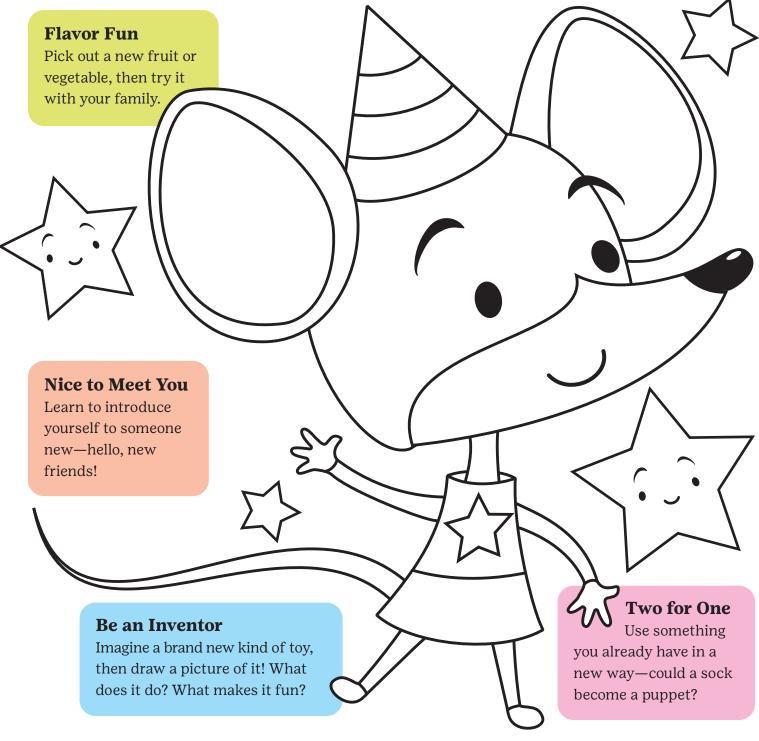
Color Your Year with Girl Scouts

A Month-by-Month Activity Calendar for the Whole Family



JANUARY

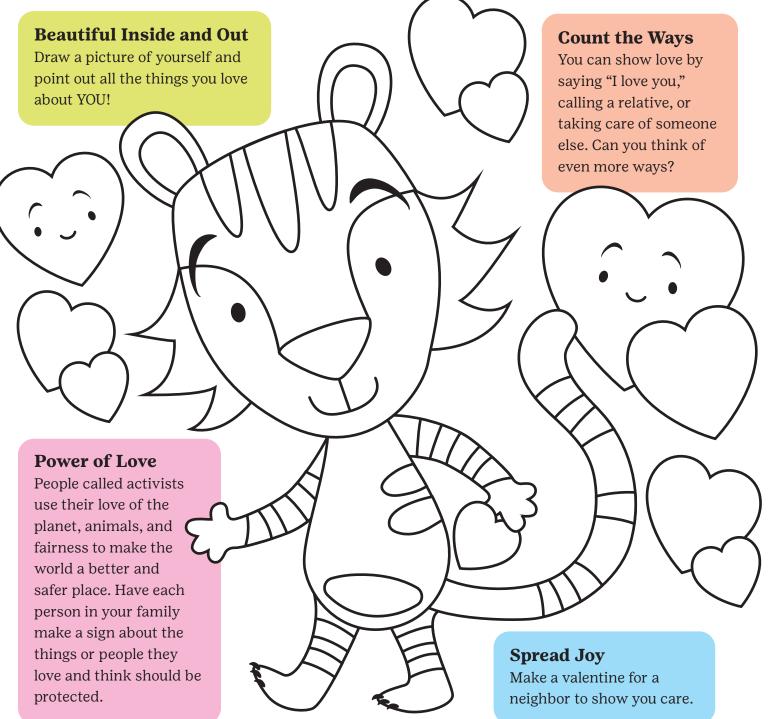
Fresh Beginnings Girl Scouts know the best way to celebrate a new year is by trying new things! Do these activities with your family, then see if you can come up with more ideas to try together.



What our family is looking forward to in January: _

FEBRUARY

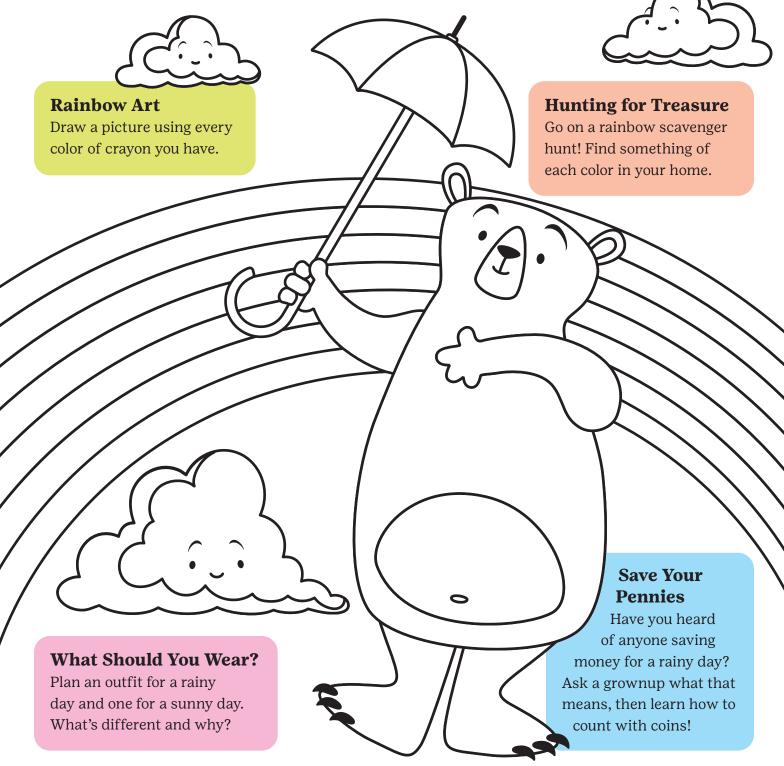
Have a Heart Showing love and kindness to our friends, family, and community is one of the things Girl Scouts do best. Let's celebrate a whole month of love!



What our family is looking forward to in February: ____

MARCH

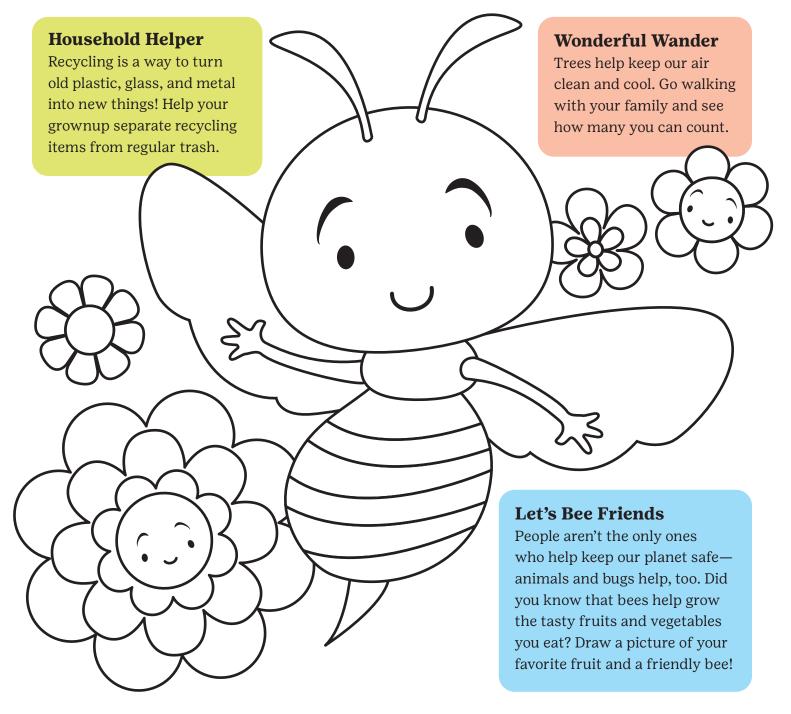
All the Colors Every Girl Scout knows you can't have rainbows without a little rain! Let's celebrate both with these fun activities.



What our family is looking forward to in March:

APRIL

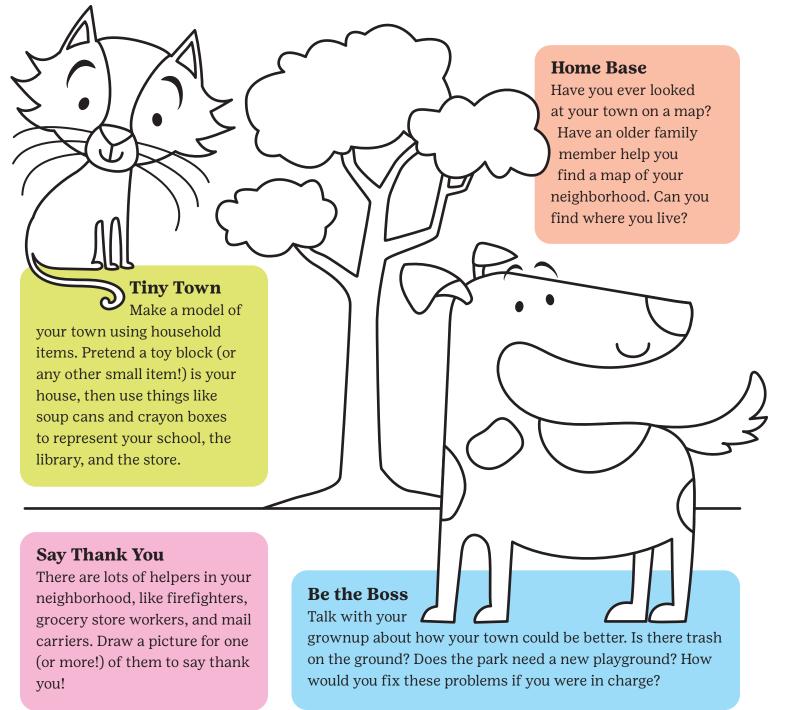
Protect Our Planet Nature is beautiful and it's everyone's job to help keep our Earth safe and clean. Try these fun activities to learn how you can make a difference.



What our family is looking forward to in April: _____

MAY

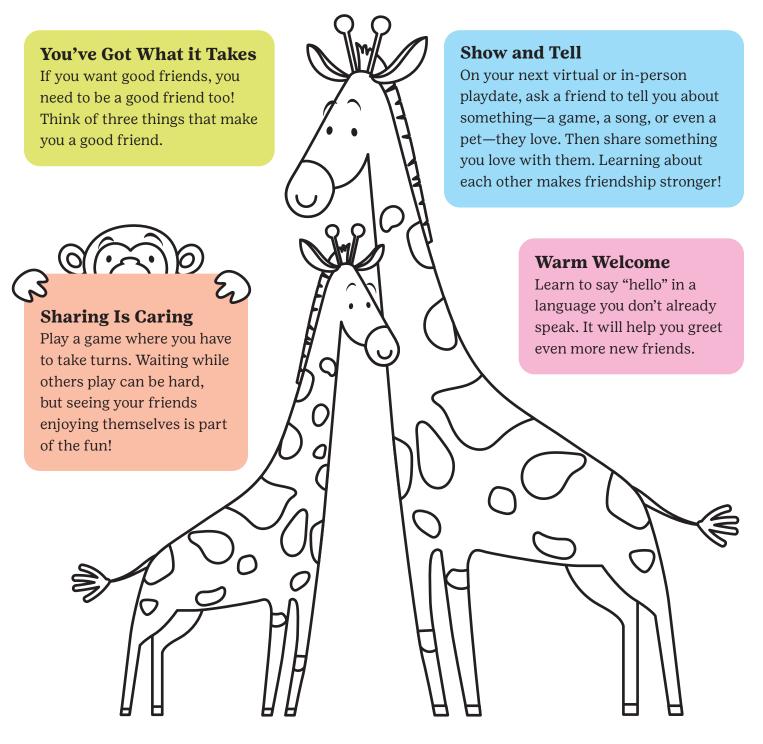
Love Your Neighborhood Every neighborhood is special and different—so take time to celebrate everything that makes yours wonderful and think of ways that it could be even better.



What our family is looking forward to in May: _____

JUNE

Friendship Is Fun Friends are the special people who care about you and who you love to laugh and play with. Good friends can help us feel happy and strong. Let's celebrate them all month long!



What our family is looking forward to in June: _____

JULY

Let's Play! Games are lots of fun and a great way to learn new things! Try these classic games with your grownup or friends.

Hopscotch

Use sidewalk chalk to draw a series of squares on the ground outside, then practice hopping from one to the other until you reach the end. You can make up different rules like that you have to hop on one foot or touch the ground on a certain square.

I Spy

Say, "I spy with my little eye," and describe something you're seeing without saying what it is. So it might be "something red" or "something round." Then others have to guess what it is you're looking at. The person who guesses right gets to say "I spy" next.

Follow the Leader Pick someone to be the leader, then follow what they do. If they put their arms up in the air, everyone else has to do it too. If they do a funny walk, try your best to copy them. After a few minutes, trade so someone else is the leader.

What our family is looking forward to in July: _____

AUGUST

Big Feelings It's nice to be happy, but everybody feels sad, mad, or worried sometimes too. From times when we feel silly to times when we feel brave, there are so many emotions to explore.

Emotions Dance Proud of Yourself Put on some music and then dance how you Have a grownup help might if you were really happy. After a minute you make a list of or two, switch and dance like you were very things you are good sad. Then try dancing like you were at. Maybe you're good angry. How do you at brushing your teeth, move differently taking care of your toys, with each feeling? or helping around the house. Some things might be harder than others, but thinking of all the things you do well should make you feel nice and proud. **Draw Your Feelings** Take a piece of paper and draw what happiness feels like on one side. Then on the other side, draw what it feels like to be sad or disappointed. Talk with your grownup about what colors you used for the different sides, and anything else that might be different about your two drawings.

What our family is looking forward to in August: _____

SEPTEMBER

Healthy Habits Being active and eating fruits and vegetables keep our bodies strong and healthy. Give your body a solid start by trying some of these fun activities with your grownup this month.

Eat a Rainbow

Fruits and vegetables that are naturally different colors help your body in different ways! Make a rainbow chart with a grownup and check off each color that you eat in a day—eating the whole rainbow is the goal.

Beat the Clock

Go to the park and have your grownup set a timer. Run between two big trees, or from the drinking fountain to a picnic table. How long did it take you? Practice running over the next few days and see if you can run that same distance even faster after a week.

Fix an Ouchie

When you get a scrape or cut, your grownup probably washes it with soap and water and then covers it with a bandage to keep germs out. That's called first aid. Pretend a doll or stuffed animal of yours has hurt herself. How would you help her feel better?

Sweet Dreams

To help you have nice dreams, draw the people and creatures you hope to meet in your dreams—maybe that's a unicorn, a famous gymnast, or even your teddy bear. Put it up by your bed so you'll go to sleep thinking happy thoughts.

What our family is looking forward to in September:_____

OCTOBER

Let's Play Pretend Using your imagination to pretend is one of the best ways to have fun—and it's something you can do anywhere! There's no limit to what your mind can imagine.

Wild Moves

What if you woke up one morning and discovered you'd turned into a lion, a parrot, or a snake? How would you get around? Practice moving the way you would if you were each of those animals.

Miss President

Pretend you are the president of the United States, and tell your grownup three things you'd want to do or change while you're in charge. Would you make a new holiday? What about finding a new way to help people? You probably have lots of ideas!

The Magic Towel

Have a grownup get a fresh towel out for you, then use your imagination to see how many things you can pretend with it. Maybe the towel could be a cape for a superhero (you!) or a dress for a fancy magician (also you!). What else could it be?

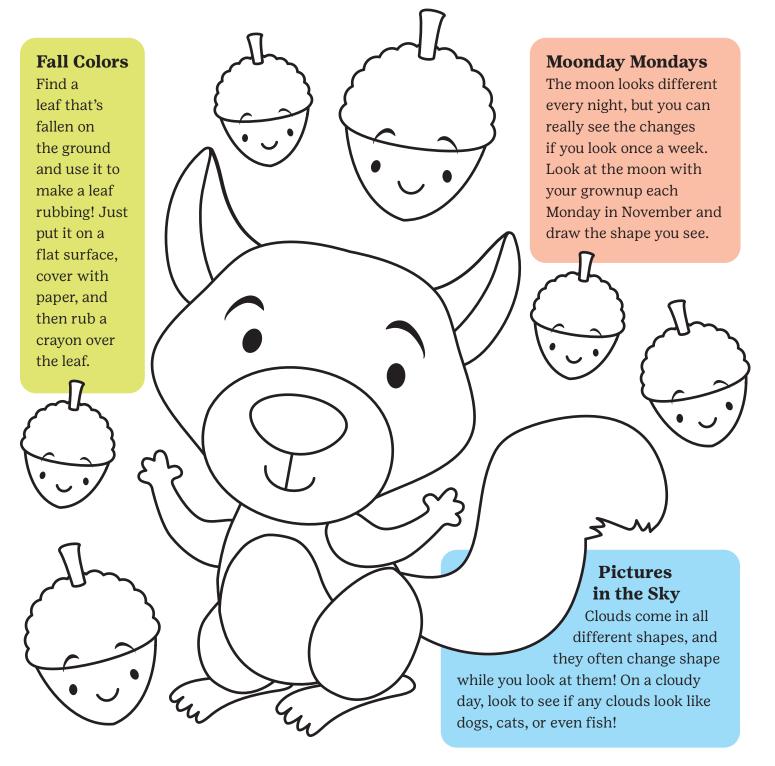
Make a Story

Take a picture book you and your grownup already know, but instead of reading the words together, make up a different story based on what the pictures look like. Be silly and use your imagination!

What our family is looking forward to in October: ____

NOVEMBER

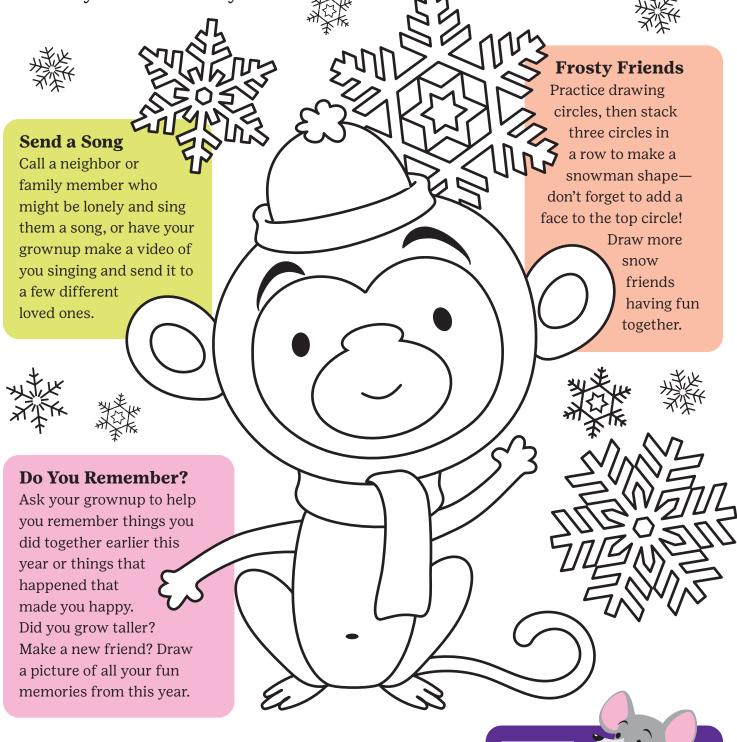
Natural Beauty From plants and animals to the moon and clouds, our world sure is beautiful! Celebrate all it has to offer with these fun activities.



What our family is looking forward to in November: _____

DECEMBER

Winter Cheer The end of the year is almost here! Let's think back on all the things that made you happy this year and find ways to spread cheer in your community.



What our family is looking forward to in December:____



Be a Girl Scout and discover a world of friendship!