

Leader Basics: Juniors

Leader Handouts for
Grade Level Trainings



Characteristics of Girl Scout Juniors

Every Girl Scout is unique, with different needs, interests, and levels of development. Some girls may exhibit traits of slightly older girls, while others may still be developing certain characteristics of this grade level.

	Fourth Grader	Fifth Grader
Emotional Characteristics	<ul style="list-style-type: none"> Approaches life with more of a sense of adventure Dramatizes things Is demanding of family members Is critical of herself Is friendly Has a vivid imagination Feelings are easily hurt May be bossy at times and impatient Wants more responsibility 	<ul style="list-style-type: none"> Appreciates her family, but tends to get angry with family members Has passionate feelings for certain activities Listens to reason Is easygoing Stays away from responsibility Tends to be humorous and happy
Social Characteristics	<ul style="list-style-type: none"> Begins to see the world no longer revolves around her Develops close relationships with friends Corrects parents if errors are made Is open to the influence of others Is affectionate at times, self-centered other times Participates in organized activities 	<ul style="list-style-type: none"> Feels close to family members Does not like to be criticized Is very talkative Has intense friendships and is possessive about friends Is very secretive Wants to belong to a club or organization
Physical Characteristics	<ul style="list-style-type: none"> Has a high energy level Needs to be active in her play Is eager to learn new skills Has a real problem with self-consciousness if develops to quick Has a high level of physical activity Displays variation in physical skills 	<ul style="list-style-type: none"> Begins to physically change May have frequent nightmares Is not concerned about neatness May have stomachaches, headaches and bite nails to relieve tension
Intellectual Characteristics	<ul style="list-style-type: none"> Begins to read well Prefers silent reading Can classify objects in groups by size, shape and color Has an increased attention span Can do more things in sequence Begins to understand the relationships between cause and effect Wants to make decisions and express opinions 	<ul style="list-style-type: none"> Is very articulate Begins to like and respect teachers Is influenced by radio and television Is interested in a variety of reading materials

Girl Scout Leadership Experience with Fourth and Fifth Graders

The Girl Scout Leadership Experience is what makes Girl Scouts unique compared to any other youth serving organization. There are three program processes. These program processes are the key to achieving the outcomes, Girl Scout Mission and the Girl Scout Promise and Law.

As a Girl Scout Junior leader, you need to connect what you do and how you do things with the girls, to these processes. Let's take a closer look:

Girl Led—By the Girls, For the Girls:

Girls need to know that they can do anything and that being female does not limit their ability to achieve their dreams. Girl Scout Juniors need to learn that they can lead and make decisions. The girls are the doers, the planners, and the implementers of their activities. Give girls choices and help them learn good communication and decision-making skills. One way to enable the girls to develop those skills is by using the Girl Scout Junior Circle as your form of troop government. Girl/adult planning is the way to involve girls in making decisions. As a Girl Scout Junior adult volunteer, your role in the planning process is important, and helps girls succeed. As the girls grow from Girl Scout Juniors through their Girl Scout experience, your role in planning and implementing will change. As the girls grow older, they will have more responsibility for the troop.

Learning by Doing—Experimental Learning:

The Girl Scout Leadership Experience is designed to be experiential for girls. What does this mean? It means that the girls engage in an activity or experience, and then are given the opportunity to look back on it, and identify useful insights for the future. All you have to do is ask some questions or get them to reflect on what they have done.

Cooperative Learning:

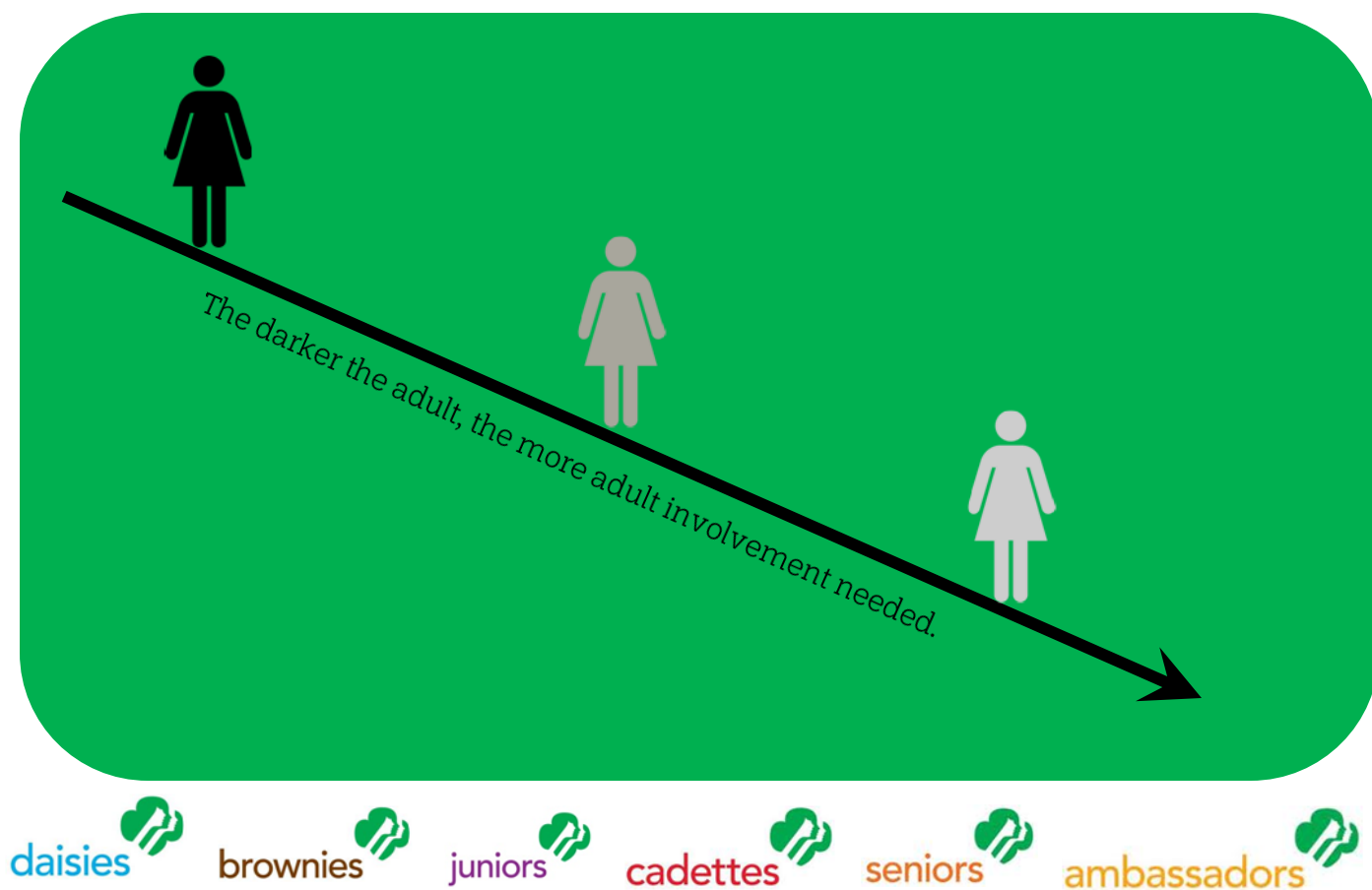
Through cooperative learning, girls work together toward shared goals in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge, and learning. In general, girls prefer a collaborative leadership style, rather than the traditional, top-down, "command and control" approach. The cooperative learning process gives girls the opportunity to develop leadership skills in a way that might feel most comfortable. Girl Scouting has some built-in methods:

- **Kapers**—Chore chart that ensures the work of the troop or an activity is done fairly. Girls work in pairs, or small groups, to do the chores of the troop/group.
- **The Buddy System**—The buddy system is pairing girls with a "buddy" for field trips and activities. They are to stick with their buddy, and take care of their buddy. It is a safety procedure, and a great cooperative learning method.
- **Girl Adult Planning**—Girls and adults working together to set goals and make decisions for the troop.
- **Troop Government**—Girls work together through a democratic process in planning and decision making.
- **Sharing**—Girls work together to problem solve, share ideas, accomplish goals, discover and try new things, make decisions, and learn from one another.

Girl-Led Progression Chart

Girls of every grade level take an active role in determining what, where, when, why, and how they'll structure activities. Of course, you'll provide guidance appropriate to the age of the girls. Plus, you'll encourage them to bring their ideas and imaginations into experiences, make choices, and lead the way as much as they can. Because of you your girls will grow to develop the courage, confidence and character that allow Girl Scouts to truly be girl-led.

Adult Role in Implementing Girl-Led Activities



Troop Government

A key to successful planning with Girl Scout Juniors is to forge a girl/adult partnership. When girls are active planners and decision-makers, their competence and self-esteem grow. Research conducted by Girl Scouts of the USA has found Junior Girl Scouts who are encouraged to take the lead and be involved in troop decision-making are more likely to enjoy their Girl Scout program activities and stay with Girl Scouting longer.

It is important to listen to girls' concerns in a non-judgmental way. Girl Scouting has a built-in structure that will help facilitate girl/adult planning. This structure is traditionally referred to as troop government. There are three models; the patrol system, the executive board (also called the steering committee) and the town meeting.

Three Models of Troop Government for Juniors

	Patrol	Executive Board	Town Meeting
How it is organized	The troop divides into small groups called patrols (Good for medium to large troops)	One leadership team is elected to represent the entire troop (Good for smaller troops)	The troop has no formal government. The entire troop participates directly in the decision-making process
How it works	Patrols choose patrol names, patrol symbols, patrol leaders, and assistant patrol leaders. A kaper chart lists jobs and who does them.	The troop elects girls to the leadership team, which sometimes is called the steering committee. The team then elects its officers (President, Secretary, Treasurer). The number of officers varies with the project.	Troop business is discussed and determined by all girls in the troop. This system requires a moderator. The moderator guides the troop discussions.
How long it lasts	Members of the patrol should rotate the leadership jobs so that everyone has an opportunity.	The length of time in leadership position should be limited to give each girl the opportunity to lead.	Rotate the moderator position so everyone gets a chance to lead.

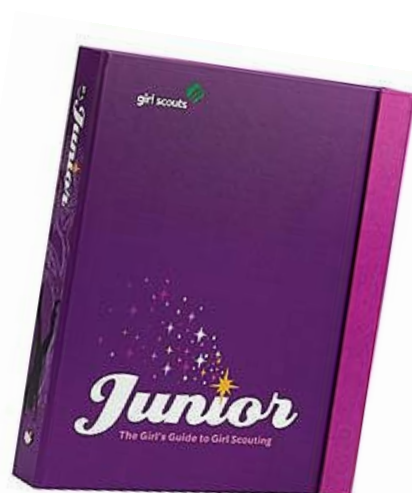
Patrol System

The Patrol System is the most versatile of the systems of government. The troop is divided into smaller units called patrols. The ideal patrol size is about 5-8 girls. Each Patrol elects a Patrol Leader responsible for running their patrol meetings. An Assistant Patrol Leader is also a good idea in the event that the Patrol Leader cannot make a meeting. All troop business can be handled in these patrols. Attendance and dues can be recorded by the patrols. For any given outing, chores may be divided up with each patrol responsible for its own task. In order for the troop to run smoothly and as a group, Patrol Leaders should come together periodically (at least once a month) to discuss troop issues and make group decisions. This is called the "Court of Honor". Each patrol gives their input to the Patrol Leader who presents their viewpoint at the Court of Honor. Also included in the Court of Honor are any other troop officers such as Secretary and Treasurer. The Patrol System can be very successful, but only if the girls are given skills with which to succeed.

National Program Portfolio—Juniors

Girl's Guide to Girl Scouting

Girls at every grade level have a Girl's Guide to Girl Scouting, which correlate with the leadership journeys. Through fun activities, girls can earn a variety of badges to build the skills and gain the confidence they will use to change the world. They can even develop and complete activities to make their own badge a great way to explore a topic of personal interest. (In addition, girls who make their own badge will learn how to learn, an important skill to have in school, on the job, and in life!)



The Girl's Guide to Girl Scouting is designed to complement the Journeys at each grade level. This means that each Skill-Building Badge Set (there are currently three; each is sold separately from the Girl's Guide to Girl Scouting) is tied to one of the three Journeys (as you can see in the following chart). You will find that doing a Journey and the related badge set at the same time will make it easy to offer the entire National Program Portfolio—Journeys and badges—in a seamless way.

Inside the Girl's Guide to Girl Scouting binder, you will discover three tabs: Handbook, Badges, and My Girl Scouts. The Handbook section consists of the Girl Scout Promise and Law, the Girl Scout Junior Adventure, Girl Scout history and traditions, Girl Scout Ceremonies, Girl Scout Junior uniform and special awards, the Bronze Award Guidelines, and the requirements to Bridge to Girl Scout Cadettes. Under the Badges section you will discover the Award Log, which lists all of the badges/awards that can be earned by a Girl Scout Junior. Also included are all of the requirement booklets for the Junior Badges. My Girl Scouts section is a scrapbook and includes activities and resources that can be used when working on the badges, an area for a journal and a place where the girls can write a letter to themselves to be read in the future.



National Program Portfolio—Juniors

Leadership Journeys

What is a Journey? A key part of the Girl Scout Leadership Experience is the Leadership Journey, a coordinated series of activities grouped around a theme. Along the Journey, girls will use the three leadership keys, Discover, Connect, and Take Action to make the world a better place. The activities included in the Journey guides may be done by troops/groups, by individually registered girls, or as part of larger program events. Each grade-level Journey series includes an adult guide and a corresponding girl book. The adult guide includes sample meeting sessions, activity ideas, and tips for successfully providing a strong leadership experience for girls.

It's Your World—Change It! Agent of Change

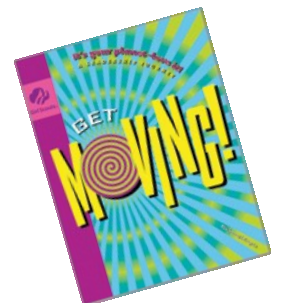
In this journey, there is a whole spiral of power waiting for Girl Scout Juniors. The journey is filled with ceremonies and circles, real-life heroines, and special new characters, including the fashion-savvy spider named Dez. Along the way, girls learn how their own power combines into team power and then moves out to become community power (kind of like how Dez weaves her web from the inside out.) The journey's centerpiece is a comic story of girl heroines who will inspire the Juniors as they take action to improve their own community.



The Junior journey is filled with fun and friendship. From its start to its closing celebration, the girls will move from a deeper understanding of themselves to exploring how powerful they are as a team, to realizing the added strength they gain by reaching out in the wider community to take action with its members. Agent of Change offers girls a chance to earn three awards and record progress throughout the journey in their own “Award Tracker.”

It's Your Planet—Love It! GET MOVING!

In this journey, Girl Scout Juniors build their skills as leaders who Energize, Investigate, and Innovate. They are allowed to explore their own energy, the energy in their places and spaces (buildings), and the energy of getting from here to there (transportation). Juniors have a new comic story call “Vamos Ya!” to inspire their action; and Dez returns to add some wit to the journey as she tries to figure out life “off the grid.”



It's Your Story—Tell It! aMUSE

The third Girl Scout Leadership Journey focuses on the different roles girls can take on in the world. The journey helps the Girl Scout Juniors learn just how many roles are open to them in the world and the responsibilities those roles open for them. Whether they want to fly a plane, lead a rock band or win a gold medal, aMUSE helps girls take center stage and try out more roles than they ever thought possible, with a little help from Dez and the Muses. As they find out there is more to their story, girls may feel stronger, walk taller and gain confidence!



Girl Scout Junior Uniform



Girl Scout badges, awards, and other insignia should be presented, worn, or displayed only after Girl Scouts have completed the requirements outlined in the appropriate program materials. Participation patches are to be worn on the back of the tunic, sash, or vest.

The GSUSA National Board updated the Girl Scout uniform policy recently to reflect the changing needs of our members and transformation of the Girl Scout Leadership Experience.

Girl Scouts at each level have one required element (Tunic, Sash or Vest) for the display of official pins and awards which will be required when girls participate in ceremonies or officially represent the Girl Scout Movement. Wearing a uniform is not a requirement to being a Girl Scout, but uniform pieces provide girls a place to display their Girl Scout pins and the insignia that they have earned.

For girls ages 5 to 14, the unifying look includes wearing a choice of a tunic, vest, sash for displaying official pins and awards, combined with their own solid white shirts and khaki pants or skirts. Girl Scouts in high school can also wear a scarf that unites their look with the sisterhood of Girl Scouts around the world. For adult members the unifying look of the uniform is a Girl Scout official scarf or tie for men, worn with the official membership pins, combined with their own navy blue business attire.

Junior Insignia & Earned Recognitions

Girl Scout Membership Pin

This pin is worn by Girl Scout Juniors, Cadettes, Seniors, Ambassadors, and Adult Girl Scout Members; and is presented during the Girl Scout Investiture Ceremony. It is worn on the Girl Scout Junior Insignia tab (on the bottom of the tab) on the left side of the uniform.



World Trefoil Pin

This pin signifies that all Girl Scouts are members of the World Association of Girl Guides and Girl Scouts (WAGGGS). It is presented after the girls have learned about the international aspects of Girl Scouting and Girl Guiding. Thinking Day is an ideal time for this ceremony. The pin is worn on the Insignia Tab above the Girl Scout Membership Pin.



Girl Scout Proficiency Badges

In addition to the awards they are earning through the Journeys, the Girl's Guide gives girls the opportunity to earn National Proficiency Badges. There are four kinds of Girl Scout National Proficiency badges: Legacy badges, Financial Literacy badges, Cookie Business badges, and Skill-Building badges.



Safety Award

The Safety Award is earned when Girl Scout Juniors learn how to stay safe during their Junior adventures.



My Promise, My Faith

Girl Scout Juniors earn this pin (one for each year) by examining the Girl Scout Law and how it applies to their faith.



The Junior Journey Summit Award

Upon completion of all three Girl Scout Junior Leadership Journeys, the girl s will earn this very special award.



Membership Stars

Every Girl Scout receives a gold membership star for each she is a registered Girl Scout. Additionally, the girls receive a colored disc that fits behind the star. Each grade level has a specific color disc. The Girl Scout Junior disc is yellow. These pins can be given at the beginning of the year as part of a Rededication/ Investiture Ceremony or at the completion of the year.



Junior Insignia & Earned Recognitions

Junior Aide

What could be more fun than working with Daisies or Brownies? You can earn your Junior Aide award by making and completing a plan to guide Girl Scout Daisies or Brownies on one of their Journeys.



Troop Crest

The Troop Crest is chosen by a Girl Scout troop. The crests are worn by Girl Scout Brownies, Juniors, Cadettes, Seniors, and Ambassadors. Center the troop crest directly under the council identification strip.



Bridging to Girl Scout Cadette Award

Awarded to fifth grade Girl Scout Juniors who have completed the bridging steps list Girl Scouting. The award is presented to the girls during the Bridging to Girl Scout Cadettes ceremony held at the year of the year. NOTE: This is an optional award. Fifth grade Juniors do not have to earn the "Bridge to Girl Scout Cadette Award" to be considered a Girl Scout Cadette once they move to 6th grade.



Bronze Award

The highest award that Girl Scout Juniors can earn. Earning the Girl Scout Bronze Award involves time to complete a Journey, and then a suggested minimum of 20 hours for girls to build a team, explore their community, choose their project, plan it, put it into motion, and spread the word about their project.



Participation Patches

Girl Scouts often receive patches for participating in an activity, event, or special program (also called fun patches). These events are usually one day programs that the council or service area sponsors, or for special field trips. Participation patches are placed on the back of vest or tunic.



The Girl Scout BRONZE Award



All steps must be completed no later than September 30th after you complete 5th grade.

The Girl Scout Bronze Award Project Requires a minimum of 20 hours.

STEP 7 - SPREAD THE WORD!

Find creative ways to share the story of your project with others.

STEP 6 - PUT YOUR PLAN IN MOTION

Create a list of tasks and deadlines & figure out who will be doing what. Use the Planning Chart.

Get to work on the project & remember to keep a record of what you're doing.

STEP 5 - MAKE A PLAN

Think about your goal, steps to reach it, talents of team members, who can help, what supplies are needed, how much time is involved.

STEP 4 - CHOOSE YOUR GS BRONZE AWARD PROJECT

Meet with your team to share your observations.

Brainstorm ideas - Choose 3 topics

Get more information on the 3 topics chosen. Fill out your Project Idea Chart
Choose your project!

STEP 3 - Explore Your Community

You may want to use the Observation List to help.

STEP 2 - BUILD YOUR GS JUNIOR +FAM

Your team consists of you, other GS Juniors, and your troop/group volunteer. Non-GSs who are in grades 4-5 may work with you also.

STEP 1 - GO ON A GIRL SCOUT JUNIOR JOURNEY

Your GS Journey "Take Action Project" and the Journey Awards you earn will help you with your Bronze Project.

Your Girl Scout Bronze Award Project **MUST:**

- Be a group or team project
- Make a lasting difference in the community
- Put the Promise & Law in action

A girl must be a Girl Scout Junior to begin working on the Bronze Award.

Girl Scout Glossary for Junior Leaders

Girl Scouting has its own jargon, and there may be times you feel like someone is speaking to you in a different language! Here are some common terms to help you along the way.

Ceremonies

- **Bridging**—The move from one program level of Girl Scouting to the next (e.g. from Juniors to Cadettes). Bridging requirements are found in the handbook section.
- **Court of Awards**—A ceremony that can be held any time during the year at which petals, patches, pins, recognitions, and other awards are presented.
- **Girl Scouts' Own**—A quiet inspirational ceremony that has a theme and is planned by Girl Scouts and their leaders.
- **Investiture**—A special ceremony in which a new member makes her Girl Scout Promise and receives her membership pin.
- **Rededication**—A formal ceremony for girls or adults, previously invested, to renew the Girl Scout Promise (a good way to start a second year of a Girl Scout grade level).

Friendship Circle—A symbolic gesture in which Girl Scouts form a circle by clasping hands, crossing their right arm over the left. The circle represents the unbroken chain of friendship among Girl Scouts and Girl Guides all over the world. It is often used at a closing ceremony.

Fun patches—Optional patches worn on the back of a uniform. These patches are for activities or outings (everything from a radio station visit to a pizza party) that are not part of earning an official badge award through the Journeys or the Girl's Guide to Girl Scouting.

"Girl Scouts Always Leave a Place Better than They Found It"—Unwritten Girl Scout rule.

Girl Scout handshake—A formal greeting between Girl Scouts. The handshake is done by shaking left hands while giving the Girl Scout sign with the right.

Girl Scout holidays:

- **Founder's Day**—Juliette Gordon Low's birthday, October 31st
- **GS Birthday**—March 12, 1912 marks the 1st Girl Scout meeting in Savannah, GA
- **GS Week**—An annual celebration during the week of March 12th, the GS birthday
- **Girl Scout Leaders' Day**—April 22nd, a special day to honor Girl Scout leaders
- **World Thinking Day**—Celebrated by Girl Guides and Girl Scouts throughout the world, February 22nd is the mutual birthday of Boy Scout founder Lord Baden-Powell and his wife Lady Olave Baden-Powell who was active in Girl Guides in England and served as World Chief Guide. This is the day for Girl Scouts and Girl Guides to think about their sisters around the world through special projects, international programs, activities, or pen pal correspondences.

Girl Scout Leadership Experience (GSLE)—The Girl Scout program model that engages girls by developing the skills, knowledge, and values needed to be leaders.

Girl Scout mission statement—Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scout Glossary for Junior Leaders

Girl Scout sign—The official Girl Scout sign to be used as the Girl Scout Promise is being recited and may be used as the Girl Scout Law is recited (optional). It is also used during the Girl Scout handshake. The right hand is raised shoulder high with the three middle fingers extended and the thumb crossing over the palm to hold down the little finger.

Girl Scout slogan—"Do a good turn daily."

GSUSA—Girl Scouts of the United States of America, our national organization.

Juliette Gordon Low—Nicknamed Daisy, Juliette was the founder of Girl Scouting in the United States who formed the first troop meeting in Savannah, Georgia on March 12, 1912.

Kaper chart—A chart that shows the delegation of tasks and rotation of responsibility day-by-day and/or meal-by-meal.

Motto—"Be Prepared."

National Program Portfolio—This is the combined activity materials for the Girl Scout Leadership Experience including Journeys and the Girl's Guide to Girl Scouting.

Older Girl Awards—Bronze, Silver, & Gold Awards are the highest awards a girl can earn while in Girl Scouts.

Quiet sign—The Girl Scout signal for silence in a group situation. The person in charge raises her/his right hand and the Girl Scouts present fall silent and raise their right hands. This is an extremely helpful tool when working with groups of girls!

Safety activity checkpoints—GSUSA's safety program standards found on www.gsscm.org under the Volunteer tab

Sit-upon—A cushion made by Girl Scouts to use when the ground is hard or damp or to keep their clothes clean.

Service Unit—A geographic subdivision of troops (could be by county or school district)

SWAPS—Special Whatchamacallit Affectionately Pinned Somewhere, a keepsake exchanged as a way for Girl Scouts to meet each other and promote friendship.

World Association of Girl Guides and Girl Scouts (WAGGGS) - An international educational association of more than eight million Girl Guides and Girl Scouts.



Troop Meeting Template

As Girls Arrive	
Opening	
Troop Business	
Activities	
Clean-Up	
Closing	

Junior Earned Recognitions

Girl's Name: _____

BADGE	STEPS	DATE COMPLETED	DATE RECEIVED
Legacy Badges			
Drawing	1 2 3 4 5		
Practice with Purpose	1 2 3 4 5		
Inside Government	1 2 3 4 5		
Simple Meals	1 2 3 4 5		
Junior First Aid	1 2 3 4 5		
Junior Girl Scout Way	1 2 3 4 5		
Flowers	1 2 3 4 5		
Financial Literacy Badges			
Business Owner	1 2 3 4 5		
Savvy Shopper	1 2 3 4 5		
Cookie Business Badges			
Cookie CEO	1 2 3 4 5		
Customer Insights	1 2 3 4 5		
Badge Set: Agent of Change			
Digital Photographer	1 2 3 4 5		
Staying Fit	1 2 3 4 5		
Musician	1 2 3 4 5		
Entertainment Technology	1 2 3 4 5		
Scribe	1 2 3 4 5		
Badge Set: Get Moving			
Jeweler	1 2 3 4 5		
Gardener	1 2 3 4 5		
Detective	1 2 3 4 5		
Camper	1 2 3 4 5		
Independence	1 2 3 4 5		
Badge Set: aMuse			
Geocacher	1 2 3 4 5		
Animal Habitats	1 2 3 4 5		
Playing the Past	1 2 3 4 5		
Product Designer	1 2 3 4 5		
Social Butterfly	1 2 3 4 5		
Agent of Change Journey Awards	STEPS	DATE COMPLETED	DATE RECEIVED
The Power of One Award			

Junior Earned Recognitions

Power of Team Award			
Power of Community Award			
Get Moving! Journey Awards			
Energize Award			
Investigate Award			
Innovate Award			
aMuse Journey Awards			
Reach Out			
Speak Out			
Try Out			



Bronze Award: The Bronze Award is the highest award that a Girl Scout Junior can earn. It requires completing a Journey and a Bronze Take Action Project of approximately 20 hours. **Date Awarded**_____

BRIDGE TO CADETTE GIRL SCOUT	EXPLANATION	DATE COMPLETED
Step 1: Pass It On!		
Step 2: Look Ahead!		
Step 3: Plan Your Bridging Ceremony		

Junior Girl Scout—Beyond the Learning

PINS AND EARNED AWARDS	DATE(S) RECEIVED
My Promise, My Faith Year 1	
My Promise, My Faith Year 2	
Safety Award Year 1	
Safety Award Year 2	
Junior Aide Award	
Journey Summit Award	
Girl Scout Bronze Award	
Girl Scout Pin	
World Association Pin	
Membership Star (One for each year, yellow disc)	