

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

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Program Essentials Meeting Plans

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Creating a Quality Experience

Girl Scouting’s promise to girls is stated in the mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Girls engage in activities that help them **discover** themselves and their values, **connect** with others, and **take action** to make the world a better place.

In Girl Scouts, leadership isn’t just about building future leaders—it’s about building girl leaders for today.
--Kathy Cloninger, CEO
Girls Scouts of the USA

A quality Girl Scout Leadership Experience includes going on a leadership journey, earning badges, camping, taking field trips, selling cookies, and enjoying Girl Scout traditions. To guarantee that girls have a great year in Girl Scouting, Girl Scouts of Minnesota and Wisconsin River Valleys (River Valleys) provides an annual plan called the Program Essentials Chart. All River Valleys’ troops follow this flexible plan to ensure a well-rounded and consistent Girl Scout Leadership Experience with measureable outcomes.

These sample meetings demonstrate how to customize the plan outlined in the Program Essentials Chart using the Leadership Journeys, *The Girls Guide to Girl Scouting*, and River Valleys’ programs and events. Together with the girls and families in your troop, you will take part in activities and challenges where girls play an active part in planning and doing, learn by doing, and work together toward shared goals.

Girls who complete the Program Essentials Chart activities earn the Program Essentials Award Pin, a special Our Own Council’s Earned Award which can be worn on the front of the uniform. Pins represent one year of Program Essentials completion, and each Girl Scout grade level is represented by a different colored pin. The pins are free of charge upon submission of your troop’s completed chart.



Program Essentials pins

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Meeting Plans Outline

Troop leaders plan meetings where girls play an active part in figuring out the what, where, when, how, and why of their activities. Age appropriate, girl-led experiences are built into the sample meeting plans to make it easy for you.

Each meeting runs roughly 60 minutes, but all times are suggestions. You don't have to squeeze or stretch activities to fit a particular time. Meetings can be customized and adjusted to match the needs and desires of your group.

Don't do anything for girls that they can do for themselves.
--

Troop Meeting Structure

Gathering: Greetings, signing-in, and movement activity to do until all the girls arrive. A sample sign-in/sign-out sheet is included in the Meeting Resources section. Use the Hip Pocket Activity booklet for help selecting active games, songs, and other activities.

Opening: Ceremony designed by the girls to start the meeting. For example, greeting each other with the Girl Scout handshake, reciting the Girl Scout Promise and Law, a simple flag ceremony, and singing songs.

Business-Planning: Meeting in a circle for troop business and planning. For example, assigning jobs using a kaper chart, collecting dues, making announcements, planning an event or trip, and discussing what they will do.

Exploration: Activities to help girls gain a deeper understanding of themselves, develop healthy relationships, connect with others, and have lots of fun.

Clean Up: Working together to leave the site better than you found it.

Closure: Reflecting on the meeting and a closing ritual. For example, sharing how to practice what they learned, a Friendship Circle, song, friendship squeeze, and signing out.

Snack Time (optional): A healthy food and/or beverage. Invite the troop's friends and family network to sign up to bring a snack. Be sure to accommodate any food allergies and dietary restrictions.

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Girl Scouts of the USA Resources

Leadership Journeys (girl books and adult how to guides):

- *It's Your World-Change It! Brownie Quest* (in New Troop Welcome Kit)
- *It's Your Planet-Love It! WOW! Wonders of Water*
- *It's Your Story-Tell It! A World of Girls*

Girl Scout Brownies *The Girl's Guide to Girl Scouting* (in New Troop Welcome Kit)

Safety Activity Checkpoints (complete checkpoints online at GirlScoutsRV.org and hard copy of select checkpoints in New Troop Welcome Kit)

Girl Scouts of Minnesota and Wisconsin River Valleys (River Valleys) Resources

Program Essentials Chart and Program Essentials Meeting Plans for First-Time Girl Scout Brownies (in New Troop Welcome Kit and online at GirlScoutsRV.org)

100th Anniversary Patch Program requirements (in New Troop Welcome Kit and online at GirlScoutsRV.org)

Water Quality Troop Activity Guide for Daisy/Brownie Troops (in New Troop Welcome Kit and online at GirlScoutsRV.org)

Volunteer Essentials (complete document online at GirlScoutsRV.org; hard copies of "Quick-Start Guide" chapter and "Safety-Wise" synopsis with key Safety Activity Checkpoints in New Troop Welcome Kit)

New Leader Training and Enrichment Training (self-study or in person; Fast Start Leader Booklet in New Troop Welcome Kit)

Girl Scout Shop (online or in person; Shop Catalog, Basics in a Bag order form, and insignia placement guide in New Troop Welcome Kit)

New Troop Welcome Kit also contains: new troop registration packet, OfficeMax gift card for troop start-up supplies, Hip Pocket Activity booklet, Little Brownie Baker Cookie Activity Kit for Brownies, troop finance packet, troop field trip packet, Family Guides)

River Valleys Cookie Program Activity materials (your Troop Cookie Manager will receive at training)

Council-Sponsored Program Events and Summer Camps (listings and registration information online at GirlScoutsRV.org)

Service Unit Members, Events, and Leader Meetings

Your Brownie Troop's Friends and Family Network

Program Essentials Meeting Plans First-Time Girl Scout Brownies

Meeting Plans at a Glance*

Meeting Theme	Program Essentials Chart/ Award Pin Focus Area
Meeting 1: Mapping Our Quest	Leadership Progression
Meeting 2: Discovering Girl Scout Values	Leadership Progression
Meeting 3: Connecting: Past, Present, and Future through Investiture/Rededication	Leadership Progression
Meeting 4: Discover and Connect with My Best Self	Leadership Progression
Meeting 5: Connect and Take Action	Leadership Progression
Meeting 6 (January): Introduction to the Cookie Program Activity & Meet My Customers badge	Financial Literacy/Cookie Business
Meeting 7 (February 22): Connecting with Girl Scouts Around the World	Leadership Progression
Meeting 8: Choosing a Take Action Project	Leadership Progression
Meeting 9: Making the World a Better Place	Take Action (Community Service Learning Project)
Meeting 10: Celebrate the Brownie Leadership Quest!	Leadership Progression
Meeting 11: My Best Self & Selecting a Troop's Choice	Troop's Choice (Career Literacy, Cultural Literacy, Healthy Living, Outdoor Awareness, or STEM)
Meeting 12 (March 22): Water Quality & Celebrate World Water Day	100 th Anniversary/Building Girl Scout Connections
Meeting 13 (Year End): Court of Awards & Spring Registration	Celebrating Girls' Accomplishments, Reflection, and Recommitment
Meeting 14 (or earlier, if council-sponsored program event): Troop's Choice selection from Program Essentials Chart	Troop's Choice (Career Literacy, Cultural Literacy, Healthy Living, Outdoor Awareness, or STEM)
Events	Program Essentials Chart/ Award Pin Focus Area
September 24, 2011: Girl Scout Day at Tweite's Corn Maze (100 th Anniversary Patch Requirement). Alternatives: Service Unit Thinking Day Event or Service Unit Family Event.	100 th Anniversary/Building Girl Scout Connections
December 2011 or January 2012: Cookies Rock event or Cookie Rally event.	Financial Literacy/Cookie Business
March 10-11, 2012: The Great Girl Gathering @ MOA (100 th Anniversary Patch Requirement).	100 th Anniversary/Building Girl Scout Connections
October 13, 2012: Centennial Day of Service (Centennial Day of Service Patch and 100 th Anniversary Patch requirements).	100 th Anniversary/Building Girl Scout Connections

**Note: Meetings 6, 7, 12, 13, and 14 should be done to coincide with the date or month shown and can be done out of order.*

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Prepare Ahead

Before you begin planning, review the Girl Scout leadership journey *It's Your World—Change It! Brownie Quest* girl's book and pages 1-34 of the adult how to guide.

Some meetings require advanced planning by girls and leaders (or your friends and family network).

Meeting 1: Learn about Proficiency Badges.

Meeting 2: Create invitations for the Investiture/Rededication Ceremony in Meeting 3. Purchase and prepare materials for sit-upons.

Meeting 3: Prepare for the Investiture/Rededication Ceremony; in particular, find materials to make a “pond” for the ceremony (e.g., mirror or aluminum foil). Purchase Girl Scout Brownie membership pins and Brownie Quest journey award sets.

Meeting 4: Purchase the *It's Your World—Change It! Brownie Quest Skill-Building Badge Activity Set* (brand-new troops will have this in their New Troop Welcome Kit). Purchase groceries.

Meeting 5: Learn about Take Action Projects.

Meeting 6: Ensure your Troop Cookie Manager attends training and gets the River Valleys Cookie Program Activity materials for your troop. Purchase Meet My Customers badges.

Meeting 7: Invite a Girl Scout Daisy troop to meet with you. Check the Girl Scout World Thinking Day website to choose activities for the meeting.

Meeting 8: Review the planning process you'll do with girls for their Take Action Project.

Meeting 9: Connect with members of the community and work on a Take Action Project to help the community. If doing the project away from your regular meeting place, obtain written parent/guardian permission in advance (permission forms at GirlScoutsRV.org). Create invitations to invite families to celebrate earning the Brownie Quest Award.

Meeting 10: Plan the Brownie Leadership Quest Award celebration. Make a visual prop that conveys the importance of the keys.

Meeting 11: Invite a health helper (doctor, dentist, optometrist, school nurse or counselor, or someone who works in an ambulance) to your meeting (or go their office); if going to their office, obtain written parent/guardian permission in advance (permission forms at GirlScoutsRV.org). Research Troop's Choice options. Collect shoeboxes (one per girl). Purchase My Best Self badges.

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Meeting 12: Familiarize yourself with River Valleys' Water Quality Troop Activity Guide for Daisy/Brownie Troops (on GirlScoutsRV.org and in New Troop Welcome Kits). Confirm Internet access at your meeting site or contact your service unit for a flash drive version of the Centennial Take Action Project Video. Research and plan activities World Water Day (March 22). Collect a glass jar with screw-on lid.

Meeting 13: Register for a service unit Court of Awards event (if available) or plan your own ceremony. If girls are finishing third grade, they can earn the Bridge to Girl Scout Junior award (pages 40-41 of the Girl's Guide) and participate in a bridging ceremony. Purchase membership stars.

Meeting 14: Depending on the Troop's Choice selection, register the girls for a council-sponsored program event or summer camp session and prepare information/permission form for parents/guardians, or prepare to help the girls earn their selected skill-building badge. There is a blank Meeting Plan template included for your use. Please note: the council-sponsored program event calendar is light mid-June through August.

Family Event: Invite girls and their families to register for a Girl Scout event that meets the River Valleys 100th Anniversary Patch requirements. Choose one:

- Girl Scout Day at Tweite's Corn Maze (September 24, 2011; register at GirlScoutsRV.org)
- Service Unit Thinking Day Event (February 2012; register through your service unit)
- Service Unit Family Event (November or Spring; register through your service unit)

Cookie Event: Register your troop for an event that fulfills the Career & Financial Literacy focus area in the Program Essentials Chart. Choose one (December 2011 or January 2012):

- Council-Sponsored "Girls Rock" (register at GirlScoutsRV.org)
- Service Unit "Cookie Rally" (register through your service unit)

If you cannot attend either event, plan and do an activity from Little Brownie Bakers' *Rallies to Go* (on www.littlebrownie.com).

The Great Girl Gathering @ MOA: Plan for your troop to participate in activities at Girl Scouts' "100th Birthday Party" at the Mall of America, which meet the River Valleys 100th Anniversary Patch requirements (March 10-11, 2012; information at GirlScoutsRV.org).

Centennial Day of Service-2012 Take Action Project: Plan for your troop to participate in the largest environmental service project in River Valleys' history; meets the Centennial Day Of Service Patch requirements and the River Valleys 100th Anniversary Patch requirements (October 13, 2012; information through your service unit).

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Meeting 1: Mapping Our Quest

At a Glance

Goal: Girls get to know one another by discovering the special qualities of the girls and learn the basic Girl Scout values.

Toward the Award: Brownie Girl Scout Way badge—Step 4 and 5, and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Cardstock, markers/crayons, yarn, and stickers for nametags; pen and sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; newsprint; soft ball; paper strips with the Law written on them; pencils; sticky notes; copies of family letter and star on pages 53-55 of the adult how to guide.

Prepare Ahead: Review Session 1 in adult how to guide and Brownie Girl Scout Way badge (Girl's Guide "Badges" section).

Gathering

- Greet and sign-in.
- Activity: Make nametags and decorate with stickers.

Opening

- Ask girls to join you and other adults in a circle, and explain that this is the Brownie Circle.
- Demonstrate the Girl Scout handshake and have girls say hello to the people next to them.
- Say/teach the Girl Scout Promise and Law.
Note: If you have girls new to Girl Scouting, explain the Girl Scout Promise: "Girl Scouts, we make a special promise that says what we do and pledge to do." Review what a promise is. Ask the girls to listen as you say the promise and then repeat it with you again; use the Girl Scout Sign. Use paper strips with the Law written on them to get girls involved in learning the 10 parts.
- Sharing: Ball Toss to introduce themselves and tell about their qualities and talents (adult how to guide page 46).
- Singing: Teach "Brownie Smile Song" (Games, Songs, and Meeting Helps section).

Business-Planning

- Explain that after the opening each week, you will have your business and planning time to share ideas, make decisions, and talk as a group.
- Introduce the quiet sign and practice several times (Girl's Guide page 22).
- Introduce Kapers (Meeting Resources section) and think of three ways you can leave the Girl Scout meeting place better than you found it (Brownie Girl Scout Way badge-Step 4).
- Explain that they soon will have a special ceremony called an Investiture and Rededication Ceremony.

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At this ceremony, first-time Brownies receive their Girl Scout Brownie membership pin, brand-new Girl Scouts officially make their Girl Scout Promise, and returning Girl Scouts renew their Girl Scout Promise.

- “Today we are going to learn more about Girl Scout Brownies and start our Brownie Quest!”

Exploration

- Read “How Brownies Got Their Name” pages 17-21 of the Girl’s Guide (Brownie Girl Scout Way badge-Step 5).
- First Key: Discovering Me. Girls think about their talents and personal qualities (girl’s book page 49, adult how to guide page 43).
- Play Going ELF (adult guide page 47-49).
- Girls use their new knowledge to complete page 50 in the girl’s book (adult how to guide page 49).
- Discuss what other talents and personal qualities that girls thought of for the Discovering Me star (girl’s book page 49 and 51).
- Explain that they should ask their families to help complete the Family Star. Ask girls to give families the take-home letter that explains the Brownie Quest and the activity (adult how to guide pages 53-55).

Clean Up

- Remind girls of kapers and explain Girl Scouts leave a place better than they found it.

Closure

- Form a Brownie Circle.
- Reflection: Ask girls what they would like to do in Girl Scout Brownies and make a list of ideas (save!).
- Next Meeting: Discovering Girl Scout Values.
- Form a Friendship Circle (adult how to guide page 27), sing, “Goodbye, Brownies” (Meeting Resources section) and do a friendship squeeze (adult how to guide page 27).
- Hand out Family Star letter and activity, collect nametags, and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

The Brownie Smile Song

I’ve got something in my pocket
It belongs across my face
I keep it very close at hand
In a most convenient place

I’m sure you wouldn’t guess it
If you guessed a long, long while
So I’ll take it out and put it on
It’s a great big Brownie Smile!

You can listen to the song on websites like YouTube and Amazon.com.

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Meeting 2: Discovering Girl Scout Values

At a Glance

Goal: Girls discover more about the talents they have and how these talents will help the troop. Girls also learn more about each other and how to connect better as a team.

Toward the Award: Complete the Discover Key journey award and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; flag; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; newsprint and markers; one or two hula hoops; small or medium size ball; materials for sit-upons: waterproof material (oilcloth, vinyl cloth, table cloth, etc.), newspaper, yarn, hole punch, masking tape; crayons, markers, and paper; invitations for the Investiture/Rededication Ceremony.

Prepare Ahead: Review Session 2 on pages 57-64 of the adult how to guide. Create and make copies of invitations for the Investiture/Rededication Ceremony. Purchase and prepare materials for sit-upons.

Gathering

- Greet, sign-in, and nametags.
- Activity: Play Tug-a-Part and Human Knot games (Games, Songs, and Meeting Helps section).

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise.
- Teach the Flag Ceremony and Pledge of Allegiance (Meeting Resources section).
- Sharing: Share the Family Stars they did at home and collect for use at ceremony next meeting.
- Singing: "Brownie Smile Song."

Business-Planning

- Brownie Circle: Assign kapers.
- Connecting as a Team and two games (adult how to guide pages 60-61).
- Brownie Team Agreement (adult how to guide page 61 and girl's book page 53).
- Explain that they will have a special ceremony at the next meeting called an Investiture and Rededication Ceremony. At this ceremony, first-time Brownies receive their Girl Scout Brownie membership pin, brand-new Girl Scouts officially make their Girl Scout Promise, and returning Girl Scouts renew their Girl Scout Promise. Girls will receive invitations to take home later in the meeting.
- Meeting Topic: Discovering Girl Scout Values.

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Exploration

- Make Sit-Upons (Games, Songs, and Meeting Helps section); girls use sit-upons when they want to sit on the ground during a meeting; they are typically kept with the troop supplies (Brownie Girl Scout Way badge page 7).
- Story Time: Use sit-upons and read page 7 and Chapter 1: Campbell's New Friends (girl's book page 10-15).
- Twist Me and Turn Me activity in pairs (girl's book page 17). Tell girls that this is something often done at Brownie pinning ceremony (next meeting).
- Decorate invitations.

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Next Meeting: Investiture/Rededication Ceremony.
- Teach other ways to close the meeting: Girl Scout Out, Magic Tunnel, and Slip Away Silently (Meeting Resources section and adult how to guide page 29).
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, or Magic Tunnel.
- Hand out invitations, collect nametags, and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

Tug-a-Part Game

1. Choose a safe space to play where, if girls fall backward, they will not land on anything hard.
2. Divide the group in half (by summer/winter birthdays and spring/fall birthdays).
3. Have girls make two lines facing each other (like Tug-of-War, but with no rope).
4. Have the two center girls hold wrists. Then, each team links together by holding onto each other's waists. (Heads should alternate leaning side-to-side to avoid a big head bump.)
5. When you say "Tug," each team pulls until the girls in the middle can't hold on any more.

Human Knot Game

Everyone stands in a small circle facing inward. Have each girl link hands with someone else in the circle. They must choose people who are not standing next to them and must link with two different girls. Now they are in a big knot. Have them try to figure out how to untie themselves so they are in a large circle, without letting go of hands. Remind girls to go slowly so that no one gets hurt.

Option: Use bandanas so that, instead of each girl holding another girl's hand, they are holding ends of bandanas. This makes for less pulling on arms, wrists, and hands.

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Instructions for Sit-Upons

Girls use sit-upons when they want to sit on the ground during a meeting and they are kept with troop supplies (Brownie Girl Scout Way badge page 7). You may want to have first two steps prepped before the meeting.

Materials: waterproof material (oilcloth, vinyl cloth, tablecloth, etc.), newspaper, yarn, hole punch, masking tape

1. Cut two sections of waterproof material, large enough to cover a folded section of newspaper.
2. Punch holes one-inch apart around both pieces of material.
3. Wrap one end of the yarn with masking tape so girls can stitch together.
4. Tie off ends.

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Meeting 3: Connecting: Past, Present and Future through Investiture/Rededication

At a Glance

Goal: Girls commit/recommit to Girl Scouts in an Investiture/Rededication Ceremony with their families and celebrate Founder's Day.

Toward the Award: Earn the Discovery Key journey award, complete Brownie Girl Scout Way badge-Step 2, and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; flag; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; copies of the agenda; refreshments; "pond;" Family Stars from Meeting 1; Girl Scout Brownie membership pins; Discovery Key journey awards.

Prepare Ahead: Make copies of the agenda. Set up room for ceremony including chairs and refreshments. Set up a "pond" for ceremony by positioning a mirror or aluminum foil on the floor. Purchase Girl Scout Brownie membership pins and Brownie Quest journey award sets.

Note: Schedule the Investiture Ceremony meeting at a time that allows families to attend.

Gathering

- Greet, sign-in, and nametags.
- Activity: Juliette Gordon Low and the Three Keys on pages 72-73 of the girl's book.

Opening

- Welcome girls, families, and guests.
- Introduce volunteers.
- Ask to stand for Flag Ceremony.
- Brownies sing "The Brownie Smile Song." (words in Meeting 1)
- Family Star: Girls share Family Stars (from Meeting 1) and put up on chart paper to represent all the special qualities of the troop.

Ceremony

- Girls form a semi-circle in front of families and recite the Girl Scout Promise and Law.
- Investiture: Welcome new Girl Scout members by name using the Girl Scout Handshake.
- Rededication: Explain that returning members are now rededicating to Girl Scouts.
- Girl Scout Brownie membership pins: Relate the story of "Twist Me and Turn Me" and have girls come up to do while looking down at magic pond. As each finishes, welcome to Brownies and give their Girl Scout Brownie membership pin.

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- Discover Key journey awards: Explain to families that girls have earned the Discover Key as they have learned about their special qualities and talents, the value of the Girl Scout Law, and the special qualities and values of their families. This badge can be worn on the front of the sash/vest.
- “Say after me... (have the girls repeat each line as a team after you say it)...”The “Discover Key, It’s all about me: What I believe, And my family.”
- Present the Discover Key journey award to each girl (or have families present them!).

Celebration

- Juliette Gordon Low Celebration: Juliette Gordon Low is the Founder of Girl Scouts and she was known as Daisy. Her birthday was October 31 so we are celebrating that today as well.
- Invite families to have refreshments and then rejoin for the closing ceremony.

Clean Up

- Assign kapers and work together to leave the site better than you found it.

Closure

- Ask families and guests to join girls in circle.
- Explain Friendship Circle and Squeeze.
- Thank everyone for coming.
- Form a Friendship Circle, sing “Goodbye, Brownies,” and do a friendship squeeze.
- Remind girls to bring their books to next meeting.
- Collect nametags and sign-out.

Options

- Play games with families that the girls have learned so far.

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Meeting 4: Discover and Connect with My Best Self

At a Glance

Goal: Girls know how to keep healthy and happy.

Toward the Award: Complete some steps in the My Best Self badge and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); My Best Self badge requirements; Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; sit-upons; crayons; measuring tape; a variety of foods from different food groups to sample; copies of Send It Home! letter (adult how to guide page 63).

Prepare Ahead: Purchase the *It's Your World—Change It! Brownie Quest* Skill-Building Badge Activity Set (brand-new troops will have this in their New Troop Welcome Kit). Review the My Best Self badge requirements. Prepare a variety of foods from different food groups that may be new to many girls and they can sample (e.g., hummus, beans, tropical fruits, jicama, edamame, quinoa, etc.)—keep in mind any food allergies or dietary restrictions. Make copies.

Gathering

- Greet, sign-in, and nametags.
- Activity: Choose an activity from Step 1: Get to Know Your Body (My Best Self badge page 2).

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: Why do you think it is important to take care of your body?
- Singing: "The Brownie Smile Song."

Business-Planning

- Brownie Circle: Review the Quiet Sign, Brownie Team Agreement, and assign kapers.
- Meeting Topic: Discover and Connect with My Best Self.

Exploration

- Story Time: Use sit-upons and read Chapter 2: An Awesome Tree House on pages 18-21 of the girl's book.
- Play the Calcium-Rich or Not? Challenge (Games, Songs, and Meeting Helps section).
- Play Bone-Builder Follow the Leaders (Games, Songs, and Meeting Helps section).
- My Best Self badge-Step 2: Try three new foods that are good for you.
- Prepare to Connect at Home (adult how to guide page 62 and girl's book pages 54-55).

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- Send It Home!: Ask girls to talk to their families about healthy foods and healthy living. They should ask their families to sign the Healthy Living Family Commitment Card (adult how to guide pages 62-63).

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: What are you going to do this week to live healthier?
- Next Meeting: Connect and Take Action.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Hand out Send It Home! letter, collect nametags, and sign-out.

Games, Songs, and Meeting Helps

Calcium-Rich or Not? Challenge

1. Explain that calcium is in many foods and is necessary for building strong bones. To learn which foods are rich with calcium we will take the Calcium-Rich or Not? Challenge.
2. Name a food and ask girls to give a thumb up if they think the food is rich in calcium or a thumb down if they think it is low or has no calcium.
3. Encourage girls to learn more about foods rich in calcium and to eat more of these foods.

Calcium-Rich	Calcium-Low (or No)
Milk	Soda
Cheese	Corn
Baked Beans	Bacon
Almonds	Tomato
Yogurt	Banana
Tofu	Apricot
Spinach	Cucumber

Bone Builder Follow the Leaders

1. Explain that calcium is not the only thing that builds strong bones. You need to get moving to build muscles to support your bones, and you need to make your bones work so that they are strong. The way you work your bones is through 'weight-bearing' activities like running, jumping, skipping, etc. To make it easier to remember, call this kind of physical activity a "Bone-Builder."
2. Brainstorm some weight-bearing physical activities (jumping jacks, skipping, running, push-ups, jump roping, jumping on one leg, etc.).
3. Girls take turns being the leader.
4. Tell the leader to start doing "Bone Builder" activities in any order and combination of her choice.
5. Instruct the rest of the girls to follow the leader, doing whatever "Bone Builder" activities exactly the way she does it.
6. When the adult yells out "switch," the current leader calls out another girl's name. Everyone gets one turn.

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Meeting 5: Connect and Take Action

At a Glance

Goal: Girls make connections within the community and understand how we can take action to help others.

Toward the Award: Brownie Girl Scout Way badge-Step 1 and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and how to adult guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag; Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; Circle Map; and Connect Key journey awards.

Prepare Ahead: Review Session 3 on pages 65-69 of the adult how to guide. Draw the Circle Map on a large sheet of paper.

Gathering

- Greet, sign-in, and nametags.
- Collect the Commitment Card from the take-home Healthy-Living Family Activity.
- Activity: Girls' choice of an active game.

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: How did you show your family that you care about their health?
- Singing: Learn three new Girl Scout songs or an action song (Brownie Girl Scout Way badge-Step 1); see Games, Songs, and Meeting Helps section.

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Meeting Topic: Connect and Take Action.

Exploration

- Earning the Connect Key: Explain how the girls will earn the award by completing the last step today. The first step was to connect with the Brownie team. The second was to connect with their families by completing the Healthy Living Commitment Cards. The third step is to connect and show we care about the community.
- Discuss: What types of things could we do to help the community? What do we have to know first before we do anything? [What problems are in the community?] (adult how to guide pages 65-69)
- Story Time: Read Chapter 3: Read a Rhyme, See an Elf on pages 22-25 in the girl's book, and discuss.
- Activity: Complete What the Brownie Friends Care About (girl's book page 26).
- Circle Map: Creating Circles of Caring (adult how to guide page 66-67).

Program Essentials Meeting Plans First-Time Girl Scout Brownies

- Caring for Community: Read The Case of the Broken Sidewalk in the girl's book page 64.
- Discuss: Think about their neighborhoods and if there are any problems that need to be fixed there. Ask girls to think about who they would send a letter to about the problem (adult how to guide pages 68-69).
- Brainstorm what they would say and write down ideas on chart paper. Girls can record ideas in their Brownie Quest books (girl's book page 62-63).

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: Invite girls to chant after you: The Connect Key! That's more than me. It's my arms and your arms. Linking together, we're free (adult how to guide page 69).
- Next Meeting: Girl Scout Cookie Program Activity.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Present the Connect Key journey award, collect nametags, and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

I'm a Girl Scout

(To the tune of "Frere Jacques")

I'm a Girl Scout.

I'm a Girl Scout.

Who are you?

Who are you?

Can't you tell by looking?

Can't you tell by looking?

I'm one too.

I'm one too.

Program Essentials Meeting Plans First-Time Girl Scout Brownies

Make New Friends

Make new friends but keep the old;
One is silver and the other gold.

In Spanish:

Amistad es lo-que nos u-ne.

Y lo que nos ha-ce pro-gre-sar.

Other verses:

A circle's round, it has no end,
That's how long I want to be your friend.

I have a hand, and you have another,
Put them together and we have each other

If You're a Brownie and You Know It

(To the tune of "If You're Happy and You Know It")

If you're a Brownie and you know it, clap your hands
If you're a Brownie and you know it, clap your hands.
If you're a Brownie and you know it,
Then your face will surely show it,
If you're a Brownie and you know it, clap your hands.

Do the motions (girls can come up with more verses!).

- Pat your head
- Shout "Hooray!"
- Stamp your feet
- Smile real big
- Touch your toes
- Hug a friend

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 6: Introduction to Cookie Program Activity & Meet My Customers

At a Glance

Goal: Girls learn how the Cookie Program Activity helps them learn to set goals together, to be responsible, and provides money to fund Girl Scout activities. Girls also learn how to find customers and are comfortable selling to them.

Toward the Award: Earn the Meet My Customers badge and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag; Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; Cookie Program Activity materials; newsprint and markers; money or play money; materials to make thank-you cards; Meet My Customers badges.

Prepare Ahead: Review the Meet My Customers badge requirements in *The Girl's Guide to Girl Scouting* and the Cookie Activity Kit from Little Brownie Bakers. Arrange with your Troop Cookie Manager to come to the meeting and review the River Valleys Cookie Program Activity materials s/he received at training. Purchase Meet My Customers badges.

Note: This meeting should be scheduled before the end of January and can be done out of order.

Gathering

- Greet, sign-in, and nametags
- Activity: Play the Ms. Bear game (gold section of Hip Pocket Activities booklet).

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: How do you feel about doing something to help our community?
- Singing: Girls' choice of song.

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Cookie Business: Use River Valleys and Little Brownie Bakers information to explain the Cookie Program Activity; involve your trained Troop Cookie Manager.
- Brainstorm what the troop would like to do with the cookie money they'll earn.
- Set a troop goal.
- Meeting Topic: Girl Scout Cookie Program Activity.

Program Essentials Meeting Plans First-Time Girl Scout Brownies

Exploration

- Meet My Customers badge-Step 1: Find out where your customers are.
- Meet My Customers badge-Step 2: Talk to some customers.
- Meet My Customers badge-Step 3: Practice handling money and making change.
- Meet My Customers badge-Step 4: Role-Play good customer relations.
- Meet My Customers badge-Step 5: Thank your customers and make thank-you cards.

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle
- Reflection: Why are cookies important to Girl Scouts?
- Next Meeting: Meet with a Daisy Troop and Connecting with Girl Scouts Around the World.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Hand out Meet My Customer badges and family cookie materials
- Collect nametags and sign-out.

Options

- Snack Time (optional)

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 7: Connecting with Girl Scouts Around the World

At a Glance

Goal: Girls meet with a Girl Scout Daisy Girl troop to do activities and projects to celebrate world friendship and honor their sisters in other countries (World Thinking Day is February 22).

Toward the Award: Complete Brownie Girl Scout Way badge-Step 3 and earn the badge, earn the World Trefoil pin, and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag; Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; 10 small items for Kim's Game; butcher paper, markers, and finger paints for mural; Brownie Girl Scout Way badges and World Trefoil pins.

Prepare Ahead: Invite a Girl Scout Daisy troop to meet with you. Choose one or more World Thinking Day activities for the meeting (Games, Songs, and Meeting Helps section). Check to see if your service unit holds an event to celebrate World Thinking Day.

Note: This meeting should be scheduled on or near World Thinking Day on February 22. If done at another time, substitute additional activities (games, songs, crafts, etc.) for the World Thinking Day activities.

Gathering

- Greet, sign-in, and nametags.
- Activity: Play Kim's Game (Brownie Girl Scout Way badge page 5).

Opening

- Gather and greet Daisies with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: Today we are celebrating World Thinking Day. Girl Scouts worldwide are thinking of ways to save our planet.
- Singing: Teach a favorite song to the Daisies.

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Meeting Topic: World Thinking Day

Program Essentials Meeting Plans First-Time Girl Scout Brownies

Exploration

- Explain that “sisterhood” doesn’t mean just sister in your family. All the girls and women who are Girl Scouts try to live by the Girl Scout Law. That’s what makes us a Girl Scout sisterhood. Our Law brings us together!
- Brownie Girl Scout Way badge-Step 3: Make a mural that shows the sisterhood between all the girls in both troops. Add each girl’s name, handprint, and how she practices the Girl Scout Law. For example, “Daisy is friendly because she shares a smile with everyone.”
- Ask Daisies to share a favorite song with you.
- World Thinking Day activity(ies).

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: What can you do this week to help save the planet?
- Next Meeting: Choosing a Take Action Project
- Ask girls to choose a closing to teach Daisies: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Handout Brownie Girl Scout Way badges and World Trefoil pins
- Collect nametags and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

World Thinking Day

Each year on February 22, World Thinking Day, girls participate in activities and projects with global themes to honor their sister Girl Guides and Girl Scouts in other countries. World Thinking Day is part of the World Association of Girl Guides and Girl Scouts Global Action Theme (GAT) based on the United Nation’s Millennium Development Goals (MDGs), which aim to improve the lives of the world’s poorest people.

The theme for World Thinking Day 2012 is girls worldwide say, “we can save our planet.” In honor of this day, Girl Scouts take part in special activities to honor their sisters around the world.

For activity ideas, go to www.girlscouts.org/world_thinking_day

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 8: Choosing a Take Action Project

At a Glance

Goal: Girls recognize the problems in the community and work together to find ways to address them.

Toward the Award: Complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag (optional); Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; paper; poster board; markers and crayons.

Prepare Ahead: Review Session 4 on pages 75-83 of the adult how to guide. Remember you will need to obtain permission forms if your upcoming Take Action project occurs outside of your regular meeting place/time.

Gathering

- Greet, sign-in, and nametags.
- Activity: Ceremony from the Girl Scout Archives: Fairy or Dancing Ring (adult how to guide page 28).

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: What did you do since our last meeting to help save the planet? (Remind girls that the theme for 2012 World Thinking Day is "we can save our planet")
- Singing: Girls' choice.

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Meeting Topic: Choosing a Take Action Project.
- *Note: Session 4 (adult how to guide pages 75-83) provides important steps in working through the planning process. At this meeting, come to a consensus about a Take Action Project and brainstorm what girls need to know or do to plan and prepare. Ask for volunteers to help get things started before the next meeting.*
- Brownie Brainstorm: Think more about places where Brownies could help (girl's book pages 40-43 and adult how to guide page 75 have many ideas).
- Brownie Team Trade: Girls make a team decision about what to do.
- Brownie Plan: What information and supplies do we need?

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Exploration

- Game: Barnyard Mix-Up to pair girls for role-play (see Games, Songs, and Meeting Helps section).
- Role Play: What actions will we do at the Take Action Project?
- Safety First!: What do we need to be aware of to stay safe as we do our project?
- Family Connection: How can our families help us with our project? Write a note to families about what they need for this project. Compose a permission slip for any activity away from your regular meeting site.
- Review the Take Action Project: Ask for volunteers for any action items to be completed before the project day.

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: Read the “Brownie Ballad” from the girl’s book pages 38-39.
- Next Meeting: Making the World a Better Place.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Hand outs, collect nametags, and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

Barnyard Mix-Up

Use this game to match girls in pairs.

1. Think of common animals (dog, cow, sheep, chicken, etc.), enough so that two girls have the same animal.
2. Whisper the name of the animal into each girl’s ear, making sure there are two girls per animal.
3. No one is allowed to tell another which animal she is.
4. At the signal, each girl makes the noise of the animal that she has been given.
5. The girls must find the other animal of the same kind and sit down together.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 9: Making the World a Better Place

At a Glance

Goal: Girls take part in a project that makes the world a better place.

Toward the Award: Earn the Take Action Key journey award and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Sign-in/sign-out sheet; invitations for the celebration; Take Action Project materials (if necessary).

Prepare Ahead: Review Session 5 and 6 on pages 85-87 of the adult how to guide. Create invitations to invite families to celebrate earning the Brownie Quest Award.

Gathering

- Greet and sign-in.
- Activity: Divide into groups for the Take Action Project.

Take Action

- Connect with members of the community and work on a project to help the community.

Clean Up

- Pick clean-up leaders and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: How did it feel to work together on the project? What would you change if you did it again?
- Next Meeting: Celebrate!
- Friendship Circle and Squeeze.
- Hand out invitations to families for Celebration at the next meeting and sign-out.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 10: Celebrate the Brownie Leadership Quest!

At a Glance

Goal: Girls reflect on their Take Action Project and celebrate earning the Brownie Quest Award with friends and family.

Toward the Award: Earn the Brownie Quest Award and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* girl's book and adult how to guide; Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag; Girl Scout Promise written on whiteboard, chalkboard, or poster board; Take Action Key journey awards; Brownie Quest Awards; key visual prop; copies of the chants; copies of the Brownie Cheer; refreshments.

Prepare Ahead: Review Sessions 5, 6, and 7 on pages 85-96 of the adult how to guide. Plan the celebration. Make a visual prop that conveys the importance of the keys (adult how to guide page 90). Copies of the key chants (adult how to guide page 91) and Brownie Cheer (adult how to guide page 94).

Gathering

- Greet, sign-in, and nametags
- Activity: View displays of the activities done to earn the Brownie Quest Award with friends and family members.

Opening

- Welcome girls, families, and guests.
- Introduce volunteers.
- Girls recite the Girl Scout Promise and Law.
- Ask to stand for Flag Ceremony.
- Brownies sing "The Brownie Smile Song."

Reflection

- Gather in a Brownie Circle with friends and family seated around them.
- Questions: "How did you act as leaders for your Take Action Project?", "What are some examples of choices or decisions you made?", "How did you do as a Brownie Team and what can you do even better together next time?", "What was it like to take action and improve the world?", and "How do you feel about what you accomplished?"
- Say, "Now we've flown into action and _____ (summarize what they have completed—the third step to the third key!)."
- "What were the first two steps?" [Identify a problem we care about, and plan an action.]
- Say, "So the last step is actually doing it. What do you think the third key is called?" [Take Action!]
- Say, "Now that we have completed the project, we have one more key to add—and a chant to go with it. Repeat after me: Flying into action, That's the biggest key!, Improving the world, All around you and me."
- Hand out the Take Action Key journey award.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Ceremony

- Say, “The Take Action Key is special because it is the last key. Let’s think about what happens when we put the three keys together. Each time you found a key, we had a special chant. Let’s put it all together.”
- Distribute and read chants (adult how to guide page 91).
- Ask Brownies to give examples related to how they earned the three keys (adult how to guide page 92).
- Say, “In Girl Scouts, when a girl Discovers, Connects, and Takes Action, she is showing that she is a leader! Now that you have searched and found the code to leadership—a leader discovers, connects, and takes action—you are a leader!”
- Ask, “What is one way that you are going to keep on being a leader?”
- After each Brownie gives her “leadership commitment,” invite her to come forward and touch the key to each lock (prop) before awarding her the Brownie Quest Award.
- Say, “Now use your keys to keep opening doors to more leadership adventures in Girl Scouting!”
- Distribute and read the Brownie Cheer (adult how to guide page 94).
- Invite families to have refreshments and then rejoin for the closing ceremony.

Clean Up

- Pick clean-up leaders for kapers and work together to leave the site better than you found it.

Closure

- Form a giant Friendship Circle and do a Friendship Squeeze.
- Collect nametags and sign-out.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 11: My Best Self and Selecting a Troop's Choice

At a Glance

Goal: Girls know how to keep themselves healthy and happy, and select an activity for the Troop's Choice focus area on your Program Essentials Chart.

Toward the Award: Earn the My Best Self badge and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; sign-in/sign-out sheet; *It's Your World—Change It! Brownie Quest* Skill-Building Badge Activity Set (Computer Expert, My Best Self, Dancer, Home Scientist, My Family Story); Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide); flag; Girl Scout Promise written on whiteboard, chalkboard, or poster board; kaper chart or jar; paper and pencils; shoe boxes and things to decorate the box; copies of "feelings face;" 3" x 5" cards; and My Best Self badges.

Prepare Ahead: Review My Best Self badge—Steps 3, 4, and 5. Invite a health helper (doctor, dentist, optometrist, school nurse or counselor, or someone who works in an ambulance) to your meeting (or go their office). Research the activity options for the Troop's Choice focus area on your Program Essentials Chart. Collect shoeboxes (one per girl). Copy "feelings faces" on page 6 of My Best Self Badge. Purchase My Best Self badges.

Gathering

- Greet, sign-in, and nametags.
- Activity: Bone-Builder Follow the Leaders.

Opening

- Gather, introduce guest health helper, and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: Hand out paper with a circle drawn on it. Ask girls to draw their "feeling face" and then share it with the group.
- Singing: Girls' choice.

Business-Planning

- Brownie Circle: Review the Brownie Team Agreement and assign kapers.
- Explain to girls that to guarantee that you have a great year in Girl Scouting, we are earning the Program Essentials Award Pin. One of the requirements for the award is to do a "Troop's Choice." We're already earning the My Best Self badge but, if desired, girls can select to do an additional Troop's Choice activity for a future meeting.
- Share information about the options for completing the Troop's Choice focus area on your Program Essentials Chart; narrow down options and vote for one:
 - Attend any Council-Sponsored Program Event (search Girl Scout Events on GirlScoutsRV.org)

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

- Attend a Council-Sponsored Summer Camp Session that is recommended for young campers (search Camp Sessions on GirlScoutsRV.org), or attend either your service unit's weekend camp/encampment or summer day camp
- Earn one of the other four badges from the *It's Your World—Change It! Brownie Quest* Skill-Building Badge Activity Set (Computer Expert, Dancer, Home Scientist, or My Family Story)
- Meeting Topic: My Best Self badge

Exploration

- My Best Self badge-Step 5: Meet a health helper and learn what they do to help you stay healthy.
- The health helper leads one activity from My Best Self badge-Step 3: Find out how your body works (stomachache, temperature, bandages) that is most appropriate for the job they do.
- My Best Self badge-Step 4: Create a “happy box” with five things that make you smile. Decorate shoeboxes. To get girls started, add a copy of the “feelings faces” from page 6 of the My Best Self badge, and write down on a 3” x 5” card one fun movement to do when something bugs them (third choice of Step 4)

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: Who can you share with what you've learned about keeping yourself healthy and happy?
- Next Meeting: Water Quality and Celebrate World Water Day.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Hand out My Best Self badges.
- Collect nametags and sign-out.

Options

- Snack Time (optional) of a healthy snack.
- Active games or “Bone Builder” activities.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting 12: Water Quality & Celebrate World Water Day (March 22)

At a Glance

Goal: Girls learn about water quality to prepare for a Take Action Project and Celebrate World Water Day.

Toward the Award: Complete activities for the Centennial Day Of Service Patch and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags; pen and sign-in/sign-out sheet; kaper chart or jar; Water Quality Troop Activity Guide for Daisy/Brownie Troops; laptop or computer to view the Centennial Take Action Project Video (on GirlScoutsRV.org); copies of the Water Quality Pledge, Family Letter and Lawn Care Checklist; oil; water; soap dispenser; large clean bowl; paper clip or sewing needle; fork or tweezers; liquid dish detergent; glass jar with screw-on lid; and any materials needed for your World Water Day activity(ies)

Prepare Ahead: Obtain a copy of the Water Quality Troop Activity Guide for Daisy/Brownie Troops (online at GirlScoutsRV.org and in New Troop Welcome Kits). Copy the Water Quality Pledge, Family Letter and Lawn Care Checklist for each girl. Confirm Internet access at your meeting location or contact your service unit for a flash drive version of the video. Research and plan activities for World Water Day (see Games, Songs, and Meeting Helps section).

Note: This meeting should be scheduled on or near March 22 and can be done out of order.

Gathering

- Greet, sign-in, and nametags.
- Activity: Play Rainmaker rhythm game (Hip Pocket Activity booklet, yellow section).

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing: What is your favorite thing to do with water?
- Singing: "Brownie Smile Song."

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Meeting Topic: Water Quality.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Exploration

- Share that Girl Scouts are coming together to participate in the largest environmental service project in River Valleys' history on October 13, 2012 for our Centennial Day of Service. We will "take action" by cleaning up the curbs, gutters, ditches, and parks in our local communities
- To prepare our troop for our Take Action Project, we are going to learn about water quality.
- Water Quality Troop Activity Guide:
 - Activity 1: Water Quality Introduction (*watch the Centennial Take Action Project video)
 - Activity 2: What is Surface Tension?
 - Activity 3: Sink or Swim?
 - Activity 4: Shake It Up, Baby!
 - Activity 5: Celebrate!
- Congratulate girls on completing the Water Quality Troop Activities for the Centennial Day Of Service Patch. The final activity will be the Take Action Project on October 13, 2012 where Girl Scouts will clean up the curbs, gutters, ditches, and parks in our local communities and participate in the largest environmental service project in River Valleys' history (and submitting the Centennial Day of Service Evaluation Form on October 13).
- Tell girls that they will receive their Centennial Day Of Service Patch in October; this is also the final requirement for earning their 100th Anniversary Patch and Program Essentials Award Pin..

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection: What is one thing you can do this week to help improve water quality?
- Next Meeting: Court of Awards.
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently.
- Hand out Family Letter and Lawn Care Checklist to take home and discuss with their family.
- Collect nametags and sign-out.

Options

- Snack Time (optional)

Games, Songs, and Meeting Helps

World Water Day Activities

Visit www.unwater.org/worldwaterday

Program Essentials Meeting Plans First-Time Girl Scout Brownies

Meeting 13: Celebrating Girls' Accomplishments, Reflection, and Recommitment (Year End)

At a Glance

Goal: Girls receive their earned awards, celebrate being First-Time Girl Scout Brownies and Spring Register for the 2012-2013 membership year.

Toward the Award: 2013 Early Bird Patch (available from your service unit registrar); Membership Star with green disc; Brownie Wings (if “flying up” to Girl Scout Juniors); Bridge to Girl Scout Junior award (if earned); any other badges/awards the girls earned; and complete an activity on your Program Essentials Chart/toward the Program Essentials Award Pin.

Materials: Nametags, pen and sign-in/sign-out sheet, brown construction paper, kaper chart or jar, Girl Scout Brownie *The Girl's Guide to Girl Scouting* (Girl's Guide), Court of Awards event information/permission form or ceremony invitations, spring registration materials, refreshments, sample materials and projects to display, and awards.

Prepare Ahead: Register for a service unit Court of Awards event (if available) and prepare information/permission form for parents/guardians, or plan your own Court of Awards ceremony and prepare invitations. Purchase awards and prepare recognition items ahead of time by packaging each girl's awards in a bag, on a vest or sash, on a piece of felt or on a ribbon (this will save time pinning the girls). Cut brown construction paper to represent stones and write a part of the Girl Scout Law on each stone.

If girls are finishing third grade, they “fly up” to Girl Scout Juniors and receive Brownie Wings. If Brownies have earned the Bridging Award they can participate in a bridging ceremony (Girl's Guide page 40-41). For more information, see Celebrations and Ceremonies 2010-2011 at www.girlscoutsrv.org.

Opening

- Welcome girls, families, and guests.
- Introduce volunteers.
- Ask to stand for Flag Ceremony.
- Explain why you are having this ceremony.
- Form a Brownie Circle in front of families. (Formation: Girl Scout Brownies sit on one side of the room in a Brownie Ring and Girl Scout leaders on the other side of the room. Place stones between the Brownies and leaders, and tape them down to the floor.)
- Sing, a song, girl's choice.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Ceremony

- Leader: It is time to present Girl Scout Brownies their awards. As I call your name, please come forward.
- When a Brownie's name is called, she walks from the circle to the leaders using the stepping-stones.
- Brownies face leaders, make the Girl Scout Sign, and recite the Girl Scout Promise.
- After reciting the Promise, the first Brownie walks to the stepping-stone with Law #1, stands near it (facing the audience), recites it, and stays in place while other girls walk the stones to receive their awards. The following Brownies do the same, reciting the next part of the Law in order. Repeat until all girls have participated.
- *Note: If there are less than 10 Brownies, leaders may fill in. If there are more than 10 Brownies, match girls in pairs and have them stand on both sides of the stone while reciting that part of the Law together.*

Closing

- Ask families and guests to join girls in circle.
- Explain Friendship Circle and Squeeze.
- Thank everyone for coming.
- Form a Friendship Circle, sing, "Make New Friends" and do a friendship squeeze.

Celebration

- Invite families to have refreshments.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Meeting Title:

At a Glance

Goal:

Toward the Award:

Materials:

Prepare Ahead:

Gathering

- Greet, sign-in, and nametags.
- Activity:

Opening

- Gather and greet each other with the Girl Scout handshake.
- Say the Girl Scout Promise and Law.
- Flag Ceremony and Pledge of Allegiance (optional).
- Sharing:
- Singing:

Business-Planning

- Brownie Circle: Review Brownie Team Agreement and assign kapers.
- Meeting Topic:

Exploration

Clean Up

- Remind girls of kapers and work together to leave the site better than you found it.

Closure

- Form a Brownie Circle.
- Reflection:
- Next Meeting:
- Ask girls to choose: Friendship Circle and Squeeze, Girl Scout Out, Magic Tunnel, or Slip Away Silently (adult how to guide pages 27, 29).
- Hand outs, collect nametags, and sign-out

Options

- Snack Time (optional)
- Activities:

















Program Essentials Meeting Plans First-Time Girl Scout Brownies

Kapers

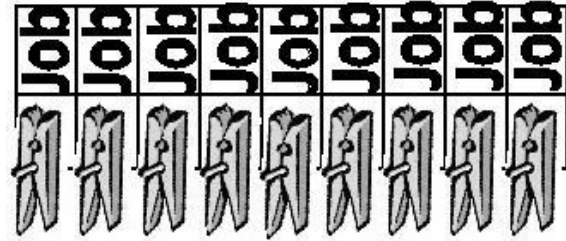
A kaper is a job or chore that must be done. In Girl Scouting, a kaper chart is prepared which indicates all the jobs available and who is responsible individual or as teams for the jobs. A kaper chart or jar helps divide the jobs so that each girl takes part. Kaper ideas:

- Help set up
- Get flag
- Lead the pledge of allegiance
- Lead the Girl Scout Promise
- Handle supplies
- Help assign kapers
- Collect dues
- Hand out or collect paperwork
- Lead an activity
- Choose or lead a song
- Choose a game
- Take pictures
- Bring snack
- Hand out snack
- Clean up captain
- Clean up after snack
- Bathroom buddy
- Lead good-bye game
- Flag bearer
- Friendship squeeze starter

Sample Chart

	Opening	Hostesses	Clean Up	Closing
Sept 15				
Sept. 30				
Oct. 15				
Oct. 31				
	Bears: Christina Stephanie Brooke Brittany Suan	Songbirds: Jessica Taylor Daniela Rebecca Kristin Laura K.	Raccoons: Karen Lizzie Marie Sarah Deena	Ladybugs: Laura R. Sabrina Sofia Hayley Lauren

Sample Clothespins Chart



Write names on clothespins and
change jobs at each meeting.

Sample Pick a Brownie Jar

One Jar Method: Use a plastic jar or metal can and put a large rubber band around jar. Write each girl's name in permanent marker on large craft sticks (girls can decorate with stickers) and put them in the jar. When you need a job done, pull out a stick(s) and that girl(s) gets to do the job. When the job is done, the girl puts her stick under the rubber band until all the girls are chosen for a job. The girl that did the job gets to draw out the next stick. When the jar is empty, all sticks go back in the jar and process starts over.

Two Jar Method: Use two cans or jars. One is the "Do It" jar and the other is the "Done It" jar. The process is the same except that girls who have completed their job put the stick into the "Done It" jar.

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Opening and Closure Ideas

Make New Friends

Make new friends but keep the old;
One is silver and the other gold.

In Spanish:

Amistad es lo-que nos u-ne.

Y lo que nos ha-ce pro-gre-sar.

Other verses:

A circle's round, it has no end,
That's how long I want to be your friend.

I have a hand, and you have another,
Put them together and we have each other

Basic Flag Ceremony

Girls can take turns holding a small American flag (use the kaper chart or jar to determine turn). Another girl is the Flag Ceremony Leader (Caller) who starts the Pledge of Allegiance.

Materials: Small American flag, holder (small block of wood with hole drilled in center).

Formation: Stand in a horseshoe or a circle.

- The Girl Scout holding the American flag takes one step forward.
- Caller announces, "Girl Scouts, honor the flag." She then starts the Pledge of Allegiance.
- Girl Scouts place right hand over hearts as Pledge is said.
- Caller announces, "Post the colors" (meaning the flag). The flag bearer takes the flag and puts in holder while other girls hold hand over heart until flag is posted.
- Teach girls respect for the flag, including not letting it touch the ground and holding hands over hearts while it is moved in front of them.

Pledge of Allegiance

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

(Many girls will know the Pledge if they say it at school; you may still want to take the time to discuss the meaning of it. Check out <http://www.ushistory.org/documents/pledge.htm> for more information.)

Goodbye, Brownies

(To the tune of "Good Night Ladies")

Good-Bye, Brownies (repeat 3 times)
It's sad to see you go.

Note: Can be sung while doing the Magic Tunnel (below).

Program Essentials Meeting Plans

First-Time Girl Scout Brownies

Magic Tunnel

When hats and coats are on, the Girl Scouts stand in two lines facing each other, raising their arms and holding hands to make an arch. The two farthest from the door go under the arch, then the next two, etc. The tunnel diminishes until the last two go.

Girl Scout Out

Stand in circle with a girl in the center. Spell G-I-R-L-S-C-O-U-T. Girl in center touches the top of a head as each letter is said. The three girls that get the letters O, U, T leave the circle and line up by the door or are given permission to leave with their designated adult. The remaining girls close up the space and the spelling begins again. Keep repeating until all are eliminated.

Taps Hand Motions

Day is done - *arms are held extended with palms down, shoulder level*

Gone the sun - *lower arms slightly*

From the lakes - *turn palms up, raise arms slightly*

From the hills - *raise arms higher*

From the sky - *raise arms level with top of head*

All is well - *lower arms to shoulder height, place right hand on left elbow*

Safely rest - *cross left hand to right elbow*

God is nigh - *bow head into crossed arms*