

Welcome to Girl Scout Juniors



You will find 8 sample meetings, 4 for each Journey. The purpose of these sessions is to provide samples that will help you get started with your meetings while building your self confidence and a rapport and routine with the girls.

These sample meetings introduce you to the traditional parts of a Girl Scout meeting, some Girl Scout basics and help you get started on whichever Girl Scout Junior Journey you choose, *Agent of Change* or *Get Moving*. Please keep in mind that these sample meeting agendas are flexible and the girls and you may modify it to meet the needs and interests of the girls.

It should also be noted that the Journey adult guides give you sample sessions. A session doesn't necessarily equal a meeting, but it could. You and the girls may decide to add activities, field trips or extend an activity in the Journey.

The sample meetings that follow show you how you might extend a session to more than one meeting by extending or adding activities to enrich the girls' experience.

The 3rd meeting includes preparation for an investiture or a re-dedication ceremony. If you have any girls who are new to Girl Scouts, you and the girls will probably want to plan such a ceremony.

So, grab the girl and adult guidebook for your Journey and get ready for an exciting ride with the girls.

IT'S YOUR WORLD— CHANGE IT! Junior—Agent of Change



BASIC DESCRIPTION

- Girls discover how to use the “power of one” and the “power of team” to create the “power of community” that improves the world
- Divided into 3 sections that follow awards (identified by buttons on the page)
 - Me to the Max—Power of One
 - Moxie up the Team—Power of Team
 - Mobilize the Globe—Power of Community
- Dez the spider leads them on their Journey
- Girls discover the skills they have that make them a leader and how they relate to the GS Law
- Learn about past or current heroines—some are profiled in the book
- There is a cartoon story of a group of girls saving some puppies and volunteering to help their local shelter
- Difference between service (helping with immediate need) and action (solving problems in long-term)—we want girls to take action

WHAT DO THEY EARN AND HOW DO THEY EARN THEM?

- Power of One Award
 - Discover my own powers using the “power log”
 - Discover a heroine past or present
 - Discover how heroines link to the GS Law
 - Normally completed after session 2
- Power of Team Award
 - Connect with troop to create a “super girl” story, comic or TV script in which the characters take one small situation they care about and strive for a long-lasting community change
 - Make a decision for a Take Action Project and write your Team Hopes
 - Normally completed after session five
- Power of Community Award
 - Take action on your plan; involve your community so that your project can spiral out and change the world
 - Reflect on accomplishments
 - Normally completed after session seven

POSSIBLE FIELD TRIPS AND COMMUNITY PARTNERS

- A comic book store where girls can learn about comic book making process
- A publisher or writer—learn to create a book
- Places where girls can do their take action project

ADDITIONAL PROGRAMMING IDEAS FOR TROOP MEETINGS

- Research heroines—maybe have them dress up like their heroine and present what they learned at a troop meeting or “power of one” celebration
- Blindfold trust games or other team building activities at a troop meeting or campout
- Research local community issues (past or present)—look at both sides of the issue, visit with people involved
- When the girls start making their “super girl” story, bring in examples of comic books, plays or stories that they can use for inspiration
- In general, have girls share and process each activity
- Volunteer for an animal shelter like the girls in the story
- Pages 80 and 81 of the Leader book have a few activities to help the girls looking at their communities

OTHER THOUGHTS OR HELPFUL HINTS

- This is really when it starts being stressed to leaders that girls can do and should do a lot of planning in their take action project
- It is recommended for each girl to have a copy of the Journey book
- Great descriptions of take action projects—could be good building blocks for future projects

BADGES & OTHER PROGRAM CONNECTIONS

Power of One:

- It’s Important to Me Badge
- Lead On Badge
- Model Citizen Badge
- My Heritage Badge
- Ms. President’s Patch Program

Power of Community:

- Communication Badge
- Creative Solutions Badge
- Money Sense Badge
- Prints & Graphics Badge
- Visual Arts Badge
- Write All About It Badge

Please note: Other Badges and Program can fit in as well. This is just a list to get you started.

Power of Team:

- Choice is Yours Badge
- Communication Badge
- Healthy Relationships Badge
- Positive Power Patch Program
- My Community Badge
- Lead On Badge
- Theater Badge
- Visual Arts Badge

Girl Scout Junior Sample Meeting 1

90 or more minutes

GOAL

The girls will get to know their troop/group members, review or learn some Girl Scout basics, and discover their own values and individual “powers.”

SUPPLIES NEEDED

- Markers, paper, scissors, small glitzy stickers, yarn for “necklace” and hole punch
- Long rope & large sheet of paper for mounting the rope, and index cards, 1 per girl
- Girl Scout Law written on easel paper
- Blank trefoil-shaped cardstock for nametags
- *Agent of Change* Journey adult guide and girl book
- Healthy Snack (optional)

PRE-MEETING

Lay out the materials they need to make their nametags.

ARRIVAL ACTIVITY

Have girls create their own name tag by using the trefoil cutouts. Ask them to put their name on one side and three things about themselves on the back, and then decorate it as they wish. Punch a hole at the top and use the yarn to drape this around their neck.

SNACK

The girls may decide to have the snack toward the end of your meeting.

OPENING

Introduce yourself and co-volunteer. Introduce the quiet sign and discuss the importance of having a predetermined sign. Introduce or review the Girl Scout Sign and ask them what this Sign represents. The 3 fingers represent the 3 parts of the Promise. Review the Promise. Complete a modified rope ceremony, which is found on page 46 of the adult guide. Form a standing circle and have a rope long enough to go around a circle of the girls. Have a knot tied in it for each girl. You speak then pass the next knot to the next girl in the circle and so forth until every girl has had the chance to introduce herself and 3 things about herself. She can refer to her trefoil nametag.

Sit down, staying in a circle. Show the poster with the Law. Talk about the Journey they will go on together and the opportunity to discover the qualities of the Law in themselves along the Journey. Give each girl an index card and complete the third step found on page 46 of the adult guide.

BUSINESS

Have a girl take attendance and dues. The girls may decide to collect dues as the girls arrive.

ACTIVITY 1

Complete the Thinking About Power activity found on page 47 of the adult guide and page 6, girls' book. Give an overview of the Journey, *Agent of Change*, and the awards they can earn along the way which is referenced on page 7 of the girls' book.

Have the girls complete the "Your Daily Power" activity found on page 14 of the girls' book Discuss what power means and ask each unfinished sentence in the "Did You..." box, one by one, and ask who has an example.

ACTIVITY 2

The girls have been sitting for awhile, so let them play a game to get their energy up! Let the girls pick the game or try People to People or call it Junior to Junior.

ACTIVITY 3

See page 48 of the adult guide for the Power Log activity. Ask the girls if they would like to make individual power logs or create a big team power log. See page 49, the "keep it girl led" tip box if the girls would like to create one big team power log. Discuss with the girls how they would like to do this as this is part of earning the first award on their Journey.

CLEAN-UP

Note that Girl Scouts always leave places cleaner than they found them. Encourage all of the girls to help.

CLOSING

Ask the girls to do "What Makes Me Me" activity found on page 13 of the girl's book at home and bring it with them to the next meeting. Conclude with the Friendship Circle and squeeze.



Girl Scout Junior Sample Meeting 2

90 minutes or more

GOAL

The girls will create a Junior Agreement together. The “What Makes Me Me,” activity (take home activity from last meeting) and their Power Logs are shared. The girls also consider women heroines.

SUPPLIES NEEDED

- Easel paper with the GS Law on it
- Their rope with their index cards
- *Agent of Change* girl and adult book
- Healthy Snack

ARRIVAL ACTIVITY

Have the first few girls who arrive early lead a game.

Have copies of “What Makes Me Me,” activity found on page 13 of the girls’ book so any girl who forgot or missed the last meeting can create it now.

SNACK

Make it healthy! Draw on your troop committee to help with this.

OPENING

In a standing circle, recite the Girl Scout Promise & Sign. Ask them to look at the Girl Scout Law and think of what they wrote on their index cards last week. Ask. What quality did they see in themselves since they met and what happened?

BUSINESS

Ask a girl to take attendance and collect dues.

Have the girls create a Junior agreement. Let the troop know the purpose of the agreement is to establish how they will treat each others. Give them some prompts such as “only 1 person will talk at a time” or “agree to disagree.” Broaden the discussion to talking about rights and responsibilities. Ask for a girl volunteer to write all of their ideas down. Suggest that at the next meeting they can decorate this paper and perhaps sign it.

Ceremony—Remind them of the rope welcoming ceremony they did for their first meeting. Discuss initial plans for an investiture and/or rededication ceremony. Get their ideas and refer them to pages 29 and 30 in their book. You may look at page 29 in the adult guide for ideas.

ACTIVITY 1

Gather girls in a circle and share the outcomes of the “What Makes Me Me” activity. Girls may share their picture or collages they have made if they want to.

ACTIVITY 2

Follow up on what was done in the first meeting with the Power Log. If the girls decided to do this individually have them share with a buddy everything they did for the day they chose. Wrap up the discussion tips on page 49 of the adult guide.

ACTIVITY 3

Reference pages 50–52 of the adult guide for the Herstory and Dream Team Trading Cards activities Girls may reference pages 17–19 and 20–22 in their book. Make this girl led. There are many options here. Toss these options out and find out how the girls would like to do Herstory. Try listing all of the options on an easel paper. Ask for additional ideas.

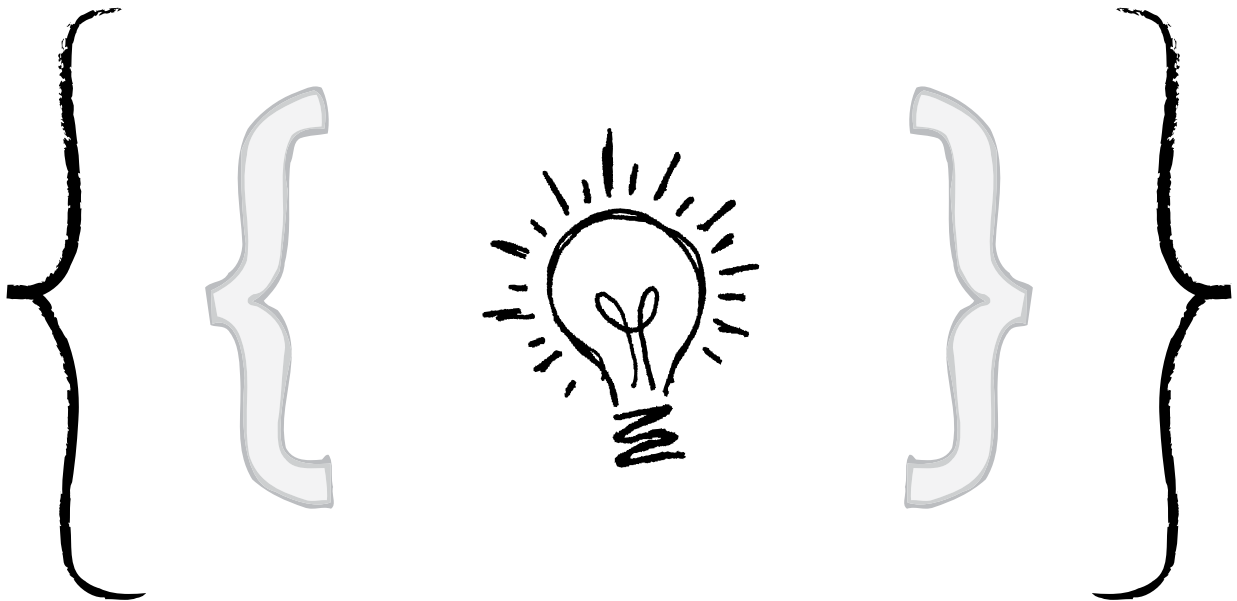
Then let the girls decide how to complete the activities.

CLEAN-UP

Encourage all of the girls to help.

CLOSING

Friendship Circle and squeeze. After a few meetings encourage the girls to take the responsibility of planning the closing.



Girl Scout Junior Sample Meeting 3

90 minutes or more

GOAL

The girls will explore how powerful women have been throughout history by sharing their Herstory. They will also determine how they are going to share the responsibility of running their troop/group meetings.

SUPPLIES NEEDED

- A small flag
- Long rope
- Obstacles for an obstacle course
- Cloths for blindfolds
- The Law written on easel paper
- Photocopies of page 26 in the girls' book
- *Agent of Change* girl and adult book
- Healthy Snack

PRE-MEETING

Lay out photocopies of page 26, girls' book for anyone who did not bring their book.

ARRIVAL ACTIVITY

Have the girls do the "Power Skills, Power Words" puzzle on page 26 of their book.

SNACK/TREAT

Keep it healthy.

OPENING

Conduct a simple Girl Scout flag ceremony and include the Promise and Law. Have girls stand in a horseshoe and have one girl holding the American flag at the front of the horseshoe. Ask the girls if they would like to sing a song. Try having each line of the Law read by a different girl and then all of them end the last line together.

BUSINESS

Take attendance and dues and let the girls do this with your guidance. Explain that a kaper chart is a "job" chart and it will help them manage their meetings. Brainstorm what kapers need to be done within their meetings on a regular basis. Examples might include organizing the opening, closing, snacks, clean up, etc. Ask them how they would like to organize themselves in groups so everyone has a responsibility. This might be patrols or they might just want to form small groups and come up with a name for their group. Check to see if there might be some "designers" in the group who would like to create this chart.

Next, have the girls finalize plans for their Investiture and/or Rededication ceremony. Some prompts to ask the girls could be, when will it be, will there be food or will they sing a song.

ACTIVITY 1

Have the girls read/share/show/trade their herstory. Follow the prompts on pages 56–57 of the adult guide. Remember, if the girls have decided in their previous discussion to do this in a different way, it may take more than this meeting to cover.

ACTIVITY 2

The girls have been sharing and listening for awhile. So, change the pace and play a game. Ask the girls for game choices and then let one of the girls lead it.

ACTIVITY 3

Complete “Who Led the Way for You,” found on page 57 of the adult guide and page 28 in the girls’ book. See if the girls want to talk about bad qualities (yellow box found on page 57 of the adult guide). Remind girls to not make this dissing session personal and to remember the Junior Agreement.

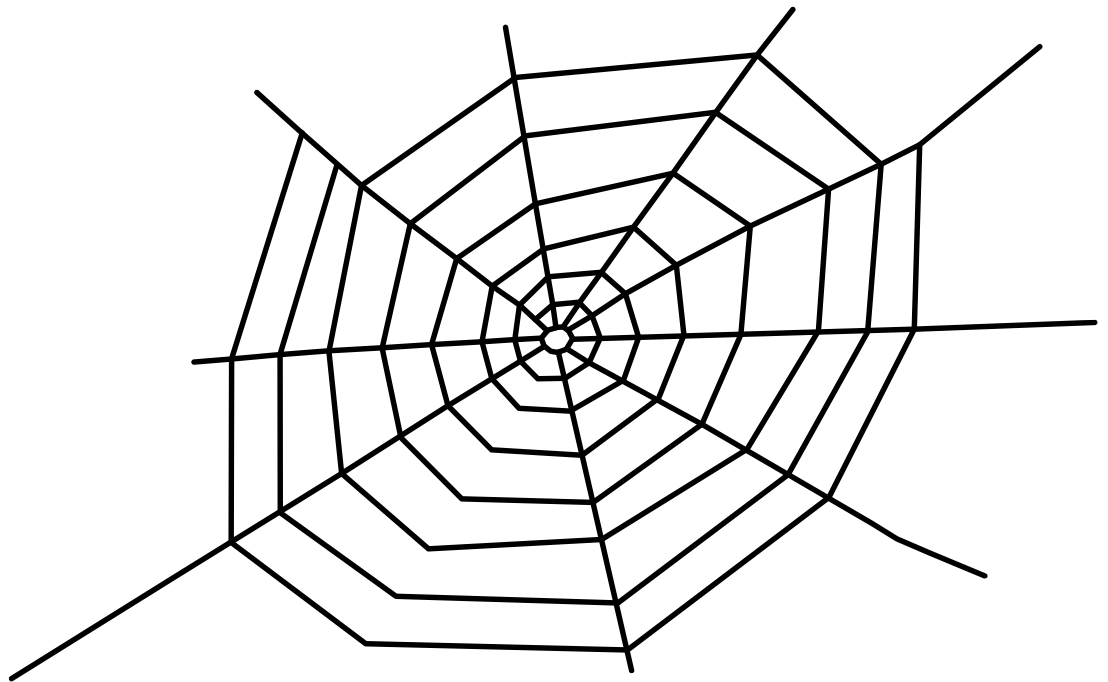
CLEAN-UP

Always reinforce their clean-up efforts.

CLOSING

Tell them at the next meeting they will take the last step in earning the Power of One award. Ask them to start thinking about the celebration they might like to have to mark this achievement.

Give any final reminders then close with the Friendship Circle and the squeeze.



Girl Scout Junior Sample Meeting 4 90 minutes or more

GOAL

Girls will complete their Power of One Award activities and plan for a way to celebrate this achievement.

SUPPLIES NEEDED

- Small flag
- Materials for making invitations to their investiture/rededication ceremony
- Obstacle course materials see page 53 of the adult guide
- Markers
- Kaper Chart
- Power of One awards for each girl
- *Agent of Change* girl and adult book
- Healthy Snack

PRE-MEETING

Set up obstacle course.

ARRIVAL ACTIVITY

Each girl creates her own investiture invitation that she will take home. Girls who finish early could decorate the Kaper Chart or pass out the snack.

SNACK

Make it healthy.

OPENING

Ask the girls how they would like to open their meeting.

BUSINESS

A girl may take attendance and collect dues. As a group discuss final preparations for their investiture/rededication ceremony. Revisit their kaper chart and decide with the girls how they will delegate responsibilities of the troop. Ask them if they should form patrols and assign each patrol a responsibility on a rotating basis?

ACTIVITY 1

Complete the "Real Powers, Real Girl Scouts: on page 58 in the adult guide and page 29 in the girl's book.

ACTIVITY 2

Girls will complete the "Trust Me" obstacle course. Reference page 58 of the adult guide for detailed instructions. Once all girls have gone through the course, reflect and have a discussion on the value of teamwork. See the tip box on page 58 and the discussion questions on page 59 in the adult guide.

DISCUSSION

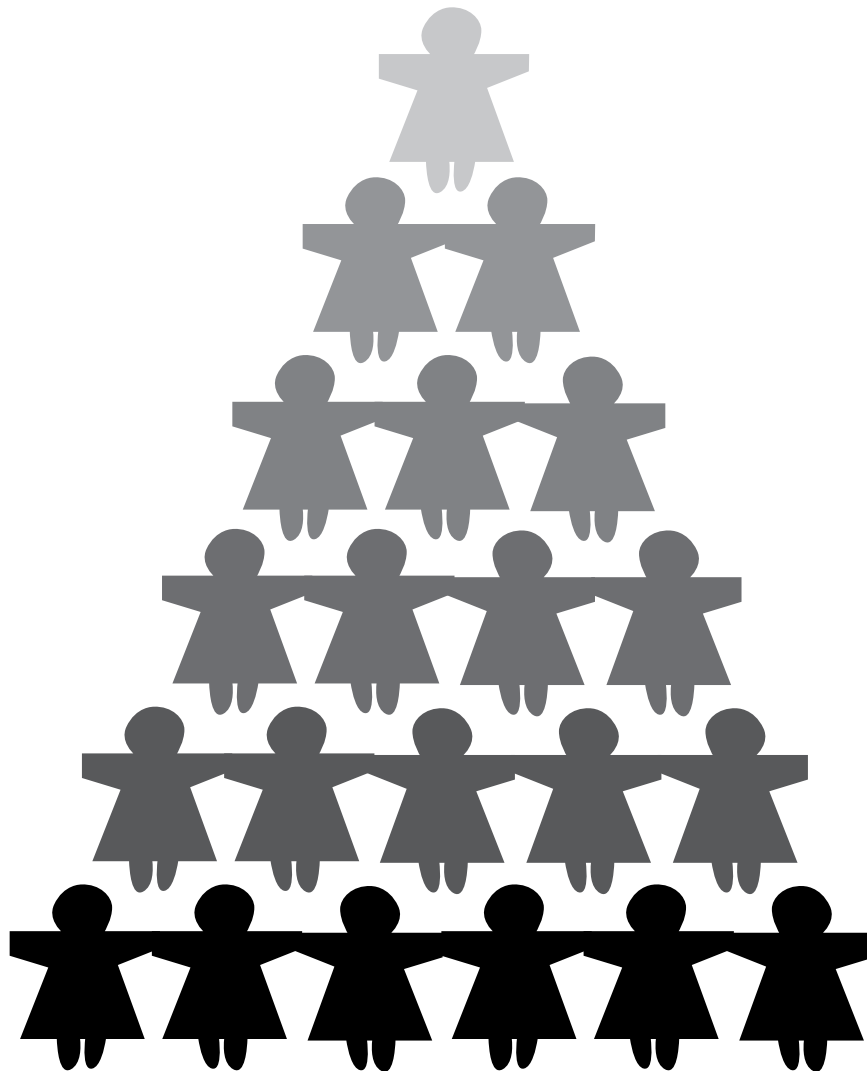
With the girls determine how they would like to celebrate the completion of the first leg of their Journey. You may want to break them up into smaller groups and then come back together and make a total group plan. .

CLEAN-UP

Encourage everyone to clean up and remind them that Girl Scouts always leave the place cleaner than how they found it!

CLOSING

Ask the girls if they want to close with singing Make New Friends, while passing the squeeze. Remind them of the kapers they have agreed to for the next meeting.



It's your planet → LOVE IT!

Junior—Get Moving



BASIC DESCRIPTION

- In this Journey, girls learn about energy
- Topics covered include:
 - Calculating a carbon footprint
 - Recycling and reusing including art project ideas
 - Uses of energy in nature
 - Green building
 - Energy audits
 - Conserving energy in transportation; includes a comic book story of girls starting a walking school bus
- Throughout the Journey are various stories of women involved in energy conservation

WHAT DO THEY EARN AND HOW DO THEY EARN THEM?

- Energize Award
 - Make an energy pledge to reduce their energy use in one or more ways
 - Try at least two other energize activities suggested along the Journey
 - Check out how other people are tackling energy issues
- Investigate Award
 - Learn about energy use in their buildings
 - Work with their families to make an energy improvement at home
- Innovate Award
 - Identify an energy issue in the community, research it, create a plan and carry it out, all the while reaching out to others to join in, too
 - Share the news, reflect on what they accomplished and celebrate it

POSSIBLE FIELD TRIPS OR COMMUNITY PARTNERS

- Recycling Center
- Energy Corporation
- An astronomy program
- Explore careers in architecture, engineering or “green” building
- Zoo or animal sanctuary
- Go camping

ADDITIONAL PROGRAMMING IDEAS FOR TROOP MEETINGS

- Make paper
- Try composting
- Set up recycling at school or your meeting space
- “Trash to Treasure” art projects
- Take a bike ride, walk or hike around your neighborhood or local park

OTHER THOUGHTS OR HELPFUL HINTS

- The sample sessions complete this Journey in 11 sessions

BADGES & OTHER PROGRAM CONNECTIONS

- Architecture Badge
- Walking for Fitness Badge
- Earth Connections Badge
- Eco-Action Badge
- Outdoor Creativity Badge
- Your Outdoor Surroundings Badge
- Making It Matter Badge
- Oil Up Badge
- Science in Everyday Life Badge
- Sky Search Badge
- Do It Yourself Badge
- Ready for Tomorrow Badge
- Get with the Land Patch

Please note: Other Badges and Program can fit in as well. This is just a list to get you started.

Girl Scout Junior Sample Meeting 1

60–90 minutes

GOAL

To introduce the girls to the *Get Moving Journey* and the basic types of energy.

SUPPLIES NEEDED

- Slips of paper, pencils, a hat or container and a ball for arrival activity
- Poster board or large paper to write the team energy pledge
- Art supplies for paper making add-ins
- *Get Moving* Girl book and Adult Guide
- Healthy Snack (optional)

PRE-MEETING

Make sure you have enough paper slips for the arrival activity. Lay out all the materials you'll need for the third activity.

ARRIVAL ACTIVITY

As the girls arrive, ask them to read pages 10 and 11 of their books and write down one example of how they used one type of energy on a slip of paper and put it into the hat.

SNACK

Girls may choose to have their snack whenever they would like. You may ask for help from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave it up to each girl to bring in their own snack.

OPENING

Have the girls gather standing in a friendship circle. Welcome them to the meeting and say the Girl Scout Promise. Let the girls know that they are going to play a game based on the theme of the Journey they are about to go on: energy! Give the girl standing next to you the ball and have her throw it to one of her friends in the circle. The girl who catches the ball has to pick out a slip of paper from the hat or container and say one way that she could make the example on the paper more energy-efficient. Go around the circle until everyone has gone. If there are new girls in the group, use this as a way to have each girl say her name and introduce herself to the group.

BUSINESS

Still sitting in the circle, this is a great time to collect dues and introduce the Journey and the three awards that the girls will earn: Energize, Investigate and Innovate. For tips, see page 34 of your adult guide.

ACTIVITY 1

In this activity, the girls are going to build off of the opening activity and make an Energy Pledge, the first step to earning their Energize Award. Alone or in pairs, have the girls read pages 14, 15 and 18, 19 of their books. When they are done, bring the girls back together and, as a group, decide on a Team Energy Pledge that will cover how they use energy each time they gather. Once the group pledge is done, have each girl write her own Energy Pledge and share it with the group.

ACTIVITY 2

The girls have been sitting and reading for a while, so have them get up and play a game. The girls can decide on their own game or you can play People-to-People, but call it Junior-to-Junior! Designate one girl as the “caller” and have all the other girls pair up and stand side-by-side. When the caller shouts “Junior to Junior” the girls run to find a new partner to stand next to. The odd person out becomes the new caller. To change it up a little, the caller can call different body parts, like hand-to-hand or foot-to-foot and the girls will have to find a new partner and touch the body parts that the caller named.

ACTIVITY 3

Let the girls know that at the next meeting they are going to make recycled paper. So, ask them to bring in any paper recycling materials that they can—scrap paper, tissue paper, old newspapers, etc. The most fun part about making recycled paper is making it unique. The best way to do that is to include dried flowers or leaves or decorative pieces of paper. So, for this activity, the girls are going to either go outside to find fun things to add in their paper or make their unique flourishes themselves out of cut paper. For some cool samples, have the girls see page 36 of their books. You can also let the girls know that if they have something special at home that they want to include in their paper, they should bring it in next meeting.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

CLOSING

Close the meeting by talking about personal energy and doing a friendship circle squeeze. Please see the instructions for the closing ceremony in your adult guide on page 37. Then, ask the girls to stand up for a friendship squeeze and let them know you’ll see them next time.



Girl Scout Junior Sample Meeting 2

60–90 minutes

GOAL

To learn about how others are tackling energy issues.

SUPPLIES NEEDED

- Scraps of recycled paper ripped into small pieces
- A piece of screen
- Plastic basin for water run-off
- Electric blender
- Rags and a few old towels
- Butter knife
- Pieces of cardboard cut to match the size of the papermaking screen
- Duct tape
- *Get Moving* Girl book and Adult Guide
- Healthy Snack (optional)

PRE-MEETING

Set up everything you need for the paper-making activity.

ARRIVAL ACTIVITY

As the girls arrive, have them help you cut up the scraps of paper needed for the paper-making activity.

SNACK

Girls may choose to have their snack whenever they would like. You may ask for help from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave it up to each girl to bring in their own snack.

OPENING

Because you have a lot to get done at the meeting, keep it short and ask the girls to stand in a circle, make the Girl Scout Sign and say the Promise and Law.

BUSINESS

Still sitting in the circle, this is a great time to collect dues and create a Junior agreement. Explain that this agreement establishes how they will treat each other during their time together. Ask for a girl volunteer to write all of their ideas down. Once they decide on the agreement, have each girl sign it. You might want to bring this to every meeting to remind the girls what they agreed upon.

ACTIVITY 1

Ask the girls to gather in a circle. In this first activity, you and the girls are going to talk about how their energy pledges are going. Has it been difficult? What is the easiest part? Has anyone else in your family decided to take the energy pledge with you? Go around the circle and ask each girl to report on her progress. This is a great point to read about Abbe Hamilton on page 34 of the girls' book and her energy pledge of "Saying no to Styrofoam." You could use this time to begin the discussion about a project the girls might want to do together, just like Abbe. Let them know that they will talk more about their project later in the Journey so they can earn their Innovate Award!

ACTIVITY 2

As promised, the girls are going to get to make paper! For instructions, please see page 35 in your adult guide and pages 36 to 38 in the girls' book.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

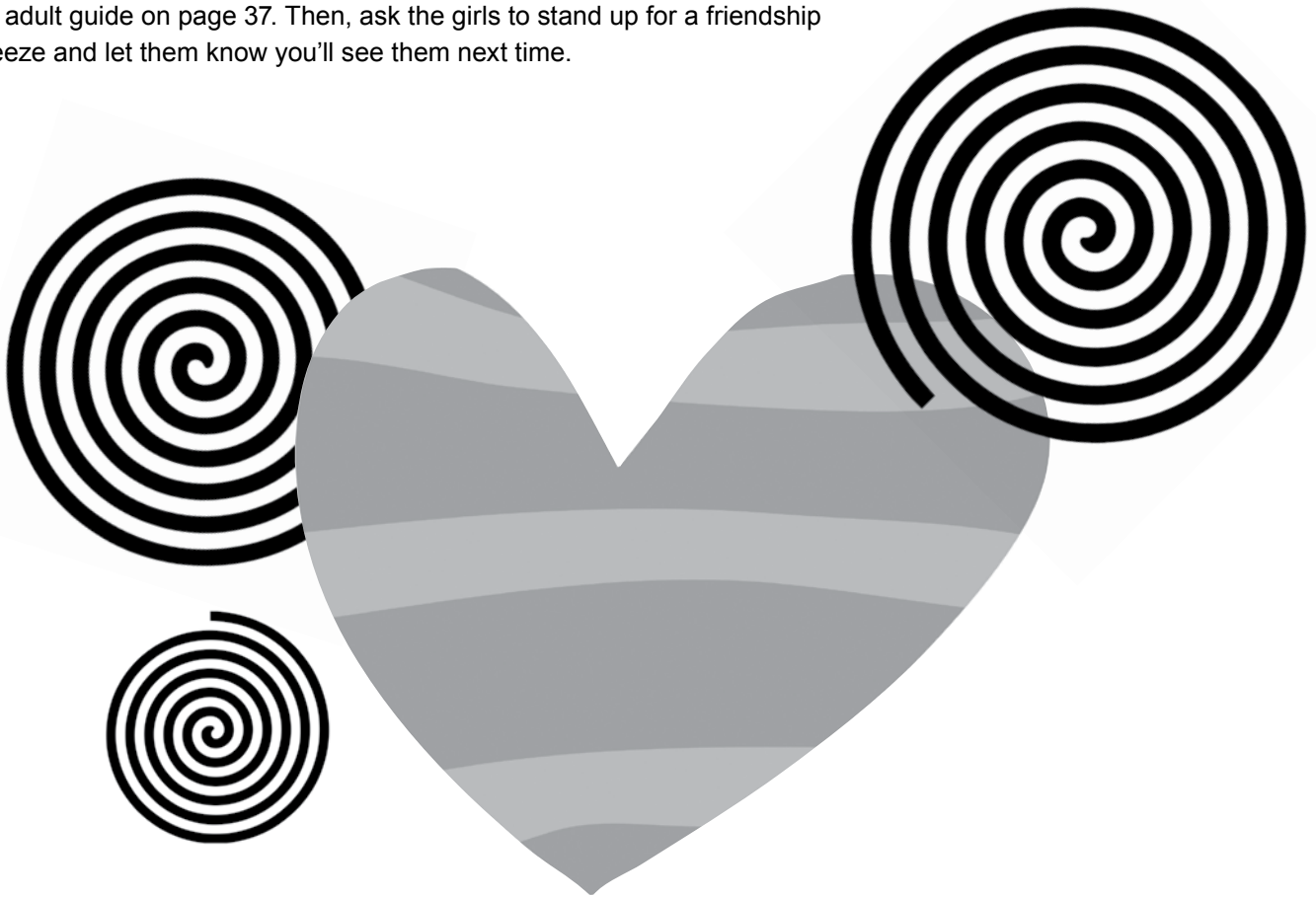
ACTIVITY 3

Have the girls return to the circle or sit at tables if they are available and fill out page 39 with all the ways they want to use their paper. Let them know that they are half way to earning their Energize Award!

CLOSING

Close the meeting by talking about personal energy and doing a friendship circle squeeze. Please see the instructions for the closing ceremony in your adult guide on page 37. Then, ask the girls to stand up for a friendship squeeze and let them know you'll see them next time.

Tip: In this session, the girls completed one Energize Activity and investigated how other people (Abbe Hamilton) are tackling energy issues. That means that they only have one more Energize activity to complete to earn their Energize Award (which they'll do in their next meeting!)



Girl Scout Junior Sample Meeting 3

60–90 minutes

GOAL

To continue teaching the girls about energy and earn the Energize Award. To determine how they are going to share the responsibilities for their meetings, learn a new Girl Scout tradition and start to plan their Rededication or Investiture ceremony.

SUPPLIES NEEDED

- Flags for the opening
- Board for kaper chart
- Pre-cut pieces of cardboard or construction paper for kaper chart nametags
- Art supplies to decorate nametags
- Energize Awards to hand out to the girls
- *Get Moving* Girl book and Adult Guide
- Healthy Snack (optional)

PRE-MEETING

Set up everything you need for the paper-making activity.

ARRIVAL ACTIVITY

Have the girls write their names on pieces of cardboard or paper and then decorate it for the kaper chart that they will learn about later.

SNACK

Girls may choose to have their snack whenever they would like. You may ask for help from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave it up to each girl to bring in their own snack.

OPENING

Teach the girls how to do a basic flag ceremony and include the Promise and Law. Stand in a horseshoe and have one girl holding the American flag at the front of the horseshoe. Ask the girls if they would like to sing a song. Try having each line of the law read by a different girl and then have them read the last line together. Say the Pledge of Allegiance and the Promise. Return the American flag to its holder and have the girls sit in a circle.

BUSINESS

Still sitting in the circle, this is a great time to collect dues and talk about creating a Kaper Chart. Explain that it is a job chart and then brainstorm with the girls what kapers need to be done in their meetings on a regular basis. Examples might include organizing the opening and closing ceremonies, bringing snack, or having a “clean up captain” that would be in charge of making sure everything was cleaned up and put away. Using a piece of poster board, create the chart and assign tasks for the next meeting by placing the girls’ names onto the chart with Velcro or tape.

ACTIVITY 1

Remind the girls about their energy pledges. Ask them to give everyone an update on how it is going. Then, ask them to pick up their piece of recycled paper and write their energy pledge on it and sign their name. As the leader, you can write the Team Energy Pledge on a piece of extra paper. Then, bind all of the pieces of paper into a booklet and have the girls come up with a creative name for it.

ACTIVITY 2

At this point, the girls have been sitting for a while, so it is time to go outside (or stay inside if you can't go outside) and expend some energy! But, before they do that, they have to read page 49 of their book and make a list of things they would like to do as a group or individually to get rid of some of their energy! Let the girls play around for a while and then come back as a group to talk about how they feel—happy, tired, hot? That's what happens when you use some of your energy—ask the girls if they can remember what type of energy they think they used during this activity. If they can't remember, guide them back to pages 10 and 11 of their books so they can figure it out!

ACTIVITY 3

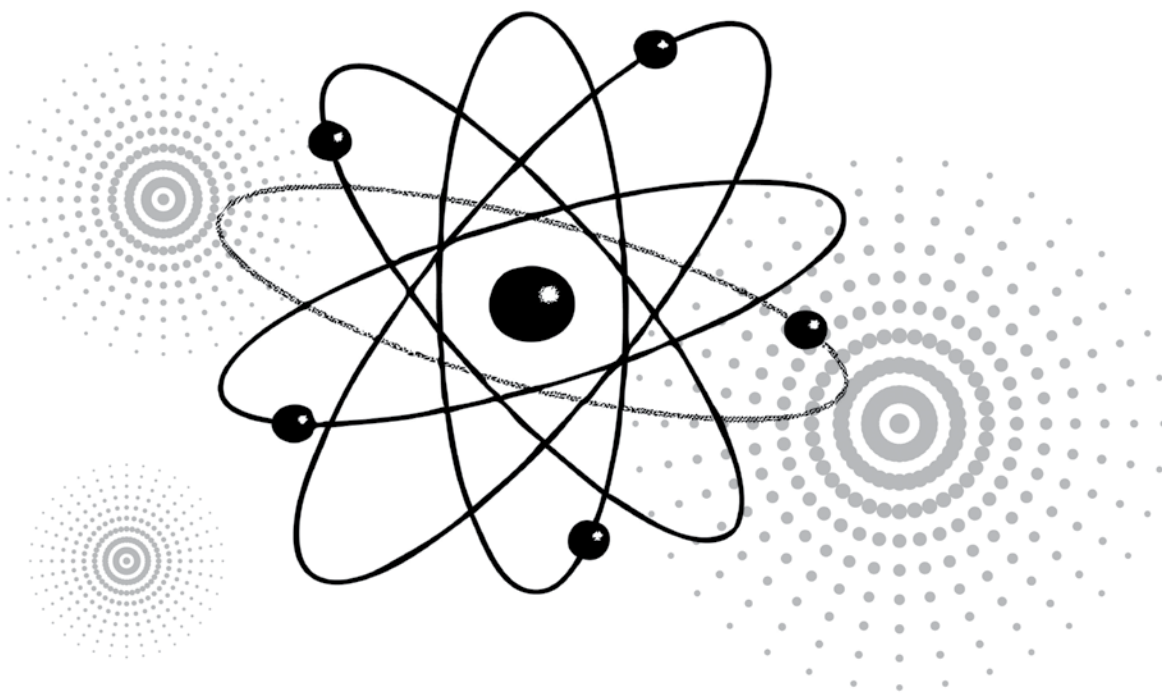
With that last activity, the girls earned their Energize Award! Use this opportunity to do a small ceremony to hand out the awards. This is also a great time to talk about what the girls want to do for an Investiture or Rededication Ceremony. With the rest of your time, explain what the ceremony is and have the girls brainstorm some ideas for what they want to do to show off everything they're learning in Girl Scouts!

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

CLOSING

If you assigned someone to this kaper earlier, have the girl lead the closing ceremony. If not, have the girls decide as a group what they would like to do. Before the girls leave, you should assign kapers for next week if you haven't done so already.



Girl Scout Junior Sample Meeting 4

60–90 minutes

GOAL

Girls begin to explore energy use in buildings as they delve deeper into the science of energy.

SUPPLIES NEEDED

- Scrap fabric from old jeans, scissors and pencils for tracing
- Velcro
- Cardboard coffee sleeves for tracing
- Needle and thread or sewing machine
- 60-watt incandescent bulb
- 14-watt fluorescent bulb
- 100-watt incandescent bulb
- 27 watt compact fluorescent bulb
- Lamp without shade
- Thermometer
- Kaper chart and nametags
- *Get Moving* Girl book and Adult Guide
- Healthy Snack (optional)

PRE-MEETING

Gather and organize all the materials you need for the activities.

ARRIVAL ACTIVITY

Have the girls that arrive first help you set out the materials needed for the first activity. Once they are done, have them play a game of their choosing.

SNACK

Girls may choose to have their snack whenever they would like. You may ask for help from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave it up to each girl to bring in their own snack.

OPENING

Last meeting you assigned kapers; let the girl(s) who was assigned the opening lead the others in an opening ceremony of her choosing.

BUSINESS

Still sitting in the circle, this is a great time to collect dues, review the kaper responsibilities for this meeting and assign kapers for next meeting. The girls should also decide on a concrete plan for the Investiture/Rededication ceremony.

ACTIVITY 1

To start the meeting off, the girls are going to make hot drink cozies from old blue jeans. For tips on how to introduce the activity and step-by-step instructions for making the cozies, see page 55 of your adult guide.

ACTIVITY 2

If you have a large group, split the girls up into a few teams for this activity. Let the girls know that this activity is called “Shining a Light on Light Bulbs” and that they are going to investigate the differences between different types of light bulbs. The directions to the activity as well as some guiding discussion questions can be found on pages 50 and 51 of your adult guide. The chart the girls will use during the activity is on page 52 of your adult guide.

ACTIVITY 3

Create personalized invitations for the Rededication or Investiture ceremony and then practice what they planned for their ceremony.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

CLOSING

Have the girl assigned to the kaper lead the closing ceremony. Remind girls of their kaper responsibilities next meeting.

