

Junior Basics

A Guide for Girl Scout Junior Leaders

Welcome to our Junior Basic Guide!

Thank you for volunteering to share your skills and time with Girl Scouts! Your unique talents and abilities will help girls grow through the Girl Scout Leadership Experiences. Being a part of the Girl Scout movement offers adult volunteers an opportunity to mentor girls and help them discover themselves, connect with others, and take action to make the world a better place. As a leader, you will experience personal growth and the satisfaction of being a part of the girl's development. Welcome!

Susan Douglas
Chief Executive Officer

The Foundation of Girl Scouting

The Girl Scout program is fun with purpose! It is based on the Girl Scout Promise and Law that generations of girls have followed. All Girl Scout members girls and adults accept the Promise and Law upon joining.

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.

*Individuals are free to substitute their own wording for "God" that best reflects their spiritual beliefs.

Girl Scout Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

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.

Girl Scout Sign



The Girl Scout **Learning Experience**

What makes Girl Scouts truly unique? Everything is designed especially for, and is tested by, girls! Our program centers around our research-backed Girl Scout Leadership Experience—that is, *what* girls do and *how* they do it. Activities are girl-led, which gives girls opportunities to explore leadership roles and “learn by doing” in a cooperative-learning environment.

In Girl Scouts, girls will:

Discover: Every activity girls tackle in Girl Scouts helps them discover who they are, what they care about, and what their talents are.

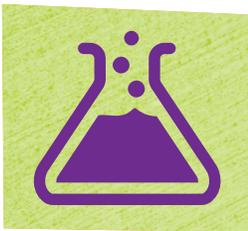
Connect: Girls collaborate with and learn from other people and expand their horizons. This helps them care about and inspire others locally and globally.

Take Action: As girls connect with and show care for others, they become eager to take action to make the world a better place.

So what does this mean for your troop? Through Girl Scouting, your girls will develop a strong sense of self, demonstrate positive values, seek challenges, solve significant problems in her community, and establish healthy relationships. These aren’t just good qualities—they’re leadership skills that will last a lifetime!

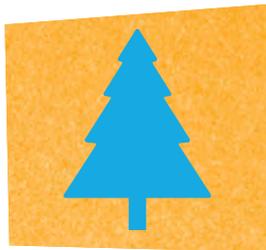
What is the Girl Scout Program?

No matter what excites your girls, they’ll find engaging and fun activities in the four areas that make up the core of the Girl Scout program:



STEM

Computer science, engineering, robotics, outdoor STEM, and more



OUTDOORS

Adventure and skill building, from the backyard to the backcountry, including through camping experiences for all ages



LIFE SKILLS

Civic engagement, healthy living, global citizenship, communication skills—to name a few



ENTREPRENEURSHIP

The Girl Scout Cookie Program—the largest girl-led entrepreneurial program in the world— teaches goal setting, decision making, money management, business ethics, and people skills

Whether they complete Girl Scout Leadership Journeys, earn badges, unleash their inner entrepreneur through the Girl Scout Cookie Program, pack for their first hike, change the world through “Take Action” projects, or any combination of these activities, at Girl Scouts, every girl has countless ways to explore our four program areas and hone the skills they’ll need to power a lifetime of success—whatever that looks like for them.

Understanding the Developmental Characteristics of Girl Scout Juniors

As you listen and learn along with girls, you may find it useful to review the highlights of their development. What follows are the developmental abilities and needs of girls at the 4th and 5th grade levels. You'll also find these listed in the adult guide of each leadership journey, along with tips for how to make the most of them as you guide and partner with girls. Of course, each girl is an individual, so these are only guidelines that help you get to know the girls.

At the Girl Scout Junior level (fourth and fifth grades), girls . . .	This means...
Want to make decisions and express their opinions.	<i>Whenever possible, allowing girls to make decisions and express their opinions through guided discussion and active reflection activities. Also, have girls set rules for listening to others' opinions and offering assistance in decision making.</i>
Are social and enjoy doing things in groups.	<i>Allowing girls to team-up in small or large groups for art projects, performances, and written activities.</i>
Are aware of expectations and sensitive to the judgments of others.	<i>That although it's okay to have expectations, the expectation is not perfection! Share your own mistakes and what you learned from them, and be sure to create an environment where girls can be comfortable sharing theirs.</i>
Are concerned about equity and fairness.	<i>Not shying away from discussing why rules are in place, and having girls develop their own rules for their group.</i>
Are beginning to think abstractly and critically, and are capable of flexible thought. Juniors can consider more than one perspective, as well as the feelings and attitudes of another.	<i>Asking girls to explain why they made a decision, share their visions of their roles in the future, and challenge their own and others' perspectives.</i>
Have strong fine and gross motor skills and coordination.	<i>Engaging girls in moving their minds and their bodies. Allow girls to express themselves through written word, choreography, and so on.</i>
Love to act in plays, create music, and dance.	<i>That girls might like to tell a story through playwriting, playing an instrument, or choreographing a dance.</i>
May be starting puberty, which means beginning breast development, skin changes, and weight changes. Some may be getting their periods.	<i>Being sensitive to girls' changing bodies, possible discomfort over these changes, and their desire for more information. Create an environment that acknowledges and celebrates this transition as healthy and normal for girls.</i>



Inviting and Welcoming a New Girl into Your Troop

Girl Scouts is all about making new friends and keeping the old! Here are some ways to invite a new girl into your troop.

-Create Invites

Girls can create paper invites and pass them out at school, sports meetings, club meetings, church, or out in the community. Or, you can use social media to get the word out. Make sure girls only include their first name on the information they distribute and have all inquiries come through the troop leader.

-Host a 'Bring a Friend' Troop Meeting

It's common that girls might want to invite friends to troop meeting to see what Girl Scouts is all about. You can create a special 'Bring a Friend' meeting for your troop, or designate certain meetings throughout your year where girls can bring friends. Be sure to consult Safety-Wise for the required girl/adult ratios for meetings.

Girl Scouts is an inclusive organization that welcomes all girls to be a part of the fun! You and your troop will want to make sure that any new troop member feels welcome and included—here are some inviting ideas:

-Create a Welcome Letter

Have the troop write, decorate, and sign a welcome letter. They can even write personal messages for new Girl Scouts.

-Plan an Investiture Ceremony

An investiture ceremony is a chance to welcome a new girl in the world of Girl Scouting. Work with your troop and plan an investiture (or your own ceremony) to welcome the new girl at her first meeting, and let your troop come up with the ideas of activities or songs.

An investiture ceremony might look something like this:

Start in the Friendship Circle and sing a song and recite the Girl Scout Promise together.

While in the circle, girls take turns introducing themselves and one thing that they love about Girl Scouts.

The leader pins the new girl with a World Trefoil Pin and Girl Scout Membership Pin and shakes her hand using the Girl Scout handshake, welcoming her into the world of Girl Scouts.

Close the ceremony with the Friendship Circle Squeeze. Later in this guide you will find a sample investiture ceremony for Juniors.



Parts of a Troop Meeting

Troop meetings can be broken down into 6 parts. Here are all 6 parts.

Start Up! Plan activities for girls as they arrive for the meeting so they have something to do until the meeting begins. It could be as simple as coloring pages, or a crossword puzzle (found on the next page.) (5 minutes)

Opening! Each troop decides how to open their meeting- most begin with the GS Promise and Law, a simple flag ceremony, song, game, or story. (5-10 minutes)

Business! Collect dues and make announcements, or plan an upcoming event or trip- this gives you a chance to keep families informed.

Activities! Use the meeting plans on Volunteer Toolkit. Activities are already designed to fit easily into this part of your meeting as you help your troop earn badges and complete Journeys. (30-45 minutes)

Clean Up! Girl Scouts should always leave a place cleaner than they found it! (5 minutes)

Closing! Just like opening, each troop can decide how to close- with a song or game. Don't forget the friendship circle!

Opening and Closing a Meeting or Activity

There are many kinds of ceremonies in Girl Scouting. Ceremonies reinforce values, pass on traditions, recognize accomplishments, strengthen friendships and give life to the beliefs established by the Girl Scout Promise and Law. They are a means for girls to express their feelings, friendship, patriotism and service.

Every meeting should have an official opening and closing that tells girls the meeting is about to begin or end. Meeting openers are a way to develop a sense of unity in the troop and the routine can be as unique to your troop as your girls want it to be. Often leaders or designated girls ask troop members to sit or stand in a circle or horseshoe formation. Examples of suggested opening activities are: reciting the Girl Scout Promise, a simple flag ceremony, a Girl Scout song (serious or silly!) the sharing of a favorite poem or each girl sharing something special about her day.

For closing, often girls gather in a friendship circle and sing "Taps" or "Make New Friends". Some variations include a friendship circle with the passing of a hand squeeze.

To make a friendship circle and pass a friendship squeeze, stand with the girls in a circle and cross your right arm over your left, then link hands with the Girls Scout standing beside you. To pass a friendship squeeze determine who will start the squeeze. This person should silently think a happy thought for the girl next to her and gently squeeze her hand. That girl will do the same and squeeze the next girl's hand until the squeeze has gone all the way around the circle. Once the squeeze returns to the start, the Girl Scout starting the squeeze dismisses the group.

Other closing ideas include making an archway. Girls make two lines facing each other, then reach up making arches with their arms; the pair farthest from the door goes through under the arches, then the next pair, etc. The last two go out under the arch made by the two adult leaders.



Troop Management and Troop Government Options

Troop Management

A girl and an adult are in partnership when they work together to complete a task, resolve an issue or plan an activity. As the girls grow, the amount of responsibility for these tasks, issues and activities shifts more toward the girls. You should foster girl and adult planning by:

- Asking questions, rather than providing answers
- Guiding, rather than leading
- Advising, rather than judging
- Helping a girl to think through a decision, rather than deciding for her

Leadership skills are the unique thing that we offer to girls in the Girl Scout program – strive to find ways to give girls more and more responsibility as you go along. You'll be amazed at what your girls are capable of doing!

Troop Government

The Patrol System is one of three common forms of government used for older Girl Scout troops. In the Patrol System, girls learn communication and decision-making skills by participating in smaller group discussions and then selecting a lead to represent their group.

Divide Girls Into Groups: Girls are divided into small groups of four to six, called “patrols.” Each patrol can choose a patrol name, a symbol, a patrol lead, and assistant patrol leaders.

Members of the patrol rotate as leaders so that everyone has an opportunity throughout the year.

Court of Honor: Each patrol leader represents her group in a Court of Honor consisting of other patrol leads. The Court of Honor meets with an adult leader who helps guide decision-making.

Patrol leaders communicate all decisions made in the Court of Honor back to their patrols.

The Executive Board is one of three common forms of government used for older Girl Scout troops. In the Executive Board, girls rely on one leadership team for the whole troop, which is called an “Executive Board.”

Elect the Board: Girls should elect board positions such as president, vice-president, secretary, and treasurer for your troop. The number of officers and positions may vary, depending on the needs of your troop.

Hold Board Meetings: The board holds meetings outside of regular troop meetings to discuss troop matters. The board should report to the troop on a regular basis regarding decisions made, and most importantly, seek feedback and input from the troop before final decisions are made.

The Town Meeting System is one of three common forms of government used for older Girl Scout troops. In this system, there is no formalized government structure. The girls discuss and make decisions as an entire troop.

Have a Girl Moderator: This system requires a girl moderator to ensure that everyone gets a chance to speak and provide input. Girls should be leading the discussion with very little help from the leaders, so it's especially important to establish guidelines for discussion.





MEETING OVERVIEW

Junior Intro Meeting

At your first Junior Girl Scout meeting, the goal is to renew old friendships and forge new ones. New troops will get to know each other, and returning girls and adults will welcome new members. The troop will establish a pattern of girl/adult partnerships which will carry through the year. This meeting will give girls an introduction to Girl Scouts. This meeting will give parents/caregivers and girls an introduction to Girl Scouts.

Girls Will:

- Learn or refresh their memory of the Girl Scout Promise
- Learn or refresh their memory the Girl Scout Law
- Play games to get to know each other
- Start planning their Girl Scout year.

Parents will:

- Meet each other and discuss shared goals for the year
- Learn about the world of Girl Scouts and basic troop operations
- Discover easy ways to help the troop be its best

Whether you're welcoming new families or seeing familiar faces, it's helpful to discuss goals, manage expectations with parents/caregivers. All the while girls learn the Girl Scout Promise and Law and everyone gets to know each other.

Special Note: It works best and is the most fun when The Parent/Caregiver meeting and the Girl's Introduction meeting happen simultaneously, coming together for the closing and wrap activities. (You will need a co-troop leader or an older girl scout or two to help run this meeting.)

If available space or other circumstances make holding a combination meeting too difficult, these can be separated into two separate meetings. Do what is best for your troop! Below are agendas for both.

Prepare Ahead Before the Meeting: Your Ultimate Checklist**TWO-THREE WEEKS PRIOR TO FIRST MEETING:**

- Set a date and time (one hour to 90 minutes)-after work or on a weekend might be best-then send invites via email, text, or social media
- Try to meet in the same location you will hold Troop meetings, or somewhere familiar to everyone if possible-the local school or community center are often good bets
- Remember to include the [Girl Membership Online Registration link](#) in your communications to ensure all girls are registered online

ONE WEEK BEFORE:

Make enough packets of the following printed documents for each parent or caregiver:

- *Girl Health History* forms [from your council]
- *Emergency Medical* forms [from your council]
- *Photo Release* forms [from your council]
- [Family Tips & Volunteer Opportunities](#) [on the Resources Tab- Family Hub]
- Pick up supplies for girls activities (See "Materials List" section of this meeting)
- Secure a tablet or laptop you can bring to the meeting should parents need to [register their girl](#) or want to register themselves as volunteers-if you won't have Wi-Fi access, point out that the web address is on the [Family Tips & Volunteer Opportunities](#) tip sheet

DAY BEFORE:

- Create a sign-in sheet for adults to fill in their name/their girl's name and contact info
- Gather name tags and plenty of pens
- Pick up or arrange for any snacks or refreshments you wish to provide
- Talk with your Friends and Family Network and other assistants about their roles for the opening gathering.

A Note about Snacks:

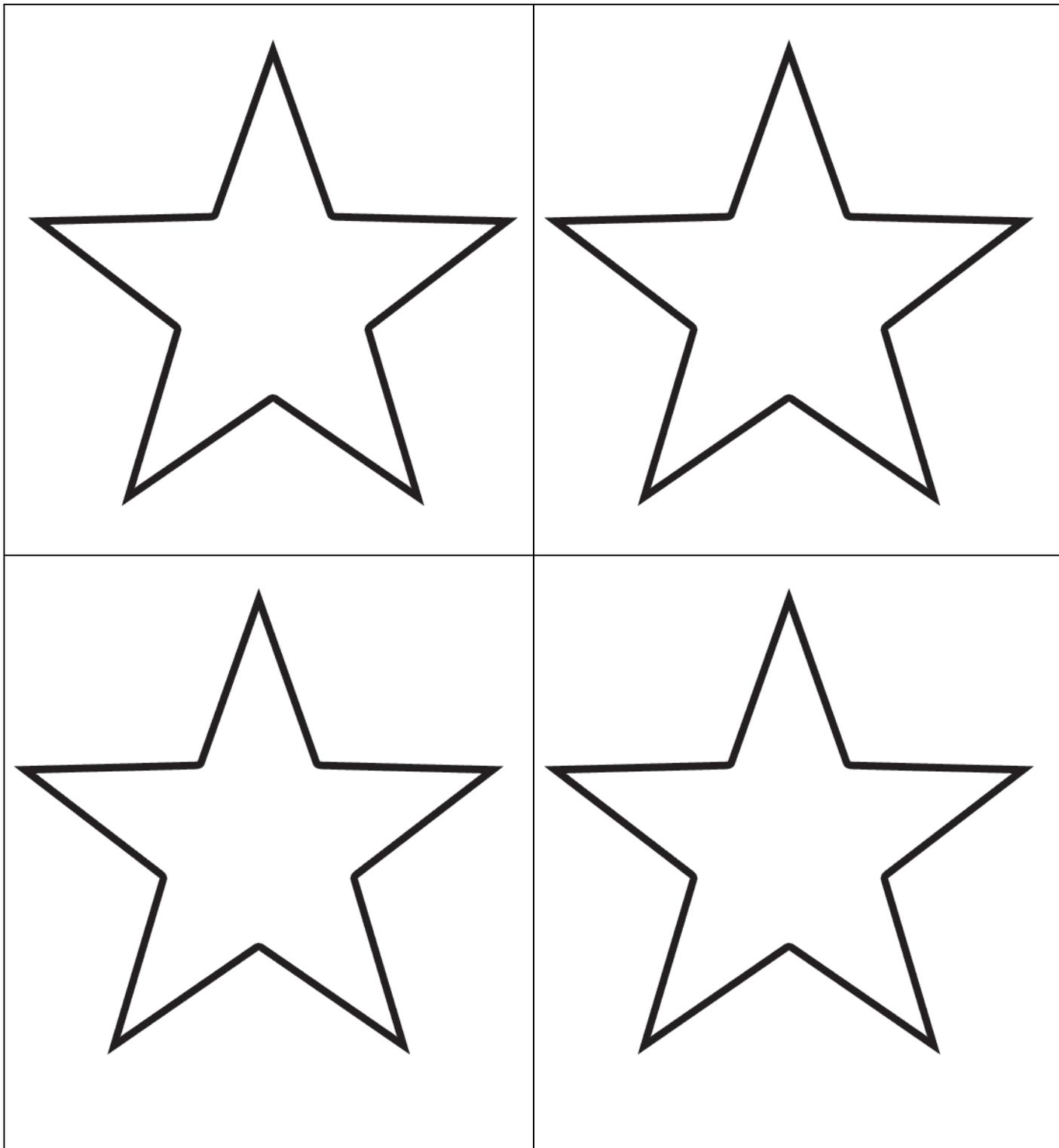


- Girls may need a small snack during their 1½ hour meeting to tide them over. Feel free to have snack time when girls need it.
- The first few meetings you may want to bring snacks for girls. Talk to girls' families before the first meeting about snacks to find out if any girls are allergic to certain foods.
- You may want to create a sign-up sheet so that family members can share the task of bringing snacks.

Award Connection

None. This meeting is an introductory meeting, so girls won't be working towards an award at this meeting.

Junior Star Nametags



MEETING OVERVIEW

Staying Fit 1

Note to Volunteers:

A few agenda activities in this meeting plan have two options--one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options--you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "**SAY**." However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Get your badges [here](#).
- Before girls earn their Staying Fit badge, try planning some active field trips for the girls, if you can. For example: you might take them to a roller skating rink, to attend a yoga class, or go on a hike. The important thing is to let girls know fitness is fun and for them to find an activity that they enjoy doing. By exploring different options, girls might find something that works for them.
- Talk to anyone helping you about what they will do at this meeting.
- Read the **Take Action Guide for Volunteers** located in the resources section. Throughout the year, you'll guide girls on their Take Action Project. When it comes up in your meetings, you'll want to make sure girls understand the steps for taking action: They will see a need, work with others to brainstorm solutions, develop a plan, and do the project.
- If weather and space permits, some of these activities might be fun to do outside. See if there is a space large enough to get active outside.
- **For Activity 3:** On a large poster board, make a grid with each girl's name running down the side. The other three columns should read:
 - *Resting heart rate*
 - *Active heart rate*
 - *Favorite activity*
- **For Activity 4:** Print out the **Food Pyramid Plate**, enough copies for each girl. Using masking, electrical tape, or painting tape, take a paper plate and make a 4-section grid to match the food pyramid plate, one for each pair of girls.

Get Help from Your Friends and Family Network

- Find out if anyone wants to lead or support an activity or meeting.

Award Connection

- In this session, girls begin activities toward earning their Staying Fit badge.
- They will earn their badge after completing activities at the end of the second Staying Fit meeting.

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop.

Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led!



MEETING OVERVIEW

Staying Fit 2

Note to Volunteers:

A few agenda activities in this meeting plan have two options--one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options--you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "**SAY.**" However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Talk to anyone helping you about what they will do at this meeting.
- Read the **Take Action Guide for Volunteers** located in the resources section. Throughout the year, you'll guide girls on their Take Action Project. When it comes up in your meetings, you'll want to make sure girls understand the steps for taking action: They will see a need, work with others to brainstorm solutions, develop a plan, and do the project.
- If weather and space permits, some of these activities might be fun to do outside. See if there is a space large enough to get active outside.
- For **Activity 3**: Feel free to research the yoga poses online if you are unfamiliar with any of them.
- For **Activity 6**: Create a sample Stick To It workout jar as an example for girls.

Get Help from Your Friends and Family Network

- Find out if anyone wants to lead or support an activity or meeting.

Award Connection

- In this session, girls earn their Staying Fit badge.

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop.

Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led!

Girl Scout Ceremonies

Girl Scouts also have ceremonies to mark special events throughout the year. Like other ceremonies, Girl Scout ceremonies can be planned on a grand scale to celebrate major transitions (such as awards, bridging, investitures, and end-of-year activities). Or they can be planned on a smaller scale to celebrate more frequent occurrences (such as the beginning or ending of a meeting, a campout, friendship, etc.).

From the very beginning, Girl Scout ceremonies have been observed to reinforce values, pass on traditions and give life to the beliefs set down in the Promise and Law by highlighting accomplishments that illustrate a Girl Scout belief. Ceremonies also reinforce the Girl Scout heritage by reminding us of the contributions made by the women who nurtured the movement in its infancy and began so many of its traditions. These special rituals form a framework for today's actions and provide inspiration for the future. You can find a sample Daisy Basket ceremony below.

What is an investiture ceremony?

An investiture is a traditional Girl Scout ceremony designed to welcome new members to our sisterhood—both girls and adults alike! And they make for a great way to start the Girl Scout year, since their primary focus is on honing new members' understanding of, and dedication to, the Girl Scout Promise and Law.

What is “bridging” and who is it for?

For girls who are already Girl Scouts, a “bridging” (or bridging ceremony) is a ceremony honoring and celebrating their graduation to the next Girl Scout level. Think Daisy to Brownie, Brownie to Junior, Junior to Cadette, Cadette to Senior, Senior to Ambassador, and even Ambassador to Adult! This progression marks important milestones in each girl's journey through Girl Scouting and should be celebrated by the troop, family, and close friends. We've included bridging information below. When you are ready to bridge check out our Short and Snappy Training focused on bridging! Below you can see the JR to CA bridging award!



Sample Junior Investiture Ceremony

You'll need lighted candles!

Scene: A table, with 13-candle board/log on it; flanked by American and GSUSA flag.

1st Speaker: " Tonight we are here in to invest those who have joined Girl Scouts for the first time this year. We are also here to rededicate each member, new and old, to the Girl Scout Promise and Law. You should all understand that these are the ideals by which Girls Scouts try to live, and through which we, as leaders, help girls to gain worthy citizenship." [a large candle is lighted, house lights are dimmed].

2nd Speaker: " Before you, you see a golden flame The flame symbolizes a Girl Scout's honor, which must never be dimmed. When a Girl Scout makes a promise, she is placing her honor, the brightest thing in her life, before her fellow Girl Scouts, her leaders, her parents, and her friends. Girls should understand that giving the Girl Scout Promise on one's honor is a serious thing. "

3rd Speaker: "From this golden flame we light the flame of duty to God and country.

"[light small candle and say:]

ON MY HONOR I WILL TRY: to serve God and my country

4th Speaker: "We light the flame of duty to people." [light second small candle and say:] ON MY HONOR I WILL TRY: to help people at all times

5th Speaker: "We light the flame of duty to self." [light third small candle and say:] ON MY HONOR I WILL TRY: to live by the Girl Scout Law

6th Speaker: "We now bring to light the flames of the Girl Scout Law, which make bright and clear the trail that leads from girlhood to womanhood. Let us all stand and repeat together the Girl Scout Law."

Pause until all stand; then 10 more candles are lighted as the ten parts of the law are said.

7th Speaker: "These burning candles represent the points of the law and promise and how they brighten the life of the Girl Scout who observes them. When through practice they become a part of our daily lives, they also brighten the lives of all whom we come in contact."

8th Speaker: "We can too easily forget that the Girl Scout Promise is a serious pledge. We must guard against repeating the Promise and the Law in a parrot-like manner, as though the words were meaningless. "

[Ceremony continues with house lights turned on. Each member present (who wishes to) is invited to say a few words about what being a Girl Scouting has meant to her.]

[Song, "On My Honor", is sung.]

9th Speaker: "Sisters, we are fortunate to be members of the greatest organization of women and girls: the World Association of Girls Scouts and Girl Guides. It is a privilege to wear the emblems of Girl Scouting. The whole world admires and respects us."

[Participants stand while leader puts pins on each one]



[Participants stand while leader puts pins on each one]

Closing: "With our ceremony ended, we now put out these candles. But we do so with the certain knowledge that we carry the flame of Girl Scouting eternally with us, in our hearts."
Do a rededication ceremony ONLY if all your girls are returning and there are no girls new to Girl Scouts:
Junior Rededication Ceremony
Opening: Friendship Circle

Leader: We gather here today to join hearts and hands in the spirit of friendship. We welcome our new Girl Scouts & rededicate those girls who have been with us in years past.

New Girl 1: I bring to the log a candle of green. The color symbolizes the riches I find in the values and lessons of Girl Scouting. (Insert candle into middle hole)

New Girl 2: I bring to the log a candle of royal blue. The color royal blue symbolizes the admiration that I have for myself and for my fellow Girl Scouts across the world. (Insert blue candle next to green)

New Girl 3: I bring to the log a candle of white. The color white symbolizes the honesty that I will practice toward others and Girl Scouts around the world. (Insert white candle on other side of green candle)

New Girl 4: I bring to the log a candle of silver. The color silver represents all girls new to Girl Scouting. May we all become true friends. (Insert silver candle next to white candle)

New Girl 5: I bring to the log a candle of gold. This gold candle represents all members of this troop that have been down the Girl Scout road of adventure for many years together. May we all continue down the same path for years to come. (Insert gold candle next to blue candle) Leader(s): We now intertwine the candles, holding them together with a rope of leadership. Under my (our) guidance, may these girls continue on the path of kindness towards each other and all Girl Scouts around the world. (Weave rope between the candles)

All: Recite the Girl Scout Promise

Closing: Friendship circle, & sing "Make New Friends"
Here are the insignia and awards your girls should receive during the investiture ceremony:



Girl Scout Pin



World Trefoil Pin



Running a Safe Girl Scout Meeting

Listed below are the essential building blocks for running a safe Girl Scout meeting.

Adult-to-girl ratios

Adult-to-girl ratios in Girl Scouting show the minimum number of Council-approved adults needed to supervise a specific number of girls. These supervision ratios were devised to ensure the safety and health of girls. For example, if one adult has to respond to an emergency, a second adult is always on hand for the rest of the girls. The chart below is helpful to understand the safety ratios involved for both troop meetings and outings for all Girl Scout grade levels.

	Group Meetings		Events, Travel, and Camping	
	Two unrelated volunteers (at least one of whom is female) for every:	One additional volunteer to each additional:	Two unrelated volunteers (at least one of whom is female) for this number of girls:	One additional volunteer to each additional:
Girl Scout Daisies (grades K-1)	12	6	6	4
Girl Scout Brownies (grades 2-3)	20	8	12	6
Girl Scout Juniors (grades 4-5)	25	10	16	8
Girl Scout Cadettes (grades 6-8)	25	12	20	10
Girl Scout Seniors (grades 9-10)	30	15	24	12
Girl Scout Ambassadors (grades 11-12)	30	15	24	12

Follow the Girl Scout Safety Guidelines and Safety Activity Checkpoints

Safety instructions are detailed in the Girl Scout Safety Guidelines and the Safety Activity Checkpoints. Whether you're going swimming or hiking, or headed to a theme park, please read and follow the Safety Activity Checkpoints for your specific activity. Share them with other volunteers, parents, and girls before engaging in your activities. (From the GSKWR website, search: "safety activity checkpoints".)

Review Volunteer Essentials: For more details on safety issues like Internet safety, financial policies, traveling, creating safe spaces for girls, and volunteer responsibilities, reference Volunteer Essentials, found on the GSKWR website.

First Aid: Make sure a general first aid kit is available at your meeting place and accompanies girls on any activity (including transportation to and from the activity). Be aware that you may need to provide this kit if a fully stocked one is not available at your meeting site.

Health history forms: Every girl in your troop should also complete a health history form found in your Welcome guide. A medical emergency can happen at any time, so always be prepared. Take a photo of our emergency procedures card on your phone for quick access to emergency information. This card is also found in your Welcome guide.

First Aider: A First Aider is what Girl Scouts call an adult volunteer who has taken Girl Scout-approved first aid and CPR training which includes specific instructions for both adult and child CPR. Activities may take place in a variety of locations, which is why first-aid requirements are based on the remoteness of the activity location, as noted in the Safety Activity Checkpoints for that activity.



Managing Troop Funds

Below are a few tips that will help you manage your troop account. These include:

1. Reconciling the troop account to the bank statement each month.
2. Reporting to the troop regularly about the troop's financial activity and current cash balance.
3. Understanding the cookie program process.
4. Understanding money-earning project guidelines.
5. Preparing the semi-annual troop financial report and submitting it to the Service Unit Banking Specialist or membership staff.

Money Earning Guidelines for Girls, Service Units and Adults.

Helping girls plan, budget, earn and manage money is an integral part of the Girl Scout Leadership Experience. Girls learn the important skills of goal setting, decision making, money management, people skills and business ethics through Girl Scouts' Fall Product and Cookie Programs. Additional Council-approved Troop Fundraising – through either Money Earning Activities or Adult Fundraising – provide opportunities beyond Cookie and Fall Product Program proceeds.

Money Earning Activities refer to activities that follow a budget and are planned and carried out by girls in partnership with adult volunteers to earn money for the troop/group. Money Earning Activities provide skill-building opportunities for girls. Girls earn funds by providing a service or product and should be learning while earning as they work together as a team to meet their goals.

Adult Fundraising refers to a relationship between an adult Girl Scout Volunteer and a donor - one in which the donor lends support to the troop/group in the form of money or products/services to benefit a specific, budgeted activity for the troop/group. These donors may receive a tax deduction, as allowable by law. Girls are not allowed to solicit these funds. (See Highest Awards below.) The main difference is who will be planning and organizing the activity or event. If it is adults organizing the event or asking for funds, then it is considered Adult Fundraising. If it is the girls who are planning and organizing the activity and performing the service to earn the money, then it is considered a Money Earning Activity.

Check out our website for more information: <https://www.gskentucky.org/en/for-volunteers/Troop-Fundraising.html>



Junior Scout Resources

There are many resources available for you to use with your Junior Girl Scouts. Below are a few that will help you get started and create the experience that is right for your girls.

If girls wish to earn even more badges than those included in the Girl's Guides, additional badge activity sets are available to purchase at <https://www.girlscoutshop.com/KENTUCKYS-WILDERNESS-ROAD-COUNCIL> and meeting plans are available on the Volunteer Toolkit (VTK).

For a complete listing of awards available at the Girl Scout Junior level, check out the [Award and Badge Explorer](https://www.girlscouts.org/award-and-badge-explorer) at [girlscouts.org](https://www.girlscouts.org).

It is considered a best practice that all girls in the troop have their own books. This way, they can work on additional badges or criteria outside of the troop meetings, share projects with their families, and have a keepsake and record of their Girl Scout Experience.

Volunteer Toolkit:

The Volunteer Toolkit (VTK) gives you program content and other resources to manage your troop planning all year long—and keep it going smoothly! Here's how it will save you time and help you plan:

- The VTK offers two resources for planning your troop's time: Year Plans and Meeting Agendas.
- Daisy, Brownie and Junior leaders can access pre-populated plans for every meeting.
- Cadette, Senior and Ambassador leaders can access planning features.
- Everything is fully customizable!

You can also manage troop finances, track girls' achievements and attendance, reference important safety guidelines for field trip planning, and stay in touch with parents and share meeting plan information



gs Learn

gsLearn gives you easy access to online and in-person learning opportunities as well as the ability to track all your accomplishments! Learn at your own pace, access additional resources, and repeat info when you need it! GSKWR offers over 20 training courses from VTK training to new leader basics.



Girl Scout Journeys

Journeys are a coordinated series of activities grouped around a theme. The activities included in the Journey guides may be done by troops, groups, by individually registered girls, or as part of larger program events. A troop/group could follow the sample sessions included in the book, or choose only specific pieces selected by the girls. Girls may select whichever Journey interests them most!

Junior Badges, Awards and Pins[†]

STEM

Automotive Engineering



Cybersecurity



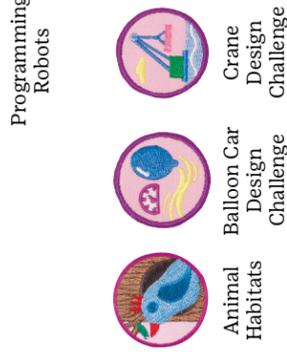
Coding For Good



Robotics



Math In Nature



Outdoors



Camper

Eco Camper

Flowers

Geocacher

Horseback Riding

Junior Snow or Climbing Adventure

Junior Trail Adventure

Outdoor Art Explorer

Life Skills



Democracy for Juniors

Drawing

Gardener

Independence

Inside Government

Jeweler

Junior First Aid

Junior Girl Scout Way

Junior Badges, Awards and Pins[†]

Entrepreneurship



Business Jumpstart

Business Owner

Cookie Collaborator

My Cookie Team

Product Designer

Savvy Shopper

Journey Awards

It's Your World—Change It!



Agent of Change Set

It's Your Planet—Love It!



GET MOVING! Set

It's Your Story—Tell It!



aMUSE Set

Engineering



Think Like an Engineer

Take Action

Think Like a Programmer

Take Action

Think Like a Citizen Scientist

Take Action

Animal Habitats

Camper

Eco Camper

Take Action

Computer Science

Outdoor STEM

Outdoor

Additional Awards



My Promise, My Faith Year 1

My Promise, My Faith Year 2

Safety Award Pin

Junior Journey Summit Award Pin



Entrepreneur Year 1

Cookie Entrepreneur Family Pin

Bronze Award Pin

Bronze Award Emblem

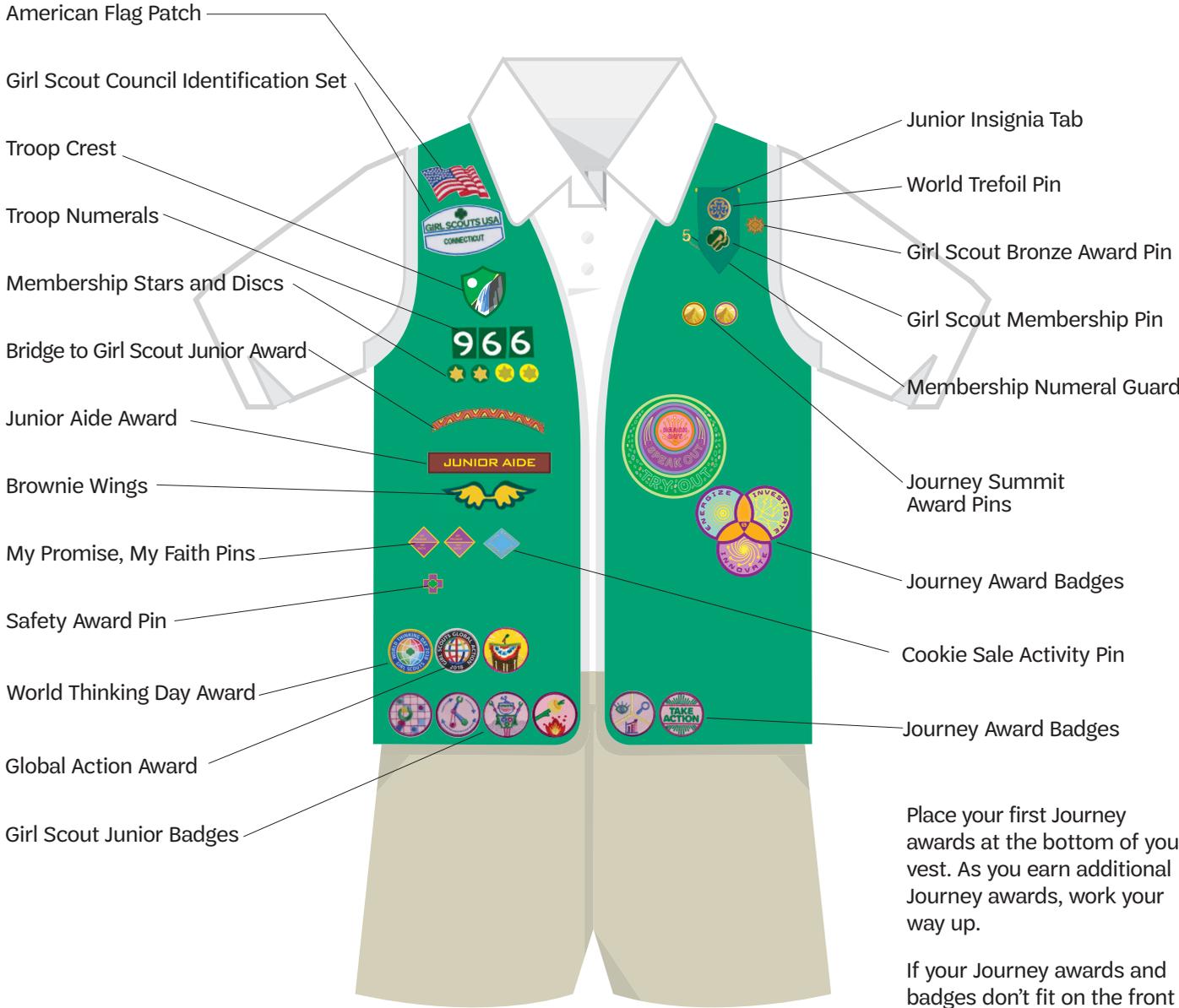
World Thinking Day 2022 Award

Global Action Award Year 1

Global Action Award Year 2

Girl Scout Junior Vest & Sash

Click on the name or image of insignia to find out more information and to purchase.
 Visit <https://www.girlscoutshop.com/KENTUCKYS-WILDERNESS-ROAD-COUNCIL>
 for all your Official Girl Scout merchandise needs.



Place your first Journey awards at the bottom of your vest. As you earn additional Journey awards, work your way up.

If your Journey awards and badges don't fit on the front of your vest or sash, you can wear them on the back.



Next Steps...

Partner with Girls to Plan Troop Activities

Girl led activities are a key component of the Girl Scout Leadership experience. Involve girls in an age appropriate way in planning their Girl Scout activities.

Read Volunteer Essentials

Volunteer Essentials is your volunteer manual – <https://www.gskentucky.org/en/for-volunteers/why-volunteer.html>

Connect with Other Volunteers

You are part of a large community of Girl Scout Volunteers. Get answers to your questions and share ideas by connecting with other volunteers.

- » Attend monthly Service Unit volunteers meetings.
- » Attend Volunteer Events and Enrichments
- » Check out our Pinterest page for fun ideas! - www.pinterest.com/kygirlscouts

Communicate Regularly with Parents/Guardians

Establish a system to communicate regularly with parents/guardians. Keeping parents/guardians informed will help girls have a good experience.

Participate in Product Programs

The Fall Product and Cookie Programs are opportunities for girls to learn about goal setting, budgeting, and money-earning activities.

<https://www.gskentucky.org/en/cookies/2016CookieSale.html>

<https://www.gskentucky.org/en/cookies/fall-product-program.html>



Girl Scout Glossary

Girl Scouting has its own jargon, and there may be times you feel like someone is speaking to you in a different language!

Annual Troop Review is a review completed once a year by a troop leader. This is typically a wrap up of your troop's year and is completed between April and June.

Badge: Embroidered official recognition awards for Girl Scouts, to indicate increased knowledge and skill in a particular subject. Badges are placed on the front of the uniform.

Ceremonies::

- **Bridging:** The move from one program level of Girl Scouting to the next (e.g. from Girl Scout Daisy to Girl Scout Brownie). Bridging requirements are found in the Girl's Guide to Girl Scouting handbook section.
- **Court of Awards:** A ceremony that can be held any time during the year at which petals, patches, pins, recognitions, and other awards are presented.
- **Girl Scouts' Own:** A quiet inspirational ceremony that has a theme and is planned by Girl Scouts and their leaders.
- **Investiture:** A special ceremony in which a new member makes her Girl Scout Promise and receives her membership pin.
- **Rededication:** A formal ceremony for girls or adults, previously invested, to renew the Girl Scout Promise (a good way to start a second year of a Girl Scout grade level).

Cluster: Group of service units operating in a given territory. Each cluster has its own council office. GSKWR has 5 clusters: Bluegrass, Jenny Wiley, Ken-O-Valley, Licking Valley, and Mountain Laurel.

Fall Product Program: A council sponsored program combining educational activities with money earning opportunity for troops/groups. It is directed towards family and friends and enables troops to earn start up money by selling magazine subscriptions, nuts and candy.

Friendship Circle: A symbolic gesture in which Girl Scouts form a circle by clasping hands, crossing their right arm over the left. The circle represents the unbroken chain of friendship among Girl Scouts and Girl Guides all over the world. It is often used at a closing ceremony.

Fun patches: Optional patches worn on the back of a uniform. These patches are for available for activities or outings (everything from a radio station visit to a pizza party) that are not part of earning an official badge award.

Girl Scout's highest awards:

- **Girl Scout Bronze Award:** The highest award a Girl Scout Junior may earn.
- **Girl Scout Silver Award:** The highest award a Girl Scout Cadette may earn.
- **Girl Scout Gold Award:** The highest award a Girl Scout Senior or Ambassador may earn.

Girl Scout Holidays:

- **Founder's Day:** Juliette Gordon Low's birthday, October 31.
- **Girl Scout birthday:** March 12, 1912 marks the first Girl Scout meeting in Savannah, GA.
- **Girl Scout Week:** An annual celebration during the week of March 12, the Girl Scout birthday. It begins on Girl Scout Sunday and ends on Girl Scout Sabbath.
- **Girl Scout Leader's Day:** April 22, a special day to honor Girl Scout leaders.
- **World Thinking Day:** Celebrated by Girl Guides and Girl Scouts throughout the world, February 22 is the mutual birthday of Boy Scout Founder Lord Baden-Powell and his wife Lady Olave Baden-Powell who was active in Girl Guides in England and served as World Chief Guide. This is the day for Girl Scouts and Girl Guides to think about their sisters around the world through special projects, international programs, activities, or pen pal correspondences. Girl Scouts at each level can earn an award that can be worn on the front of her uniform with their other badges and awards.



Grade levels: Current girl levels include: Daisies (K-1), Brownies (2), Juniors (4-5), Cadettes (6-8), Seniors (9-10), and Ambassadors (11-12). These have varied over the years and may be different from what you remember if you were a Girl Scout.

GSKWR (Council): Girl Scouts of Kentucky's Wilderness Road Council

GSUSA: Girl Scouts of the United States of America, our national organization.

Juliette Gordon Low: Nicknamed Daisy, Juliette was the founder of Girl Scouting in the United States who formed the first troop meeting in Savannah, Georgia on March 12, 1912. Read the full story in your Girl's Guide to Girl Scouting!

Kaper chart: A chart that shows the delegation of tasks and rotation of responsibility day-by-day and/or meal-by-meal.

Membership and Program Specialist (Staff): A GSKWR staff member who works to assist volunteers and parents/caregivers with registration and renewals, as well as help to place girls and volunteers into Troop or Service Area roles.

My GS: Our online troop management portal to access the Member Profile and the Volunteer Toolkit. Our registration system makes it easy to register, find a troop that is right for you, become a volunteer, create meeting plans for your troop, and much, much more! Troop Leaders and Assistant Troop Leaders can use their account to access information for both their troop and their own families, via separate tabs. Parents will be able to access their own household.

Program Aide: A Girl Scout Cadette, Senior, and/or Ambassador who has been trained to assist younger Girl Scout groups with songs, games, crafts, ceremonies, or outdoor activities.

Safety Activity Checkpoints: GSUSA's safety program standards. Find it on the Volunteer Toolkit or our website. Sit-upon: A cushion made by Girl Scouts to use when the ground is hard or damp or to keep their clothes clean. Service Unit: A geographic subdivision within a cluster.

Service Unit Manager (SUM): A volunteer leadership position who leads a service area in partnership with service team volunteers and the membership specialist staff member assigned to the region.

Service Unit Treasurer (SUT): A volunteer leadership position who is responsible for signing on troop's bank accounts, they are typically the third signer on the troop and service unit account. Monitors bank accounts and reviews monthly statements.

Service team: A volunteer leadership team within a service area that works in partnership with the membership engagement staff member.

SWAPS: Special Whatchamacallit Affectionately Pinned Somewhere, a keepsake exchanged as a way for Girl Scouts to meet each other and promote friendship.

Tag-a-longs: An informal name for a non-Girl Scout child attending a Girl Scout event.

TAP: This is our Training and Program calendar where you can find information on current and upcoming programs and training opportunity.

Trefoil: The international symbol of Girl Scouting; the three leaves of the trefoil represent the three parts of the Girl Scout Promise.

Volunteer Toolkit (VTK): The Volunteer Toolkit is a digital planning tool that gives you resources and program content to get your year started—and keep it going smoothly! Fully customizable, the toolkit is accessible by phone, tablet or desktop so you can plan and prepare practically anywhere.

World Association of Girl Guides and Girl Scouts (WAGGGS): An international educational association of more than ten million Girl Guides and Girl Scouts in 150 countries. Learn more at www.WAGGGS.org.

