

## GIRL SCOUT WEEK ACTIVITIES March 6<sup>th</sup> to March 12<sup>th</sup>

It all started with a phone call on March 12, 1912. . ."I've got something for the girls of Savannah, and all America, and all the world. . ." Juliette was off and going with the first Girl Scout troop. March 12, 2011, is the 99th anniversary of Girl Scouting.

During Girl Scout Week, Girl Scouts of all ages celebrate by demonstrating courage, confidence, and character in ways that have real impact on their communities.

Celebrate Girl Scout Week all week with some of the ideas listed below. Many activities can be used to earn the *Brownie Girl Scouts Through The Years Try-It* or the *Junior Girl Scout Girl Scouting in the USA Badge*.

### Throw a Birthday Party

Invite friends to a Birthday Party themed Troop Meeting. Have a Girl Scout birthday cake & balloons with Girl Scout songs & games to share what girl scouts is all about. Instead of 99 candles on the cake (!!!), insert a number of candles into the shape of a 9 and a 9 on top of the cake, OR use nine green candles and nine blue candle OR take the easy way out and purchase two number 9 candles... It is also an excellent occasion for a special rededication ceremony or a [GS] Scouts' Own."

Try a new activity this week:

### Sunday, March 6 - GIRL SCOUT SUNDAY

Think of three different ways you can serve God or your country. Do one of them.

- Take part in a religious service.
- Say or sing grace at a meal.
- Do a good deed for someone.
- Wear your Girl Scout uniform or shirt today.
- Spend 20 minutes in quiet reflection.

### Monday, March 7 - LIVE BY THE GIRL SCOUT LAW

- Learn what WAGGGS stands for (see [www.wagggsworld.org](http://www.wagggsworld.org)).
- List and locate all four World Centers on a map or globe.
- Invite a friend to your next troop meeting.
- Recite the Girl Scout Law to your family.
- Read or re-read the Juliette Low story.
- Spend time working on a Girl Scout Award (Try-It, Badge, Interest Project , etc)
- Take part in a flag ceremony sometime this week or research how one is performed.
- Learn about when Girl Scouting first started.
- Do a service project. Read a book to a young child or older person.

### Tuesday, March 8 - EXPLORE THE WORLD

- Design a future Girl Scout uniform and share it with someone.
- Make a collage of all the places you would like to visit or have visited.
- List careers that you would like to pursue and list why.
- Do a science project that explores the environment.
- Play a game on [www.girlsgotech.org](http://www.girlsgotech.org).
- Visit the GSUSA website ([www.girlscouts.org](http://www.girlscouts.org)) and
- Learn about a country you would like to visit and cook/prepare something from that country.
- Interview someone who has lived in another country. to that of the United States.
- Interview someone who is in a career you are interested in pursuing.

### **Wednesday, March 9 - EMBRACE HEALTH AND SAFETY**

- Do at least 20 minutes of exercise.
- Discuss with an adult ways to handle stress
- Check to see if your smoke detectors and fire extinguishers are working properly
- Eat only healthy snacks today. Stay away from foods with high amounts of sugar and salt.
- Visit an anti-smoking, anti-drinking, or anti-drug website
- Learn how to play a new sport. Teach someone else how to play.
- Investigate Sunwise ([www.epa.gov/sunwise](http://www.epa.gov/sunwise)) for sun safety tips.
- Learn what it means to eat "organic" foods. Go to the store, buy and try something organic
- Learn some stretching exercises and do at least three of them.

### **Thursday, March 10 - INNOVATIVE AND SAVVY**

- Write a poem about a place you visited.
- Create a nature collage by using only things found in nature.
- Teach a young child or older person a new craft or game.
- Make a new dance to your favorite song.
- Discuss with friends what color looks best on you.
- Learn to tie a knot or practice the ones you already know.
- Make a piece of jewelry and give it someone special.

### **Friday, March 11 – FRIENDS AND FAMILY**

- Make a scrapbook of your family.
- Do something extra special for your family or a friend and leave them a note.
- List three things you can learn from your friends.
- List three things your friends can learn from you.
- Make a friendship bracelet for someone special.
- Be extra nice to your siblings. Do a good deed for them.

### **Saturday, March 17 - THE GREAT OUTDOORS**

- Learn about perennials, annuals, deciduous and coniferous plants.
- Do a rubbing on a leaf, tree bark or any other thing in nature.
- Take a scavenger hike. Find something in nature that starts with each letter of the alphabet.
- Plant a vegetable, flower or herb in a pot to enjoy.
- Identify three different plants in your neighborhood.
- Play games outside for at least 30 minutes.
- Learn a new outdoor activity with your family

### **STORY OF JULIETTE LOW**

Bring the story of Low to life by preparing an interactive reading of the "Juliette Low Album," which is found on pages 8-11 of the *Brownie Girl Scout Handbook*. Before reading the story, give each girl one item that represent parts of the story. Then animatedly start to read the story. Pause at the point where an item is represented, and ask the girl who is holding the item to display it to the group.

Items needed: a United States map (Low was born in Savannah, Georgia), a paintbrush (to illustrate that Low loved the arts), pieces of taffy to hand out (Low famously got taffy stuck in her hair), a Brownie who is the second oldest child in her family (like Low), a small plastic bag filled with rice (an accident with rice caused part of Low's deafness), a first aid kit (Low's first U.S. troop learned first aid), basketball (her first troop also played basketball), a book and a pencil (to demonstrate when Low wrote the Girl Scout handbook), any other items that the leader feels appropriate, to match the number of girls present

## **SNACKS THAT GIRL SCOUTS WOULD HAVE EATEN IN THE PAST**

### Easy, Easy Old fashioned Doughnuts

Ingredients: 2-4 tubes of can buttermilk or homestyle biscuits, Confectioners' sugar, Cinnamon, Granulated sugar, vegetable oil for frying, a candy/oil thermometer (optional, but VERY useful), tiny round cookie cutter, stainless steel tongs, cookie sheets lightly sprayed with cooking spray, paper towel, plates

Directions: Remove biscuits from tubes and place on sprayed cookie sheet. Using a tiny 1 inch round cookie cutter, (or a clean medicine cup that comes with children's pain reliever) press down in the middle of each biscuit until it cuts through the dough. Remove hole and set aside on a cookie sheet. While preparing doughnuts, heat oil in a fryer or on top of the stove in a large pan until oil is 370 degrees. Place 3 or 4 doughnuts at a time in the oil, watching carefully. When the bottom is golden brown, flip over with the tongs, to fry the other side. Remove doughnuts to a cookie sheet lined with paper towel. Allow to drain/cool just for one minute or so then drop in coating. When coated remove to a plate. The "holes" can be done last. Coatings: We used plain confectioners' sugar, and cinnamon mixed with granulated sugar until light brown in color.

### Molasses Drop Cookies

Ingredients: 2 cups flour, 2 tsp. baking soda, 1/2 tsp. each ginger, nutmeg and cinnamon, 1/4 cup molasses, 1 cup brown sugar, packed, 1 stick margarine, 1 egg

Directions: Mix sugar, margarine and egg. Sift dry ingredients and add to sugar mixture. Form into small balls, dip in sugar and place on greased cookie sheet 2 inches apart. Bake at 350 degrees for about 10 minutes.

### Whoopie Pies

Cookie ingredients: 2 cups all purpose flour, 2/3 cup cocoa, 1 tsp baking soda, 1/2 cup hot water, 2/3 cup milk, 1/2 cup hot water, 2/3 cup milk, 1/2 cup vegetable shortening, 1 cup sugar, 1 egg

Frosting ingredients: 1/4 cup butter, softened, 1/2 cup vegetable shortening, 1 teaspoon vanilla extract, 3 cups powdered sugar, 3-4 tbsps milk,

Directions: Heat the oven to 350 degrees. In a medium-sized bowl, stir together the flour and the cocoa; set them aside. In a small bowl, dissolve the baking soda in the hot water, then add milk and set aside. In the bowl of an electric mixer, beat the shortening and sugar until fluffy. Add the egg and beat another minute. Mix in half of the dry ingredients, then half of the wet; repeat. Drop batter by heaping teaspoons, about 2 inches apart, on an ungreased cookie sheet. Bake for 8 minutes. Cool thoroughly.

Make the frosting: Meanwhile, make the frosting. In the bowl of an electric mixer, cream the butter, shortening, vanilla extract, and powdered sugar, beating until fluffy. Add milk, one tablespoon at a time, until the frosting has a creamy consistency. Spoon frosting into a sealable plastic bag, seal and cut one corner off.

Put it All Together: Fill the center of two cookies with frosting by simply squeezing the bag. Makes 2 dozen.

### Sugarless No-Cook Apple Dessert

Ingredients: Cooking apples, Condensed milk, Orange juice, Nuts or grated chocolate

Directions: Grate raw cooking apple. Whip together with the condensed milk. Add a little orange juice. Arrange in dishes with nuts or grated chocolate on top.

## **SONGS & SINGING GAMES FROM A PRIOR TIME PERIOD**

From the 1950 Leaders guide to the Brownie Girl Scout Program

“Singing games are popular and easy to play. Use those you are probably familiar with such as A Tisket, A Tasket, Farmer In The Dell, In-and-Out the Window, London Bridge, Looby Loo, Pop Goes the Weasel

#### BICYCLE BUILT FOR TWO (DAISY, DAISY)

Daisy, Daisy, give me you answer true.  
I'm half-crazy all for the love of you.  
It won't be a stylish marriage, I can't afford a carriage;  
But you'll look sweet upon the seat  
of a bicycle built for two.  
Henry, Henry, here is your answer true;  
I'm not crazy over the likes of you.  
If YOU can't afford a carriage, forget about the marriage;  
'Cause I won't be jammed, I won't be crammed  
on a bicycle built for two.

#### HOME ON THE RANGE

Oh give me a home where the buffalo roam,  
Where the deer and the antelope play,  
Where seldom is heard a discouraging word,  
And the skies are not cloudy all day.

#### CHORUS

Home, home on the range, where the deer and the antelope play,  
Where seldom is heard a discouraging word,  
And the skies are not cloudy all day.  
Where the air is so pure, and the zephyrs so free,  
The breezes so balmy and light,  
That i would not exchange my home on the range,  
For all of the cities so bright.  
The Red man was pressed from this part of the west,  
He's likely no more to return,  
To the banks of the Red River where seldom if ever  
Their flickering campfires burn.

#### **INVESTIGATE MANNERS AND SAYINGS FROM A DIFFERENT DECADE**

Do an activity from the 1951 *Brownie Scout Handbook*

- Learn how to introduce people, how to receive guest, how to serve refreshments
- Learn how to set the table correctly, how to wash dishes, how to make a bed
- Plan a party with the troop and help carry out the plans
- Learn how to press your hair ribbons and to iron an apron
- Learn how to make sandwiches, lemonade, cocoa, gingerbread, a good stew.
- Prepare and pack your lunch for school, a hike or a picnic
- Learn how to use a recipe in a cookbook
- Learn how to clean the stove and the refrigerator.

#### **DO A SERVICE PROJECT THAT GIRLS WOULD HAVE DONE**

Do an activity from the 1950 *Leader's Guide to the Brownie Scout Program*

- Remember that the best service project for Brownie Scouts are those undertaken by the troop and carried out at troop meetings.
- Talk about and list the services we get from the community. Discuss what Brownie Scouts can do in return and let them talk about the responsibility of being good citizens.
- Develop an activity or project out of the above discussion
- Learn something about the agencies in the community that give service and what the Brownie Scout troop can do to help.
- List the people the girls know in their own neighborhood that they might help, old people or shut-ins or a sick child. Discuss what they might do.
- Plan Saturday morning play periods for the children in the neighborhood, let the girls practice in the troop games they can play or give each other ideas of things they can do to entertain the children.
- Visit the old ladies' home to play and sing, sometimes taking flowers or perhaps special gifts they have made.
- Make cakes or cookies, or candy to be given to someone or served at a party for others. Make pomanders as gifts.
- Take part in any national or local Girl Scout service project that fits into the troop program.
- Include in troop activities any local community interest such as a home safety campaign, a Clean-Up-The-Town Week, a conservation project.

### **COMPLETE REQUIREMENTS FROM THE 1920 SCOUTING FOR GIRLS BOOK**

Are these steps still in use today? Which badges can these requirements be found in?

Requirements for Ranks:

1. What are the Girl Scout Promise, Laws and Motto? What must a Girl Scout do every day?
2. Demonstrate the Girl Scout sign and salute. When do Girl Scouts do these?
3. Give Pledge of Allegiance to the flag. What does the flag stand for? Show how the flag should be used.
4. What are the words of the first and last stanzas of the Star Spangled Banner?
5. Give the full name of the President of the United States; the governor of your state; the highest city or town official where you live.
6. Tie the square knot, bowline, clove hitch, and sheepshank knots and demonstrate the use of each.
7. Tell the story of one animal pet (if you have not an animal pet, tell the story of any live thing you have watched).
8. Tell four woodcraft signs.
9. Present a record that you have saved or earned enough money to buy some part of the Girl Scout uniform or insignia, or pay registration fee.

### **VISIT THE SARAH HAZARD NOMAR GIRL SCOUT MUSEUM (located at Camp Hoffman)**

Plan a fashion show about GS. Include old and new uniforms. Find out about the history of GSRI, uniforms through the ages and interview the museum person? Look at some books and do an activity from one of the old books.

Create paper dolls wearing Girl Scout uniforms from throughout the ages. You can find them online at [www.makingfriends.com/friends/f\\_scouts.htm](http://www.makingfriends.com/friends/f_scouts.htm).