



Girl Scouts.
of Connecticut

Helpful Hints

Program Department Newsletter
November 2009

Near and Far Destinations

Girl Scouts *Destinations*, travel experiences for Cadettes and older, can whisk your Girl Scouts to the far corners of the world where they will meet remarkable girls, develop leadership skills, gain confidence and enjoy valuable learning opportunities. Go to www.studio2b.org/escape to see the new listing of travel opportunities. For more information, contact Debbie Braun at dbraun@gsofct.org.



Story Bag

Why not bring back the age of story telling? You'll need a pillow case with assorted items inside (these can be focused on a theme seashells, a plastic fish, a small shovel, etc.. or random).

- Form a circle. Explain that together you all will create a cooperative story.
- Everyone will add a part to the story. Their part will relate to an item that they take out of the story bag. You may want to establish some guidelines... for example: The added-on part should extend the story line in a sensible way, respecting the work of the girls before you, or that each girl's part will not be too long, and will leave the story open-ended for the next person.
- Once every one has had a chance to add to the story, you can come up with an ending together.
- Want to extend the activity? Have each person illustrate their section of the story.

For younger Girl Scouts you might ask an adult to be the scribe and record what each person adds to the story. Make copies and girls can share their cooperative story with their families.

Fall/ Early Winter Service Project Ideas

November and December are prime time for meaningful troop service projects. Your town's Social Services Department usually has an Adopt-a-Family program or a list of needy families who would appreciate a basket of food for Thanksgiving or some toys and gifts for the holidays. Other ideas include:

- Yard clean-up and leaf raking for Senior Citizens
- Making seasonal tray favors for Meals on Wheels or holiday table decorations for nursing/convalescent homes.
- Singing to the Senior Citizens

These activities bring the generations together.



Stop and Tie Your Shoe!

How many times have you said that to someone in your troop? Here is an easy sure-fire way to tie a shoe that won't come undone until you want it to, and when you do you just pull the lace- no knots to untie! If you currently tie using the make a one loop (the tree) and have the bunny (second loop) go around the tree and into the hole just one more step makes this knot a super-leader friendly knot:

- Begin by making the usual half knot, pulling tightly to close the shoe.
- Second, make one loop - you know the tree. So far, just like the usual way of tying.
- Third, wrap the other lace around the loop - but after you go around one time, *go around again!*
- Finally, push part of the wrapping lace into the hole created by the rapping and the first loop. Pull tightly just as usual.

Try it yourself and then teach your troop.



The 2009-2010 Cookie Season will be the most inspiring cookie season ever! The Inspired by U theme is a tribute to girls and their Leaders brought to life in the age-appropriate program activity kits coming to troops soon. Cookie order taking will kick off on Jan. 8th and cookies will arrive on March 6th and 7th. Booth sales will be held from March 6 – April 3.

Colorful Crayons

A great way to begin a conversation about diversity or to define diversity, is to give each girl a piece of paper and ask her to draw whatever she'd like using only one crayon. Then give her a second piece of paper and tell her to draw a picture using any number of crayons that she'd like. Ask the girls which of their pictures they like better and which one they'd like to hang up and display. When the activity is over tell the girls "What a boring world it would be if we were all alike — like the picture drawn with only one crayon? The diversity in the world makes it like a wonderful box of crayons with endless colors." A great story to go with this activity is "The Crayon Box that Talked" by Shane Derolf and Michael Letzig. Ask the girls to brainstorm all the reasons it is important to accept people who are different from us.

Crazy Scarecrow Dress and Dash

Stock up on over-sized plaid shirts, goofy pants, floppy hats and any other silly clothing that a scarecrow might wear. Make piles containing one of each item. The number of piles is determined either by the number of kids or teams participating. Line up kids and let the game begin! The children run to the pile, put on the outfit, and dart back to the starting line. If doing it as a team game, they would then switch the outfit with their teammate, who dashes out and back. First team with their last team member dressed as a scarecrow wins.

It's Your Planet- Love it

Did you know that Sunflowers pull lead out of the soil and into their roots? That's just another cool environmental fact that Girl Scout Daises will learn in our newest leadership journey, Between Earth and Sky. Follow Lupe and friends in her powder-blue petal-powered car to some of their favorite places while you learn amazing facts about the environment and meet new flower friends along the way!

Join the Letterboxing and Geocaching Club!

Come join other Girl Scout adult volunteers and girl members once a month at different Program Centers to hike on the properties and learn more about letterboxing and geocaching. Beginners on up to advanced hikers are welcome to join. Cost is free. For dates, times, or Program Center information or to sign up, email Candice Olson, colson@gsofct.org.

Winter Craft Ideas

There are many fun food projects requiring no cooking that make great gifts. You can make layered dry soup or cookie mix, dip mixes or tea, cocoa or mulling mix in Mason jars with a pretty fabric topper. Flavored oils and vinegars, marinated olives or spiced nuts in decorative glass bottles and jars are also welcomed.

Fit's Inn

The *Fit's Inn* program is designed as a fun and healthy getaway- just for girls. This national multimedia program encourages girls in Girl Scouts, Brownies and Juniors, grades 2-5, to make smart choices about nutrition and fitness. Being fit is in! Positive experiences at *Fit's Inn* will help girls build healthy habits that will last a lifetime. Each Service Unit received three multimedia resource packets in August to share. Each packet contains:

- A DVD with five episodes for girls, hosted by girl role models,
- Warm up activities
- Session activities that focus on nutrition and physical activities
- A DVD with five episodes for girls, hosted by girl role models,
- Take-Out Menu activities that emphasize the individual, family and friends and the community.

The Girl Scout Brownie and Junior Facilitator Guides found on the DVD are full of instructions, tips, activities and resources for working with the girls. Make arrangements to borrow this resource from your Service Unit Team. *Fit's Inn* participation patches are available for purchase at the Council shops.

Let Us Know!

What did you think about this edition of Helpful Hints? We'd love to hear your feedback, requests, and any other comments you would like to share! Contact Angela Silva at asilva@gsofct.org

