



NATIONAL GIRL FRIENDS DAY August 1, 2011

National Girlfriends Day is on August 1st. In honor of friendship, find some healthy and fun ways that you and your girlfriends can celebrate. Great friendships are a part of living life to its fullest.

Fun Friendship Activities to try:

- Plan a spa day with your closest friends
- Watch a chick flick
- Shop till your drop
- Plan a camping trip for you and your friends
- Host a make-up party
- Have berry fun. Pick some fresh berries then use them to bake a pie or sweet dessert
- Head to the beach and go for a walk, run or swim -- with sunscreen on, of course
- Head to the driving range and tee-up a few shots
- Ride your bikes
- Shop at your local farmer's market, get some fresh foods and eat locally
- Visit one or two art museums and talk about the art that inspires you
- Grab some magazines and read them while hanging out on your patio
- Have a heart-to-heart, a necessary part of maintaining strong friendships,
- Give each other manicures and pedicures or visit the spa or salon together
- Be artists for a day. Get a canvas and paint and create a work of art together
- Enjoy tea and freshly baked cookies while talking about the latest entertainment news

Thoughtful Friendship Activities:

- Write a nice card for your friend telling them how much you appreciate their friendship
- Make a small present such as flowers, chocolates, friendship bands, a cake, or anything that your friend will appreciate
- Call or text all of your friends, old and new, on Friendship Day to let them know you care
- Ring up a radio station and dedicate a song to Friendship Day and your friends
- Buy your friend a ticket to the movies so you can enjoy a great show together
- Give your friend a Friendship Bracelet (made or bought) to symbolize your friendship
- Grab a camera and take some photos of you and your friends enjoying yourselves
- Prepare a CD or a cassette that features all the songs that define your friendship
- Remember the Girl Scout motto - "Make new friends and keep the old, one is silver and the other gold"
- Send your dear friends an online Friendship greeting and add a special message
- Make a friendship book for your best friend. Include photos, quotes and poetry telling your friends how special they are
- Invite your closest buddies over for a sleepover! Rent some movies, plan out games and arrange for chips, chocolate, cold-drinks and other goodies!
- Plan a picnic with all your favorite foods

Friendship Crafts

Friendship Chain

Materials needed: strips of construction paper, markers, crayons, stickers, etc.

Directions: Give each girl strips of construction paper. Decorate and write the name of a friend on the strips. Take turns adding their strips to the chain. Display the chain.

Secret Pal Friendship Day

Draw names so that each girl has a Secret Pa. Secret Pals send anonymous notes, cards, treats and surprises to their special friends.

Friendship Bookmark

Materials needed:

Felt (or any fancy paper), White hair net, Ribbon, 2 little wiggle eyes, Stuffing or cotton wool, A small button, Glue, Scissors

Directions: Cut a strip of felt $1\frac{3}{4}$ inches wide, and 6 inches long. Wrap one ball of cotton wool or stuffing in the hair net and stick it to the top of the felt, this is the head. Glue on to the head the two eyes and the button. (The button will give the appearance of dummy pacifier). Tie a small bow from some ribbon and glue it on the felt just below the head.

CD Box Frame

Materials needed: Empty CD boxes, Scissors and glue, A nice picture of your friend, Craft supplies and household bits and pieces,

Directions: Open the box and take out the paper inserts and the molded plastic piece.. Cut the photo just smaller than the box. Fit it into the back of the box with the hinged edge at the top,(about 4 inches wide and $4\frac{3}{4}$ inches high) With a few small pieces of sticky-tape, stick the photo against the plastic. Find a nice piece of cardboard, gift wrap or fun foam which will complement your design and cut this to fit snugly into the front section of the case, and to the edges of the frame ($4\frac{3}{4}$ inches wide, $5\frac{1}{4}$ inches high). Fix with glue or sticky-tape with the pattern, if any, facing into the box. When the frame is finished open the box out to stand it up, the backing complements your photo. Draw a line of glue on the outside edges of the front of the CD box and start decorating! Use whatever you have to hand. Another idea is to use some "artwork" instead of a photo, and surround it with something which complements the work.

Friendship Bracelet with clay or paper beads

Paper Bead Materials: scrap paper (gift wrap, magazine pages, construction paper, something long and round to wrap the beads around (pen or pencil, bamboo skewer, toothpick, straw), glue, scissors, string, wool or ribbon (it has to fit through the hole in the beads)

Directions: Cut out long triangles from the scrap paper (at least 11 inches long). Cut as wide as you want the bead (so a one inch bead would have a one inch edge). Apply glue to the back side of the triangle (don't apply glue to the beginning $\frac{1}{2}$ inch or so). Starting at the wide end, wrap the triangle around the skewer all the way to the point.

Clay Bead Materials: White bread, white craft glue, lemon juice, tempera paint

Directions: Remove the crusts from 3 slices of white bread. Tear bread into small pieces, and place in a bowl. Add 3 tablespoons of white craft glue and 3 drops of lemon juice. Mix it with your hands (apply cold cream to hands first) until it forms a workable ball. Add drops of paint to get the color you like; for multicolored beads, make batches of different colors and press gently together. For flat beads, roll or pat clay into a pancake; cut with a drinking straw or mini cutters (blow the beads out of the straw or cutter to keep from mangling them). Shape spherical beads by hand. Let beads dry $1\frac{1}{2}$ to 2 hours, then make holes: For small holes, string beads onto 18-gauge wire, and leave them there until dry. For big holes, pierce beads with a straw. Let beads dry overnight, and then string. Making the bracelet: Have each child make 1 bead per person in the group. Have each girl share one of their beads with all of their friends. After all the girls have one bead from everyone, thread the beads onto the string or wire.

Friendship Songs

Girl Scout Friendship Song

Make new friends but keep the old,
One is silver and the other gold.
A circle is round it has no end,
that's how long I want to be your friend.
I have a hand and you have another
Join them together and we have each other!

Popular Songs on Friendship

1. *Anytime You Need A Friend* by Mariah Carey
2. *"Ben"* by Michael Jackson
3. *Count On Me* by Whitney Houston and Cici Winans
4. *Goodbye My Friend* by Spice Girls
5. *Because You Loved Me* by Celine Dion
6. *You're A Friend Of Mine* by Clarence Clemons and Jackson Brown

Blast your stereo and sing your heart out! Beat the blues with your friends and even try Kareoke!

Friendship Games

Bean Bag Toss

Using a beanbag, toss it from hand to hand while singing this tune;

"I have a good friend a good friend a good friend, I have a good friend and their name is _____."

Then toss the beanbag to that child. Have the child toss it back to you. Do this until every child has had their name called.

I'm Your Friend

Girls sit together on the floor or a rug. One girl sits in a chair with her back to the group, with eyes closed and hands covering eyes. Someone from the group tiptoes up to the chair, taps the girl sitting in it on the back, and in a disguised or funny voice says, "Do you know me? I'm you're friend." The mystery girl then rejoins the group and the guessing begins! The girl in the chair uncovers his/her eyes, turns around, and tries to guess the name of the friend who tapped and talked. After three guesses, a new girl takes the chair and gets a turn.

Friendship Quiz

Have each girl take the quiz below. Share the answers with the group. Girls will try to guess who their friend is from the answers to the quiz.

1. My favorite midnight snack is
2. The CD in my player right now is
3. The TV show I can't miss is
4. I'm a dog lover. True or false
5. I never leave home without
6. The most embarrassing thing that ever happened to me is
7. My favorite subject at school is
8. The yuckiest food in the world is
9. I love roller coasters. True or false
10. The movie I watch over and over is

Friendship Art

While learning about friendship have each girl choose a partner to work with. Use a fabric loop to "loop" two of their hands together. Then that each child chooses a drawing utensil and together with one hand each, looped together, they create a magnificent work of art!

The Rainbow Fish

Read the story *The Rainbow Fish*, by Marcus Pfister about a little fish who learns a lesson about sharing. Discuss the story with the girls.

Make Your Own Rainbow Fish

Materials needed: Cardboard template of a fish, 1/2 inch or so bits of various colored tissue paper, small amount of tinfoil, thin strips of various colored tissue paper or construction paper, one big blue piece of tissue or construction paper OR a blue marker or crayon, glue, scissors

Directions: Trace the fish template on a piece of paper. Color the head in blue, or glue on a piece of tissue or construction paper. Glue strips of various colored tissue or construction paper on the fins and tail. Glue 1/2 inch squares of tissue paper. Glue a few strips and some 1/2 inch squares of tinfoil over the. Cut out the fish along the lines you traced. Cut out the mouth and eye and glue them onto the head.

My Friends

Read "*My Friends*" by Taro Gomi. Discuss the story pointing out that the girl in the story has many different kinds of friends.

Make A Friend Picture

Have the girls draw a picture of themselves learning something from a special friend. Then have each girl write (or dictate) a sentence explaining his or her picture. Share the pictures with each other.

Friendship Snacks

Friendship Soup

Have each girl bring in a different kind of non-creamy soup. Take off all the labels. Add all the soup to one pot. Heat and serve. You will be amazed how good this friendship soup tastes.

Friendship Salad or Fruit Salad

Have each girl bring in a vegetable or piece of fruit. Dice, slice or cut the vegetable/fruit into small edible pieces. Add all the vegetables/fruit to one large bowl. Share with each other. (For fruit salad it is a good idea to add one can of pineapple with juice to the final bowl for liquid).

Friendship Trail Mix

Have each girl bring in a small Ziploc bag full of a dry snack (cheerios, M&M's, dried banana chips, goldfish crackers, etc.). Add all the ingredients that the girls have brought to one large bowl. Serve one cupful to each girl. Share.

Friendship Poetry

Have a poetry reading with poems about friendship. Read some of the ones below or have the girls write their own.

Circle of friends
Our lives are filled with simple joys
And blessings without end.
And one of the greatest joys in life
Is to have you as a friend.

friendship
Don't walk in front of me, I may not follow.
Don't walk behind me, I may not lead.
Just walk beside me and be my friend.
- Albert Camus

The rain may be falling hard outside,
But your smile makes it all alright.
I'm so glad that you're my friend.
I know our friendship will never end.
- Robert Alan

I've discovered a way to stay friends forever -
There's really nothing to it.
I simply tell you what to do
And you do it!
- Shel Silverstein

Friendship Quotes

Using some of the quotes from below, make bookmarks, posters, cards, etc. to share with your friends

The happiest business in all the world is that of making friends,
And no investment on the street pays larger dividends,
For life is more than stocks and bonds, and love than rate percent,
- Author Unknown

"Your friend is the man who knows all about you, and still likes you."
by: Elbert Hubbard

"True friendship is like sound health; the value of it is seldom known until it be lost."
by: Charles Caleb Colton

"My friends are my estate."
by: Emily Dickinson

"A real friend is one who walks in when the rest of the world walks out."
by: Walter Winchell

"A friend is someone who is there for you when he'd rather be anywhere else."
by: Len Wein

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words."
by: Unknown

"Don't walk in front of me, I may not follow.
Don't walk behind me, I may not lead.
Walk beside me and be my friend."
by: Albert Camus (also attributed to Maimonides).

"It takes a long time to grow an old friend."
by: John Leonard

"I get by with a little help from my friends."
by: John Lennon

"Friends are the most important ingredient in this recipe of life."
Friendship Day Quotes by: Unknown

One's best friend is oneself." by: Unknown

Friendship Day Flowers

Flowers are one of the most sought after gift for friendship! Though people may give any flower to their friends as a friendship greetings, the Yellow Rose is recognized as the official flower of friendship. The Yellow Rose was chosen as the official flower for friendship because it symbolizes joy, friendship, delight, promise of a new beginning, "remember me", and "I care".

Crepe Paper Rose

Materials needed: Crepe paper, Pipe cleaner, Scissors

Directions: Cut crepe paper into 2-3 inch wide strips and at least 15 inches long. Hold the crepe paper at the bottom of one end. Gather the crepe paper an inch at a time towards the center. Continue until you finish gathering the entire length of the crepe paper. Wound one end of a green pipe cleaner several times around the bottom of the flower. Make several flowers to create a bouquet.



Coffee Filter Rose

Materials needed: basket-style, white coffee filters, Yellow food coloring, wooden skewers, green construction paper, glue and tape.

Directions: Drop a few drops of yellow food coloring into a quarter cup of water. Dip the coffee filter in the colored water. A quick dip will make a pastel rose; let it soak for a while if you want a bolder color. Take the coffee filter out of the water and gently wring it out. Allow it to dry flat. Fold it in half, and then in half again, and cut the pointed end off about an inch in from the tip. When you unfold the filter, you'll have a ring. Cut through the ring from the center to the edge. Then, around the edge, cut a curvy line that leaves one end narrower than the other. Starting with the skinnier end, wrap the filter around the skewer, scrunching it now and again to make it look more real. When you've wrapped the entire filter around the skewer, use tape to secure it in place. Then wrap a strip of green construction paper around the skewer at the base of the rose. Hold it in place with glue or tape. You can also add leaves cut from the construction paper.

Hold a Girl Friend friendship movie event!

Get a copy of a wonderful movie about friendship! Make some popcorn, sit outside on a nice night and show your movie on the side of a building! Or wait for a rainy day and hold an indoor friendship movie party! The choices are limitless! Listed here are just a few...

Because of Winn-Dixie

Finding Nemo

Toy Story 2

Harry Potter & the Prisoner of Azkaban (best for older girls)

The Sisterhood of the Traveling Pants (must-see for teen girls)