youtube.com/watch?v=5pka_Ah2Q88 Talk about how Girl Scouting has changed and how Girl Scouting has stayed the same.
33. Juliette Low knew how important it was to feel a part of a group. Girl Scouts and Girl Guides all around the world use special signs and terms. Learn and demonstrate these Girl Scout traditions: Quiet Sign, Girl Scout handshake, Girl Scout motto, Girl Scout slogan and Girl Scout sign.
34. Share stories with members who, combined, have been in Girl Scouting for 100 years or talk to a Girl Scout who is now 100 years old.
35. Develop a power point or video program to share what Girl Scouting means to the community that you live in. Share it at a community or service unit event.

Silver Trefoil Challenges - Share your passion and joy of Girl Scouting with troop or group or new friends. Think about the future of Girl Scouting and plan for the next 100 years of Girl Scouts.

36. Create a scrapbook of 100 Girl Scout service projects (Bronze, Silver, and Gold Award projects too), and present it to an official or community leader to commemorate Girl Scout week in 2012.
37. Collect signatures of 100 Girl Scouts who you meet at council events or summer camp.
38. Sell 100 extra boxes of Girl Scout Cookies for American troops and donate to Operation Cookie Drop.
39. Hike 100 miles on the Appalachian Trail.
40. Tell 100 friends how Girl Scouting has impacted your life.
41. Send 100 "Welcome Future Girl Scout" cards to new moms of baby girls to local hospitals or maternity wards.

42. Take photos and create a mural or banner of "100 Faces of Girl Scouts" in your area – depicting the diversity of our members.
43. Meet 100 Girl Scouts from across the country while on a travel pathway or Girl Scout Destination (www.gswpa.org or www.girlscouts.org/).
44. Develop your own fitness plan and take the "100 Day Challenge to Good Health."
45. Make and distribute 100 friendship bracelets at a Girl Scout event.
46. Design 100 thank-you notes and distribute to troop committee members, volunteers, Girl Scout staff members, camp counselors, or those who have helped you on your Girl Scout journey.
47. Recruit a 100 Girl Scouts who will participate in Girl Scout Sunday or Sabbath services in their place of worship during Girl Scout Week March 2012.
48. Design a "girl growth" plan. List a characteristic for the letters of Girl Scouts (e.g. G=generosity, good grades / I= interest, inventions, ingenuity, independence / R=real friendship, resourcefulness / L=loyalty, leadership / S=sincerity, stewardship, strength of convictions / C= courage, confidence, character / OUT=outdoor experiences, outdoor knowledge, outdoor service project) Ask the girls to choose the characteristic for each letter, decide how to develop the characteristic, how to measure growth, chart progress and celebrate when all the letters are completed.
49. As a troop, read 100 books.
50. The Girl Scout Promise directs us to "live by the Girl Scout Law". Pick one of the laws and make an extra effort to put that law into practice in your daily life. After one month, share experiences with the troop.
51. Over the course of the centennial year, walk 100 miles.
52. Participate in a parade and commemorate the 100th Anniversary with a banner or float.
53. Work with your Service Unit to have a Promise Circle Ceremony in a public area and also to have March 12th be declared "Girl Scout Day" in the community.
54. Wear your Girl Scout uniform or pins on March 12th.
55. Write an article for your local paper about a family with several generations of Girl Scouts in it.
56. Make a large trefoil using green construction paper and write the number 100 in the center. Display it in the window of your home or meeting place during Girl Scout week (March 11 – 17, 2012). Or tie green ribbons around your mailbox or trees during Girl Scout week.
57. Video tape oral histories of adult Girl Scouts in your community.
58. Connect with a troop over 100 miles away. Plan to meet at the 100th Anniversary Celebration in Frankfort on May 19th.

59. Plan and hold a flag ceremony after you have learned proper flag etiquette and how to fold the American flag.
60. Draw a picture representing a favorite time or activity in Girl Scouting.
61. Make a trefoil or centennial piñata and break it at a 100th year anniversary party.
62. Design and make a 100th Anniversary t-shirt to wear at Girl Scout meetings and to the council celebration on May 19.
63. Make up a story about Girl Scouting 100 years from now in 2112.
64. Have your troop sell 100 items in the fall product sale.
65. Make a troop goal of each girl selling at least 100 boxes of Girl Scout Cookies.
66. Plan and offer a "bring a friend activity" for your troop to increase interest with friends that are not Girl Scouts.
67. Learn about the opportunities for you in older girl program levels, how you can stay involved once you graduate from high school and make a personal plan on how you will stay involved.
68. Hold a hula-hoop, yo-yo, bubble blowing or other funny competition to see if you can reach 100 turns, 100 seconds or something similar without making a mistake. Award prizes.
69. Write a poem about Girl Scouting.
70. Conduct a special Girl Scout Ceremony for your community and invite 100 guests.
71. Each member of the Girl Scout troop collects 100 pennies and donates the money to the Juliette Low World Friendship Fund.
72. Develop a power point or video program to share what Girl Scouting means to the community that you live in.
73. Learn 100 new skills with your troop or group, at council or service unit events, or at summer resident camp.
74. Plan and conduct an event in your community to honor 100 Girl Scout volunteers (past and present).
75. Volunteer to help with the 100th Anniversary Celebration in Frankfort on May 19th by sponsoring a badge activity table.
76. Participate in a camp cleanup weekend at one of our council's camps. Help with trail maintenance, brush removal, cleaning buildings and painting, etc.

Blue Trefoil Challenges - Service has always been an integral part of Girl Scouting. Make a service project extra special this year by celebrating and going the extra mile to help someone in need.

77. Send 100 pencils to children in Iraq and Afghanistan through local soldiers.
78. Join with Girl Scouts in your area to donate 100 hours of activities to a local nursing home.

79. Make a goal to collect 100 soda can tabs for each girl to give to the local Ronald McDonald House.
80. Collect 100 pairs of shoes, toys or articles of clothing for those in need, donate to Goodwill or other agencies that help people.
81. Collect or make 100 items (food, treats, animal toys, blankets, etc.) for animal shelters.
82. Celebrate International Women's Day (March 8) by distributing 100 green carnations.
83. Collect 100 hotel-sized soaps, shampoos, or lotions and distribute to Women's Shelters.
84. Collect 100 new or gently used stuffed animals for needy kids.
85. Participate in a book drive to collect 100 books for your school or community library
86. Make 100 no-sew fleece knot blankets and distribute to the elderly.
87. Conduct a drive to recruit 100 blood donors.
88. Make a list of *100 Acts of Kindness* that a girl can do thorough the day to bring joy to others. See how many the troop can complete in a designated time period.
89. Create a birthday box for a local food pantry. The box should contain all items necessary for a child's birthday party (cake mix, frosting, decorations, paper plates, etc.)
90. The Girl Scout Handbook (1940) says, "No matter who you are or where you live, you can have a share in the satisfying experiences to be found in reading and writing." (page 370) Spend 100 minutes reading to younger children or senior citizens or organize a story time at the local library.
91. Girl Scouts performed important service tasks during WWI and WWII. Support today's men and women in the armed services by writing letters or holding a drive to collect needed items.
92. Daisy loved animals. Plan and carry out a service or take action project that benefits animals. Check with your humane society.
93. Juliette Low was a notoriously bad speller. Host a 100th Anniversary spelling bee for your troop, school or library.
94. Juliette Low died of breast cancer. Plan and carry out a service or take action project that benefits a group involved in fighting cancer or cancer awareness.
95. Make 100 special treats for a special holiday for a homeless shelter or a senior center (candy cane reindeer, boo pops, Valentine Day cup cakes, etc.)
96. Create 100th Anniversary bookmarks and distribute to the school library.
97. Participate in the Kentucky First Lady's Shop and Share service project on February 4.
98. Work 100 hours at a food bank, serving meals or helping out at a homeless shelter.

99. Brain storm ideas that could brighten a shut-in's day such as bringing library books, visiting with a basket of baked goods or personal care items, or just helping write letters for them.
100. Make a contribution to your community park in the form of a bench, large recycling cans, horse-shoe pits, swing set, game area, etc. Paint the items donated with the Girl Scout Trefoil and 100 Year Anniversary.





100 Green, Gold, Silver and Blue Trefoil Challenge Celebrating the 100th Anniversary

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Please complete this order form when ordering the 100 Ideas Patch. Troops complete one activity for each of the 4 colors.

Leader _____ Troop# _____ Service Unit _____
 Address _____ City State Zip _____
 Email address _____
 Phone _____ Age Level _____

Green Trefoil

My troop completed activity # _____ Check one answer for each statement:

- Girls gained a greater appreciation of the outdoors.
 Yes Some No
- Girls felt empowered to improve the environment.
 Yes Some No

Gold Trefoil

My troop completed activity # _____ Circle one answer for each statement:

- Girls are proud of their Girl Scout membership.
 Yes Most of the time No
- Girls take an interest in the history of the Girl Scout organization.
 Yes Most of the time No

Silver Trefoil

My Troop completed activity # _____ Circle one answer for each statement:

- Girls are proud to identify themselves as Girl Scouts.
 Yes Most of the time No
- Girls display values inherent in the Girl Scout Promise and Law in various situations.
 Yes Most of the time No

Blue Trefoil

My troop completed activity # _____ Circle one answer for each statement:

- As a result of completing a service project, girls feel their contributions are valued in the community.
 Yes Most of the time No
- As Girl Scouts, girls demonstrate helpful and caring behavior.
 Yes Most of the time No

Cut out the large trefoil pattern. Compose a one sentence statement concerning what the 100th Anniversary of Girl Scouting has meant to your troop and what 100th Anniversary service project your troop completed. Send it to a Girl Scout Service Center with the patch order or bring it to a Service Center when you are picking up patches. Council Goal is 100 troops participating in each cluster. Watch for the trefoils on our service center's walls!

Number of patches ordered _____ x \$1.50 (cost per patch) = _____ (total)
 Shipping \$4 for patch orders of 8 - 25 patches

Total _____