



Girl Scouts.
of Connecticut

Helpful Hints

Program Department Newsletter
Summer 2009

Reminder: Mini Kick-Offs this Fall!

Remember to put the following dates on your calendar to attend a regional mini kick-off event and learn what's new for the upcoming Girl Scout year!

- Tuesday, 9/8, from 7 – 8:30 p.m. at the American Legion Hall in Norwalk
- Wednesday, 9/9, from 7 – 8:30 p.m. at the Hartford Legislative Building
- Thursday, 9/10, from 7 – 8:30 p.m. at St. Paul's Church in Danbury
- Saturday, 9/12, from 10 – 12 noon at Camp Laurel Program Center in Lebanon
- Tuesday, 9/15, from 7 – 8:30 p.m. at Crown Corporate Campus in Milford
- Wednesday, 9/16, from 7 – 8:30 p.m. at Camp Maria Pratt in Torrington
- Thursday, 9/17, from 7 – 8:30 p.m. at the Masonic Temple in Meriden



GSOFACT Program Box Resources!

This month, our featured boxes are Compass 101 and Compass. Compass 101 is designed for Girl Scout Brownies and Juniors, and Compass is designed for Girl Scout Juniors, Cadettes, Seniors, and Ambassadors. Take these boxes to your local camp or State Park and learn about compasses, orienteering, and various other navigational tools through age-appropriate activities!

Girl Scouts of Connecticut Program Boxes contain activities, tips, and most of the supplies needed for fun exploration of specific topics and the activities listed in the box. To learn more about Program Boxes, visit <http://gsofct.org/membership/form-library.php> > Girl Program > then click on Program Box Form and FAQ or Program Box Summaries, or contact Lindsey Reishus at LReishus@gsofct.org.

Relax and Stress Less in Midsummer

The findings of a recent Girl Scout Research Institute Study: *The New Normal – What Girls Say About Healthy Living* is that “emotional health is central.” Stress is a part of our life. Without stress, life would be dull and unexciting. Stress adds flavor, challenge and opportunity to life. Too much stress however can seriously affect each person in many ways. Help girls face the challenge of stress in their lives. Some Girl Scout resources to consider using with your troop will help girls cope with stress and stress-less:

- Girl Scout Daisy Petal- *Respect Myself and Others*. Have girls relax and find a comfortable spot to sit and close their eyes. Have them slowly take a deep breath in and carefully and slowly let the air out of their body. Enjoy the summer air outside, inside and all around. Then try an active game such as keeping a balloon or a ball up in the air. Discuss how they feel after these activities.
- Girl Scout Brownie Try-It- *People Are Talking*. Play the “Guess the Feeling” game. Have girls write down feelings they or their friends might experience. Have them take turns picking a piece of paper and try and show the feeling to the group without using words or sounds. Follow up with a discussion about the experience.
- Girl Scout Junior badge- *Stress Less*. Physical motion can release tension in the body. List ten physical activities that could move stress away. Have the girls choose and try an activity.
- Girl Scout Cadette, Senior and Ambassador- *Focus Book: Don't Sweat It*. Make a list of some stress-busters to help care for their bodies. Choose and try one or two of the activities.



Solar Cooking

Looking for a fun summer activity for your troop? Get together this summer and have a solar cooking party! Solar cooking is an earth friendly way of cooking food. It can be a perfect way to cook food in areas where there is little fuel (remote areas with few trees) and in areas where fuel supplies have been depleted (remote areas where people have overused wood fuel & have few trees left). Even in a household that uses electricity or gas to cook, solar cooking can have advantages. A solar oven doesn't add heat to a home like a traditional oven, the food rarely overcooks and it saves on energy bills. Cooking with solar energy produces no fumes or pollution, like other forms of fuel. Making your own solar cooker can be easy and inexpensive! Learn about many of the different types of solar cookers your troop can make at <http://www.solarcooking.org/> or <http://pbskids.org/zoom/activities/sci/solarcookers.html> You can also rent a Solar Cooking Program Box. This is a seasonal box, so it is not listed on the reservation form. Simply write in "Solar Cooking" on the form. Boxes are reserved on a first-come first-serve basis. Send in reservation forms and payment to the North Haven Service Center.



Ask Juliette

*Dear Juliette,
My troop does not meet throughout the summer. Do you have any ideas to help them stay in touch and keep them excited about regrouping in the fall? Thank you!*
-Staying in Touch

Dear Staying in Touch,
One cool idea to keep your girls communicating year round is to start a round-robin letter to rotate around your troop. The first girl (or leader) would write a letter and include it in an envelope with a list of names and addresses for the rest of the troop members. She would then send it to the person on the top of the list. When the next girl received the letter, she would read the first letter, then write her own letter and add it to the envelope and send it along to the next person on the list. Keep this up until the first person receives the packet of letters again. She would then read all of the letters, remove her first letter, and add a new letter and send it along to the next person on the list again. Keep this up throughout the summer, or all year round! Imagine how excited the girls will be to receive actual snail mail!
-Juliette

If you have a question about the Program Department for the Ask Juliette column, email it to us at program@gsofct.org with the subject line "Ask Juliette."

Green Buddy Summer Craft

What you will need:

- Pantyhose or nylon knee-highs (approximately ten inch section per girl)
- Rubber bands
- Wood chips or shavings (like you would put in an animal cage)
- Grass seed (approximately 3 tablespoons per girl)
- Decorative items for the face (pipe cleaners, wiggly eyes, pom-poms, etc.)
- Glue
- Old margarine tub or dish to hold water

Directions:

1. Tie a knot on one end of the nylon (if you are using pantyhose with toes, then you do not need to tie a knot, only tie a knot if both ends of the nylon are open)
2. Put in about 3 tablespoons of grass seed first
3. Fill with a handful of woodchips/shavings to make a rounded head for the Green Buddy
4. Tie off the nylon at the bottom of the Green Buddy with a rubber band or a knot
5. Cut off any extra nylon
6. Decorate the face making sure the grass is on top for hair
7. If your nylon was open on both ends and you had to tie a knot on the top, don't worry about the bump, the grass will cover it as it grows in
8. Put water in the dish, then put the Green Buddy in the dish, making sure the top of the head is facing up (so that the grass seed is on top)
9. Make sure to keep the Green Buddies damp as they continue to grow!

Tip: Girls can also decorate the tubs or jars that their Green Buddies will grow in!



Let us know!

What did you think about this edition of Helpful Hints? Can you think of a way to make it even better? Do you know a leader who is not receiving Helpful Hints? Let us know! We would love your feedback, requests, and any other comments you would like to share! Contact Lindsey Reishus at LReishus@gsofct.org.