

STEM, Outdoors, Life Skills, and Entrepreneurship are the four areas that form the foundation of the Girl Scout Leadership Experience! In this packet you will find an activity from each of these four areas.



STEM— Research shows that girls are interested in STEM and excel at it. Yet, for a variety of reasons, girls often don't pursue STEM. Girl Scouts who participate in girl-focused STEM programs become better problem-solvers, critical thinkers, and inspirational leaders. They get better grades, earn scholarships, and follow more lucrative career paths. They see STEM as the foundation for a meaningful and successful future.

Activity Connection— Make Pepper Dance



Outdoors— Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as Girl Scouts, girls have plenty of opportunities to create their own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors.

When girls get outside, they discover that they can better solve problems and overcome challenges, develop leadership skills, build social bonds, become team players, care more about protecting our environment, and are happier overall. Spending time outdoors allows girls to thrive physically, emotionally, and intellectually.

Activity Connection—Nature Necklace



Life Skills— Life Skills beginning with Civic Engagement and expanding to Healthy Living, Communication Skills, Practical Skills, and Global Citizenship, form the foundation of activities that help girls grow as Girl Scouts.

Whether it's by exercising and staying healthy, developing strong relationships with family and peers, advocating on behalf of others, protecting our environment, or exploring careers that can truly change the world for the better, girls gain the skills and the inspiration to accept challenges, overcome obstacles, and take the lead.

Activity Connection— Animal Yoga



Entrepreneurship Every year Girl Scouts all over the country use their cookie earnings to do amazing things in their communities and beyond. From helping animal shelters and feeding the homeless to raising awareness about bullying, making public areas more accessible to people with disabilities, and tons more, Girl Scouts can and will do anything they put their hearts and minds to. As cookie entrepreneurs, girls gain essential life skills including: goal setting, decision making, money management, business ethics, and people skills. They work to accomplish goals and solve problems while building the confidence they need to shine as girls, as young women, and as future leaders.

Activity Connection— Business Exploration

Make Pepper Dance

Did you know?

When objects get an electrical charge, static electricity is created. When two objects are rubbed together, tiny particles called electrons move from one object to another. We see static electricity everyday! An example is when we rub our feet on the carpet and then get a little zap when we touch something metal. Lets use pepper to see what happens when electrical charges jump back and forth!

What you need:

Salt
Pepper
A sheet of paper
A balloon



Steps:

1. Blow up the balloon
2. Rub it on your hair
3. Pour salt and pepper on a sheet of paper
4. Hold the balloon over the sheet of paper

Rubbing the balloon on your hair, gives it a negative charge. When you bring the balloon close to the paper, the charge attracts the pepper first because the pepper is lighter than the salt. The pepper moves to the balloon, where it gets a negative charge that repels it back to the paper. That's how pepper dances!

Nature Necklace

Did you know?

A lot of artists and designers are inspired by nature. The outdoors has a lot of natural beauty. Birds, trees, leaves, water, rocks, and clouds are all things that can spark someone's imagination and creativity.

Today you will be your own jewelry designer and seek inspiration from nature!

What you need:

Sculpey Clay*
Oven
Leaf, acorn, pine needles, etc
Paint or Sharpie markers
String



Steps:

1. Go outside and pick up some things that inspire you– Could be a leaf, acorns, or anything else!
2. Roll out your sculpey clay so that it is about 1/4 inch thick
3. Preheat your oven to 275 degrees
4. Make an impression in the clay with your nature items
5. Cut the sculpey clay into the shape you want– circle, heart, etc
6. Make a small hole at the top for the string
7. Bake your pendant for 15 minutes and let cool
8. Decorate with paint or sharpies, add your string, and wear it!

*You can replace this clay with this DIY recipe. Mix 1 part salt, 2 parts flour, and water a bit at a time to make a clay-like texture. You can bake this clay at 325 on a foil covered pan (it may puff up a bit) bake till hard or let air dry.

Exercise: Yoga

Did you know?

It is important to be active and move everyday. Exercise helps keep our bodies healthy and our muscles strong. There are many different fun ways to be active! You can ride your bike, play tag with your friends, play basketball, jump rope, and even do jumping jacks. Exercise is anything that get's you moving and using your muscles.

Yoga is an awesome form of exercise. Not only does it help you stay in shape, make your muscles strong, and help with flexibility but it can also be very relaxing. Today you will learn some new yoga poses that are named after animals. The poses are inspired by the way each animal moves in real life. Try to stay balanced and hold each animal pose for 30 seconds.

What you need:

Yoga mat/ Carpeted area
Quiet/calming music
Animal Yoga pose worksheet



Steps:

1. Find a quiet spot in your house
2. Lay out your yoga mat or use a carpet
3. Do each animal pose on the worksheet
4. Try to hold each pose and stay balanced for 30 seconds
5. Do the poses everyday for 2 weeks and see if you get stronger and more flexible.



Turtle



Monkey



Giraffe



Butterfly



Flamingo



Lion



Dog



Snake



Cow



Cat

Animal Poses

Business Exploration

Did you know?

Do you like to bake? Do you like to do yard work? Maybe you like to walk your neighbors dog? These are all interests that can be turned into businesses. Make a list of the things you like to do and then research how they can be run as a business. Some of things to look for are: how much education or training is involved, what supplies you need, and what are some of the challenges you will face. Ask family members to help you find someone who works in each of the businesses you like. Reach out to them online or by phone. them online



Steps:

1. Pick three businesses that interest you
2. Research your three businesses
3. Use the chart to write down what you learned and liked about each one
4. How would you advertise?

Type of Business	What you learned and liked about each business