

The First Five



Junior Meetings

Girl Scouts of Connecticut
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WELCOME to Girl Scout Juniors!

This booklet will help guide you through your first five Girl Scout Junior meetings and help you begin to plan additional meetings with the girls in the troop. The sample meetings are just that, change them as you like to fit your Junior troop's needs.

It is also important to meet and speak with the Service Unit team members and other volunteers in your area. Go to the Service Unit meetings and ask questions. Everyone was new at some point and will have great tips to help you in your new role as a Junior Leader.

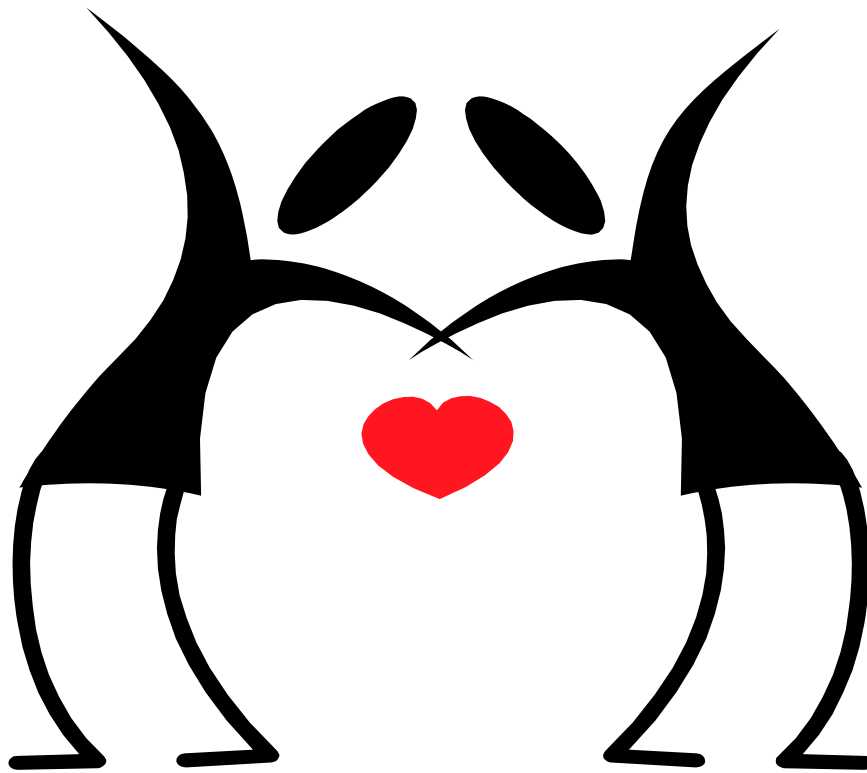
This booklet is designed to help new leaders organize their initial troop/group meetings and begin the process of girl planning. Girl Scout Junior Meetings should be scheduled to best meet the needs of the girls as well as your needs. The sample meetings that are included in this book may be added to or changed to fit your program and the girl's needs. Use them as tools and guidelines. Meetings generally run 60-120 minutes, but it does depend on your troop/group. Older girls may be recruited to assist you in carrying out the program. Girls at all levels should be included in the planning of the activities. Sit down with the girls and ask them what they want to do or give them a choice from the activities in this booklet. Ask the girls about the topics they may be interested in. Give the girls a choice of the activities for every Badge you decide to work on, this is part of the girl/adult partnership. As a troop you can decide to work on a single Badge at a time, or you can alternate activities and complete Badges gradually.

As girls arrive early, you may want to use the pre-meeting suggestions. After you hold your opening you can use this time to conduct any business or future planning. It is a time to let the girls take attendance, collect dues and permission slips, have group discussions, etc. Let the girls do as much as they are capable of doing. You can use the attendance sheets from GSUSA or create your own that will allow the girls to take their own attendance and collect their own dues. Badges and Patches can be purchased at your council store. Don't be afraid to ask for help. There are many resources out there to assist in your meetings.

MOST IMPORTANT, relax, enjoy yourself and have FUN!!

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1. Overview of the Girl Scout Junior Program

Girl Scout Juniors understand themselves and their values and use their knowledge and skills to explore the world. Girl Scout Juniors take part in a variety of activities that are linked to the three program keys that are the focus of Girl Scout activities. The three keys are:

1) Discover

- Girls will develop a strong sense of self.
- Girls will develop positive values .
- Girls will gain practical life skills.
- Girls will seek challenges in the world.
- Girls will develop critical thinking skills.

2) Connect

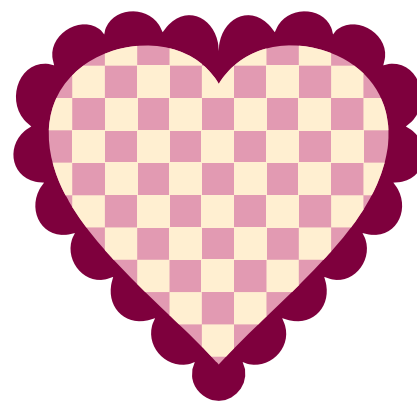
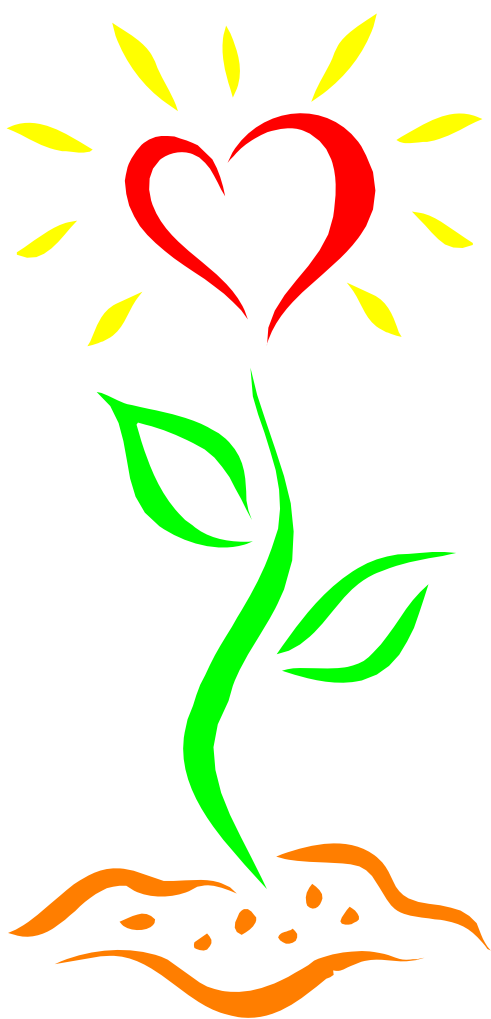
- Girls will develop healthy relationships.
- Girls will promote cooperation and team building.
- Girls will advance diversity in a multicultural world
- Girls can resolve conflicts.
- Girls will feel connected to their communities, locally and globally.

3) Take Action

- Girls will be able to identify community needs.
- Girls will be resourceful problem solvers.
- Girls will advocate for themselves and others, locally and globally.
- Girls will educate and inspire others to act
- Girls will feel empowered to make a difference in the world.

These goals along with the three processes: Girl Led, Learning by doing and Cooperative ,are the foundation for the Girl Scout Leadership Experience. More information about Girl Scout Junior programs and journeys can be found in *The Junior Girl Scout Handbook*, as well as the *Journeys Adult Facilitator Guide* and *Transforming Leadership*.

It is important for the girls to make decisions about their troop. This booklet provides you with sample ideas to help you all get started. Remember to include the girls' interests and thoughts when planning future meetings. Let the girls take the Lead! As girls' skills increase, they take on an even larger portion of the troop planning and decision making process. More information on girl/adult partnership can be found in Safety-Wise. Chapter 3. "Your Girl Scout Juniors Troop or Group" in The Junior Girl Scout Handbook will be a big help when you set out to plan additional meetings.



2. Pre-Meeting Suggestions

An activity to keep the girls busy until everyone arrives. Remember, they have usually spent a long day in school. Games, songs, talks and room set-up are useful ideas. Here are some other suggestions:

Mad Libs: Purchased at discount stores, grocery stores, etc.

Word Searches: Have girls develop their own or use one from existing books.

Double Dutch or Regular Jump Rope: Have girls make up their own jumping rhymes.

Hopscotch: Always a favorite with young girls.

Memory Game: Make up your own using a regular deck of cards or use a store purchased item. Girls can also make their own using construction paper and hand drawn pictures or stickers – make theme games, i.e. careers, food, animals, etc.

Catch a Penny: Put your hand up near your ear, palm pointing to the ceiling. Raise your elbow until it is level with your shoulder. Place a penny on your elbow. Now quickly snap your elbow down, out from under the penny. Move your hand very fast and catch the penny in mid-air. Once that is mastered try two, three, four, etc. pennies.

Categories: Have sheets of paper available with J U N I O R written down one side. Across the top are 5 categories such as careers, food, book titles, trees etc. Have girls think of an item to match each letter – be inventive, change categories to match main activity.

Origami: See suggestions in the *Junior Girl Scout Handbook*, Practical Geometry.



3. Opening Suggestions

A central activity, which lets the girls know the business part of the meeting has actually begun. Some suggestions:

Flag Ceremony:

Refer to *Ceremonies in Girl Scouting* for proper flag etiquette.

Repeat the Promise/Law

Stand in Horseshoe and Sing Song

Promise and/or Law Relay:

Have the words to the Promise and Law written on large pieces of paper. Make 2 sets. Shuffle the “cards” and then have them compete to see which team can put the Promise and Law together first.

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.

Promesa de las Girl Scouts

Por mi honor, yo trataré:
De servir a Dios, y a mi patria,
Ayudar a las personas en
todo momento
Y vivir conforme a la Ley de las Girl Scouts.

The 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.

La Ley de las Girl Scouts

Yo me esforzaré a:
ser honrada y justa,
cordial y servicial,
considerada y compasiva,
valiente y fuerte, y
responsable de lo que digo y hago,
Y a
respetarme a mi misma y a los demás
respetar la autoridad,
usar los recursos de manera prudente,
hacer del mundo un lugar mejor, y
ser hermana de cada una de las Girl Scouts.

4. Business and Planning Suggestions

A time for attendance taking, group discussions, collecting dues, permission slips, etc. Girls at this level should be actively working in Patrols and handling much of the “business items”. (See Chapter 2 in the *Junior Girl Scout Handbook – Adventures in Girl Scouting*).

Leaders should use this opportunity to handout reminders, discuss upcoming plans, etc.

Refer to the *Junior Girl Scout Handbook* for a description of Junior girl involvement in Troop Government (Patrols, Executive Board and Town Meeting).

Girls should be involved in the decision making process by having them give ideas and suggestions. Let them discuss, perhaps research an activity, and then decide what THEY want to do. Leaders need to guide and direct not “decree”.

Patrol Reports: Girls stand in a circle and each Patrol Leader “reports” on what they have done since the last meeting

Kaper Chart: Review assignments on this chart that shows and describes the jobs that need to be done and who does them at each meeting. If everyone pitches in the work gets done quickly and easily.

Remember, your job is to:

- Allow the girls freedom of thought and speech
- Let go and allow the girls to lead whenever possible.

5. Main Activities

A. Girl Scout Basics

Learn more about how you fit into the world's largest organization for girls. Learn about Girl Scouting.

The Girl Scout Law: Use the Girl Scout Good Deed Catcher sample found in this booklet for each girl and write a word or phrase that highlights each law. Share with others. * Page 7, *Girl Scouting in the USA*.

Learn About Juliette Gordon Low: Learn about "Daisy" the founder of Girl Scouting in the United States, * Page 7, *Girl Scouting in the USA*.

Plan a Ceremony: Plan and conduct a Girl Scout ceremony. Refer to *Junior Girl Scout Handbook, Ceremonies in Girl Scouting* or look at the Girl Scout Web Site, www.girlscouts.org/girls. * Page 7, *Girl Scouting in the USA*.

Lord and Lady Baden Powell: Learn about their lives and share your information with your troop/group or with a Junior Girl Scout troop. *Page 3, *Girl Scouting Around the World*.

Safe Sales: Make a list of safety rules for selling Girl Scout cookies. *Page 9, *The Cookie Connection*.

*Junior Girl Scout Badge Book

B. Adventures In Girl Scouting

Try out your leadership skills by managing money, planning trips, and doing service projects.

Make or Draw a Flag: Create a flag of another country. What does the design stand for? Why was the flag designed that way? *Page 15, *Global Awareness*.

Symbols Representing International Organizations: Learn the symbols used to represent international organizations such as UNICEF, the Red Cross, the World Health Organization and Girl Scouts. Invent a symbol or flag that could represent your community. * Page 16, *Humans and Habitats*.

Follow the Leader: Play a game in a fun way that builds leadership skills such as "Follow the Leader", "Simon Says" and "Red Rover". * Page 19, *Lead On*.

Money Doesn't Always Matter: Talk about some good things in life that money can't buy and make a scrapbook of pictures or drawings of these things. *Page 23, *Money Sense*.

Create a Travel Postcard: Choose a place that you would like to visit and look at pictures of tourist attractions located there. Create two or more postcards about this place that you could send to a friend. Add messages on the back. *Page 25, *On My Way*.

The Love of Language: Choose two languages, other than your own, and for each one learn to: count to ten; say “hello”, say “goodbye”; say “thank you” and say “you’re welcome”. *Page 29, *World Neighbors*.

**Junior Girl Scout Badge Book*

C. It’s Great to Be a Girl

Find out about the power of being a girl in this chapter.

Looking Ahead: Find out what’s on the minds of teenage girls. Check out the questions teenage girls ask on the “Ask Dr. M” section of the Girl Scout Web site www.girlscouts.org/girls and read the advice Dr. M offers, *Page 31, *Becoming a Teen* and checkout the Studio 2B Materials and website:studio2b.org.

Good Deed: Helping others can help you feel good about yourself. Do a “good” deed for someone else that taps into one of your special skills. * Page 33, *Being My Best*.

Your Dollars ? Look at two or three different ads that are aimed at kids your age. They can be TV, radio or in print. Name three techniques that they use to get your attention. Are they successful?: *Page 35, *Consumer Power*.

Create Healthy Snacks: Host a troop meeting by preparing a healthy snack to share. *Page 39, *Looking Your Best*.

*. *Junior Girl Scout Badge Book*

D. Family and Friends

Learn how to have Fun with family and friends.

Planning Ahead: Decide what eight supplies you would need if you were taking a preschooler on an all day outing. Check with an adult who supervises young children to see if your ideas were right. * Page 43, *Caring for Children*.

One Big Family: Make a “Human Family” collage, poster display, or booklet. Include photos of people from as many different places around the world as you can. * Page 45, *Celebrating People*.

Fun and Games: Make a list of six fun things you can do with friends. Try to think of things that are inexpensive or free. * Page 49, *Healthy Relationships*.

Word of Mouth: Find out about a story, legend, monument or landmark in your community. Older residents or your librarian can help. Share your findings with others. *Page 51, *Local Lore*.

My Favorite Things: What are the best things about living in your community? Write an advertisement, draw a poster, or make up a song that could be used in a commercial that promotes your community. * Page 53, *My Community*.

What's in a Name? See if you can discover the meaning of your first name, your middle name or your family name. Find out about other people who have the same name. Do they have a heritage similar to yours, or are there other reasons or resources for the name? * Page 55, *My Heritage*.

**Junior Girl Scout Badge Book,*

E. How to Stay Safe

Learn how to keep yourself and others safe.

People Pressures: Create a poster of ways that people pressure or force others to do something they may not want to do. Share your poster with others and role-play some positive responses to such lines, * Page 61, *The Choice is Yours*.

Create a Story – There Once Was a Girl.....: Create a story about a girl who has trouble making an important decision and share it with others, * Page 61, *The Choice is Yours*.

Get Help: Do you know how to get help quickly in your community? Should you dial 911, or get some other emergency number? What information would the operator need to know? Through role play, practice placing an emergency call. Do not actually dial the emergency number. *Page 63, *First Aid*.

Natural Highs: With a group of friends, brainstorm a list of ten things in your life that give you natural highs. Pick your favorite activity from your list and do it today? *Page 65, *High on Life*.

**Junior Girl Scout Badge Book,*

F. Be Healthy, Be Fit

Discover how to keep fit, eat right, cut stress and manage your time better.

Get Strong: Sports require strength, flexibility and balance. When you're not actually doing the sport, prepare for them by doing: squats and lunges, wall presses and push-ups and walking, running and skipping. Go to the "Just for Girls" section of the Girl Scout Web site www.girlscouts.org/girls to see how to do these, * Page 68, *Adventure Sports*.

Water Water Everywhere: You need water to live. Learn the different ways to conserve water. With a group of friends, develop a Top 10 list of different ways you can conserve water and keep it clean. * Page 72, *Environmental Health*.

Drink Plenty of Liquids: The recommended daily amount of water a person should drink is six to eight cups. Try to do this for three days. Did you do it? What helped/got in the way of reaching your goal? *Page 75, *Field Sports*.

Understanding Food Labels: Food labels can help you make healthy decisions about what to eat. Create a chart to track three items found on food labels. Gather three labels from different brands of the same type food. What are the differences in those items, if any, among the three different brands? * Page 76, *Food Power*.

Eating on the Run: Look through your Junior Girl Scout Handbook for healthy snack recipes and try making some or get some recipes from a cookbook or online. * Page 83, *Highway to Health*.

*Junior Girl Scout Badge Book

G. Let's Get Outdoors

Explore the wonderful world of the outdoors, both near and far.

Dress Right: Develop a list of group and personal clothing and equipment to take with you on your trip. Help to pack and carry the equipment and supplies. * Page 93, *Camp Together*.

Reading the Rings: Find a tree stump where you can read growth rings. A year's growth consists of a light and dark ring. In order to figure out how old a tree was when it died, count each dark ring and add five to the total number.

Look for years of rapid growth (wider rings) and years of slow growth. What might have caused the differences in growth years? * Page 95, *Earth Connection*.

Trashy Art: .Make a work of art by using some of the stuff you would ordinarily throw away. * Page 97, *Eco-Action*.

Map Maker: Has anyone ever asked you how to get someplace? One way to help is by drawing a map. Draw a map of your route to school, to a shopping center, or to a favorite spot. Ask someone else to test your map by following it. Be sure to include a legend or key which explains the symbols you used and the compass direction. * Page 99, *Finding Your Way*

Dress Cool: Hold a fashion show to demonstrate a “cool” way to dress for winter. Make sure that outfits show the proper way to layer clothing. Include fabrics that help you stay dry and items that protect the head, face, hands and feet from the cold. * *Page 100, Frosty Fun..*

**Junior Girl Scout Badge Book*

H: Create and Invent

Use your imagination to create and invent something just for you.

Fashion Friendship: Make a friendship anklet (see the *Junior Girl Scout Handbook*) or an accessory for a friend, such as a vest, belt or scarf using a technique that you have learned, such as sewing, knitting, crocheting or embroidering. * *Page 135, Art to Wear.*

Picture This!: Select one or two picture books and create two book covers to go with your selected books or create your own picture book in the same style. **Page 137, Books*

The Chinese Tangram: The tangram is a puzzle made of seven geometric pieces: five triangles, one square and one rhomboid (parallelogram). The seven pieces can be arranged to create over 300 forms of people, animals, flowers, boats, etc. Use the pattern found in this booklet and try using the shapes to create a square and to make some of the figures shown. Now it's your turn. Try making up some of your own figures. * *Page 144, Creative Solutions.*

Triple Up Jewelry: Make an item of jewelry that combines at least three different elements. For example, you can combine leather laces with wire and stones. Come up with other interesting combinations. * *Page 157, Jeweler.*

Math Hunt: How many daily examples of math can you and your friends think of? Set a timer for three minutes. Who can think of the most math-related daily activities. * *Page 161, Math Whiz.*

Make a Mask: Create a mask to be used in a skit you create. * *Page 171, Theater.*
**Junior Girl Scout Badge Book*

I: Explore and Discover

Find out the Why's of how things work.

Paper Airplanes: Make and fly three different designs for paper airplanes.

* Page 181, *Aerospace*

Found Music: Make your own simple musical instrument, using common objects found around the house. Your instrument might be one that produces a sound if you move it through the air, shake it or hit it with another object. * Page 195, *Music Fan*

What is a Simple Machine: A machine is a device that helps use a force to move something and do work. See the six simple machines found on Page 211 in the *Junior Girl Scout Badge Book*. Participate in a scavenger hunt where you find two examples of each of the machines, one indoors and one outdoors.

* Page 211, *Science Sleuth*.

Weather Maps: Learn to read a weather map printed in a newspaper. Look for places where it's raining or places where it's hot or cold. Predict the weather in your area using the maps and information given. * Page 216, *Weather Watch*.

* *Junior Girl Scout Badge Book*,



6. Something Up Your Sleeve Suggestions

Sometimes an activity you had thought would take 30 minutes only took 10 minutes to complete. Always have some ideas “up your sleeve” that you can call upon.

Any game or activity in the pre-opening section can be useful. Girls will often have favorites they'll repeat over and over.

BirthDay Line Up: Have the girls line up by month and date of birth **WITHOUT** talking. This can be varied to height of girl, shoe sizes, etc.

Human Knot: Have the girls stand in a circle with their hands extended forward. They then hold hand with two of the people other than those standing next to them. The group must then work together to untie their knot without releasing hands.

Musical Guesswork: You will need a bag full of items such as a book, apple, star, etc. (You can also use pictures). Divide the girls into teams, having them sit with their team facing the leader. The leader will then pull an item from the bag. Each team tries to think of a song with this item in its title. The first to sing the song wins that round and the teams then continue on to the next item. Sample: Star - - Twinkle, Twinkle Little Star, Boat – Row, Row, Row Your Boat.

Crossing the Ice: Divide the group into two teams. Take four sheets of newspaper and fold them a little larger than a girl's foot. Give each team two folded papers. On “go” the first girls put one piece of paper on the floor and steps on it, then each girl puts the other piece ahead of her and steps on it. She then retrieves the first piece and pushes it forward and steps on it. This continues until she has reached her goal and returned. She hands the papers to player number two who continues the game—this continues until all on the team have “crossed the ice”. The first team to finish wins. If a player steps off the paper she has fallen onto the ice and must go back to the starting line and start over. Younger players can put two feet on a paper; older players can not.

Twister

Simon Says

7. Closing Suggestions

The room should be cleaned up before you have the closing ceremony. Closing says to the girls that the meeting is over, they can go home now. Some suggestions:

Friendship Circle: Girls stand in a circle with their arms crossed (right over left), holding hands with the girl next to them.

They may sing *Taps*.

They may pass a *Friendship Squeeze*, a gentle hand squeeze around the circle from girl to girl. Sometimes they like the squeeze to be a *Wish Squeeze*, when it is your turn you get to make a silent wish.

They may pass a verbal goodbye (sometimes the squeeze gets lost).

As the leader says "Good Night Scouts" the girls raise their right hand and turn to the right thus untwisting themselves.

Golden Chain Closing: Participants form a circle. Extend their right hand so it is placed in front of the person to their right. Extend their left hand over the hand now in front of them to meet the hand in front of the person to their left. Clasp that hand. The leader is now the only person to make the following move: **The leader unclasps her right hand and switches her arm placement so both the leader's arms are over the other participant's arms. Re-clasp hands.** The leader starts the chain by swinging her right arm over the head of the person on the right (arms are now around her neighbors back). Person #2 swings her right arm over...etc.

The Chant: I am a link in the Golden Chain of World Friendship. Help me make my link strong and bright.

Scouts Own: A ceremony, which is planned and carried out by the girls.

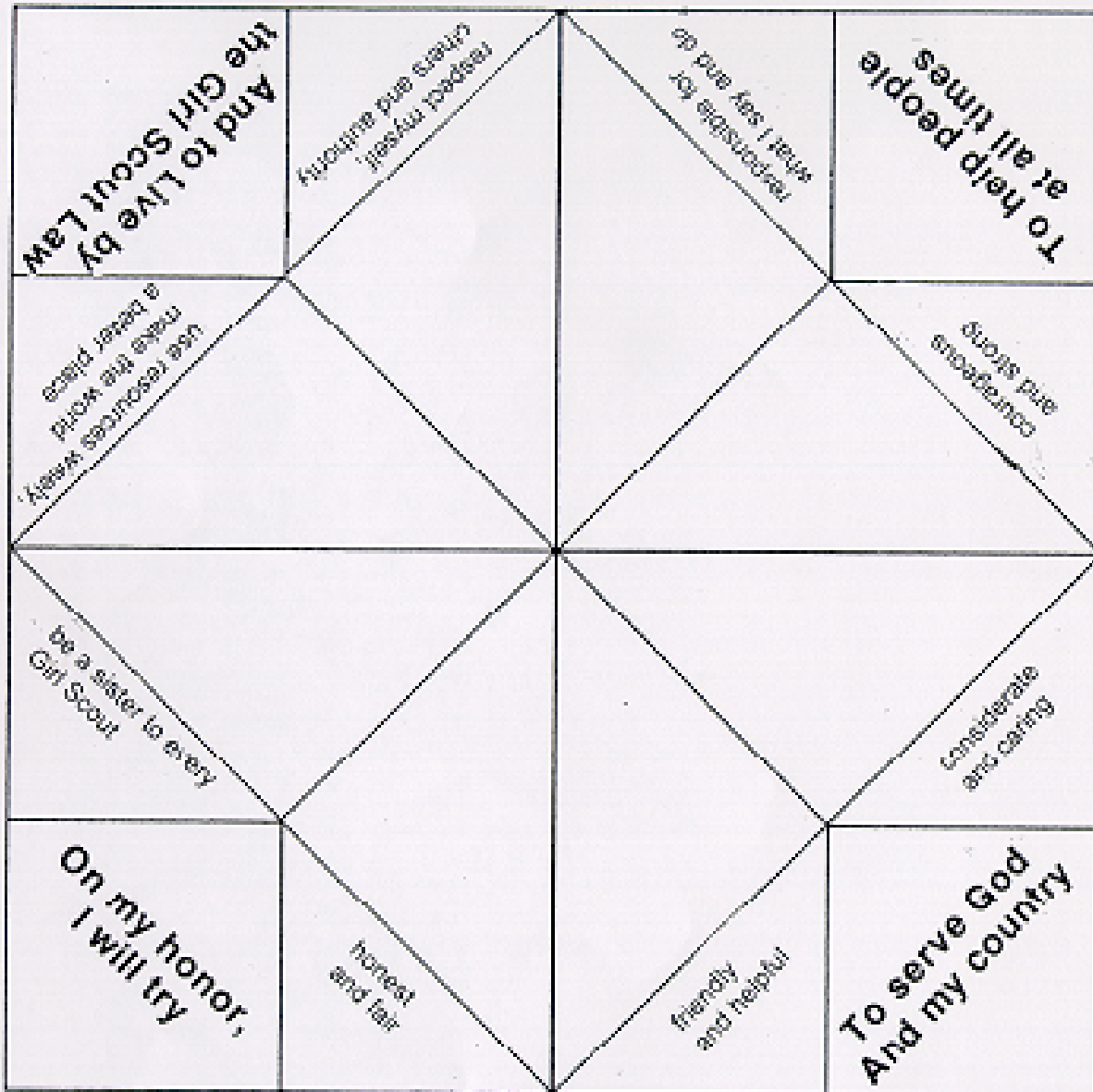
8. Sample Meeting Suggestions

Sample Meeting 1

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
Pre-Meeting Time Varies	Mad Libs: Purchased at discount stores, grocery stores, etc.	Mad Libs Pencils	
Opening 5 minutes	Hi- The girls simply go around the circle saying, "Hi, Suzy is here, Hi Tonya is here, ect..."		
Girl Scout Juniors Circle 5 minutes	Set up and explain the Kaper Chart. Review assignments on this chart that shows and describes the jobs that need to be done and who does them at each meeting. If everyone pitches in the work gets done quickly and easily.		
Main Program Activity 20 minutes	The Girl Scout Law: Use the Girl Scout Good Deed Catcher sample found in this booklet for each girl and write a word or phrase that highlights each law. Share with others.	<i>Copies of the Good Deed Catcher</i> <i>Scissors</i>	

<p>Snack</p>	<p>Set out snack for this week and assign a helper for next week. You can also use this time to assign someone to bring snack for next week.</p> <p>Next week _____ will bring snack and _____ will set up.</p>		
<p>Closing</p>	<p>Friendship Squeeze</p> <p>Girls Stand in a circle. Put right arm over left. Hold hands. One person gently squeezes her neighbor's hand and the squeeze gets passed around the circle</p>		
<p>Something up your sleeve</p>	<p>Birthday Line Up</p> <p>Have the girls line up by month and date of birth without talking. This can be varied to height of girl, shoe sizes, etc.</p>		

The Girl Scout Good Deed Catcher



1. Cut out square paper.
2. Turn it face down
3. Fold each corner into the center
4. Turn it over and fold each corner into the center
5. Fold it in half, with the Promise on the outside. Now, open and fold in half the other way
6. Insert the thumb and first finger of each hand under the Promise flap.
7. Close the catcher so only the Promise shows.
8. Turn the catcher inside

Lift each section of the Law and write an action that represents it. Catch many Good Deeds

Sample Meeting 2

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
Pre-Meeting Time Varies	Double Dutch or Regular Jump Rope: Have girls make up their own jumping rhymes.	Jump Ropes	
Opening 5 minutes	Flag Ceremony: Refer to <u>Ceremonies in Girl Scouting</u> for proper flag etiquette.	Flag	
Girl Scout Juniors Circle 5 minutes	Review the Kaper chart and any troop business.		
Main Program Activity 20 minutes	Found Music: Make your own simple musical instrument, using common objects found around the house. Your instrument might be one that produces a sound if you move it through the air, shake it or hit it with another object. * Page 195, <i>Music Fan</i>	Misc. Items Pots Paper tubes Plastic bins and beans Ect.	
Snack	Next week _____ will bring snack and _____ will set up.		

<p>Closing</p>	<p>Disappearing Tunnel: Girls stand in two lines at the door. They are dressed ready to leave. They face each other and hold hands making an arch. The last two girls walk through the arch and out the door. Keep going until the last girls are gone. Close the door and put your feet up! You deserve it.</p>		
<p>Something up your sleeve</p>	<p>Human Knot Have the girls stand in a circle with their hands extended forward they then hold hands with two of the people other than those standing next to them. The group must then work together to untie their knot without releasing hands.</p>		

Sample Meeting 3

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
<p>Pre-Meeting Time Varies</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>Opening 5 minutes</p>	<p>Catch a Penny: Put your hand up near your ear, palm pointing to the ceiling. Raise your elbow until it is level with your shoulder. Place a penny on your elbow. Now quickly snap your elbow down, out from under the penny. Move your hand very fast and catch the penny in mid-air. Once that is mastered try two, three, four, etc. pennies</p>	<hr/>	<hr/>
<p>Girl Scout Juniors Circle 5 minutes</p>	<p>Discuss any troop business such as Kaper Chart, future programs or trips, and troop meetings</p>		
<p>Main Program Activity 20 minutes</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

<p>Snack</p>	<p>Next week _____ will bring snack and _____ will set up.</p>		
<p>Closing</p>	<p>Friendship Circle and pass a friendship or wish squeeze. A gentle hand squeeze around the circle from girl to girl. Sometimes they like the squeeze to be a Wish Squeeze, when it's your turn you get to make a silent wish</p>		
<p>Something up your sleeve</p>	<p>Musical Guesswork: You will need a bag full of items such as a book, apple, star, etc. (You can also use pictures). Divide the girls into teams, having them sit with their team facing the leader. The leader will then pull an item from the bag. Each team tries to think of a song with this item in its title. The first to sing the song wins that round and the teams then continue on to the next item. Sample: Star - - Twinkle, Twinkle Little Star, Boat – Row, Row, Row Your Boat.</p>	<p><i>Bags or Pillowcases</i> <i>Misc Items</i></p>	

Sample Meeting 4

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
<p>Pre-Meeting Time Varies</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>Opening 5 minutes</p>	<p>Promise and/or Law Relay: Have the words to the Promise and Law written on large pieces of paper. Make 2 sets. Shuffle the “cards” and then have them compete to see which team can put the Promise and Law together first.</p>	<p>Paper/ Poster Board Markers Scissors</p>	
<p>Girl Scout Juniors Circle 5 minutes</p>	<p>Discuss any troop business such as Kaper Chart, future programs or trips, and troop meetings</p>		
<p>Main Program Activity 20 minutes</p>	<p>Plan a Ceremony: Plan and conduct a Girl Scout ceremony. Refer to <u>Junior Girl Scout Handbook, Ceremonies in Girl Scouting</u> or look at the Girl Scout Web Site, www.girlscouts.org/girls. * Page 7, <i>Girl Scouting in the USA</i>.</p>		

Snack	Next week _____ will bring snack and _____ will set up.		
Closing	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Something up your sleeve	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

Sample Meeting 5

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
<p>Pre-Meeting Time Varies</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>Opening 5 minutes</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>Girl Scout Juniors Circle 5 minutes</p>	<p>Discuss any troop business such as Kaper Chart, future programs or trips, and troop meetings</p>		
<p>Main Program Activity 20 minutes</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>Snack</p>	<p>Next week _____ will bring snack and _____ will set up.</p>		

Closing	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Something up your sleeve	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

Sample Meeting - Blank

<u>Meeting Component</u>	<u>Activity</u>	<u>Resources Needed</u>	<u>Notes</u>
Pre-Meeting Time Varies	<hr/> <hr/> <hr/> <hr/> <hr/>		
Opening 5 minutes	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Girl Scout Juniors Circle 5 minutes	<hr/> <hr/> <hr/> <hr/> <hr/>		

Main Program Activity 20 minutes	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Snack	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Closing	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
Something up your sleeve	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

Meeting Tips

- Establish a meeting routine so that the girls will know what to expect. Discuss what girls are expected to do if they need to use the bathroom, are helping clean up, or setting out snack.
- Plan, be prepared, but remain flexible! Some of the best learning experiences are unexpected.
- In total, a Girl Scout Junior Troop meeting should be no longer than 1 ½ hours, unless it is a special activity or event.
- Alternate active and quiet activities during the meeting. If you had a quiet Junior Circle, do an active activity next.
- Use a Kaper Chart (job chart) to ensure each girl has the opportunity to contribute to the troop. A chart alleviates you having to choose someone to help with snack, etc... Alternate Kapers among the girls. (see *The Guide For Girl Scout Junior Leaders*).
- Touch base with each girl at every meeting. A “hello _____”, or asking what they did in school today shows that you value each girl as an individual.
- “Check- In” often! - Is the Leadership experience alive in the troop? Are things girl led? Are the girls learning by doing, and is there an opportunity to work cooperatively? Are there opportunities for girls to Discover, Connect and Take Action?
- Keep families involved with newsletters and invitations to help with specific tasks.
- Look for characteristics of and tips for working with Girl Scout Juniors in *The Guide For Junior Girl Scout Leaders*.

Relax, let the girls take the lead, and have fun!

8. Resources

- ◆ Junior Girl Scout Handbook
- ◆ Junior Girl Scout Badge Book
- ◆ Junior Girl Scout Leader's Guide
- ◆ Safety-Wise
- ◆ GSofCT Volunteer Resource Guide
- ◆ GSofCT Program & Training Book
- ◆ Ceremonies in Girl Scouting
- ◆ Games for Girl Scouts
- ◆ GSUSA Journey Adult Facilitator Guide
- ◆ Service Unit Tem Members and Other Leaders in Your area
- ◆ GSOFCT's Newsletter – "Pathways"
- ◆ GSOFCT's Weekly E-blast (e-mail newsletter)
- ◆ www.gsofct.org
 - ◆ Council patches and Awards in Forms Library
- ◆ www.girlscouts.org