

Women You Should Know

Famous Girl Scout Spotlight Sally Ride (1951-2012)



Dr. Sally Kristen Ride was an American physicist and astronaut. She joined NASA in 1978. In 1983, she became the first American woman in space as a crew member on board the space shuttle Challenger for STS-7.

After she retired from NASA in 1987, Dr. Ride became the President and CEO of Sally Ride Science, a non-profit she co-founded in 2001 that promotes STEM literacy and inspires elementary and middle school students in STEM subjects. She also co-founded the Girl Scouts' Camp CEO where

accomplished, executive women mentor high school Girl Scouts and share life lessons to show girls how their dreams, passions, and skills can transform them into successful adults.



I Want to be an Astronaut

Instead of _____ every day to an
(verb-ing)
 office, I want to _____ to outer
(verb)
 space on a _____ for my job. I'd
(vehicle)
 _____ science experiments using
(verb)
 _____ and _____, and get to see
(tools) (nouns)
 _____ holes and _____ stars up
(color) (adjective)
 close. Maybe I'd even get to meet
 an alien life form, with _____ skin
(color)
 and _____ and _____. When it's
(number) (body parts) (body parts)
 time to _____ to Earth, I'll _____ in a
(verb) (verb)
 _____ and land safely in a _____,
(vehicle) (place)
 where friends and family will _____
(verb)
 me and welcome me home.





DIY Stress Ball

Gather Your Supplies

It's a relief that you don't need many supplies for this craft. While many stress balls are made out of a variety of materials, you can easily gather these supplies:

- A small round balloon (not a water balloon)
- A funnel
- 1 cup of cornstarch
- Scissors
- Permanent marker (optional)

Instructions

1. Blow up Your Balloon
2. Blow up the balloon until it is about 4 to 5 inches around. Do not tie it, but keep the balloon inflated as best you can.
3. Pinch it closed. Pinch the top of the balloon shut, about an inch or two from the opening, to leave room for the funnel to be inserted into the neck of the balloon. If you don't have an assistant to help, use a clip to pinch the balloon.
4. Insert the funnel. Place a funnel inside the opening of the balloon while still pinching the balloon closed. You may need help securing the funnel inside the balloon. Don't worry if your balloon deflates a little, which tends to happen during this step. This DIY will still work.
5. Fill your balloon with cornstarch. Fill the top of the funnel with cornstarch using your free hand (or, enlist a helper). It works best to add a small amount of cornstarch at a time.
6. Slowly release pinched fingers. Carefully begin replacing the air with cornstarch. Slowly let go of where you're pinching the balloon so that the cornstarch can slide into it. If you go too quickly, the air leaving the balloon will blow the cornstarch into the air and make a mess.
7. Finish filling your balloon. Continue adding cornstarch to the funnel until the balloon is filled to a depth of about three inches. Continue adding small amounts of cornstarch to your funnel, moving slowly, and swirl the cornstarch around with your finger to help work it into the base of the funnel and into the balloon.
8. Pull up tightly on the opening of the balloon and pinch out any extra air. In order to have an effective stress ball that won't pop, it's important to eliminate any extra air that's inside your balloon. You want all of your stress ball's contents to be cornstarch.
9. Tie the balloon closed, as near to the cornstarch as you can. Use scissors to cut off any excess balloon, and make sure not to cut too close to the knot on the balloon.
10. Decorate the stress ball with stickers or permanent markers as desired.
Choose your favorite colors to make your new toy your own and add fun patterns to show off your artistic skills. Now you're ready for stress relief on-the-go with your very own DIY stress ball!

MAKE YOUR OWN SNOW STEM CHALLENGE

Materials Needed:

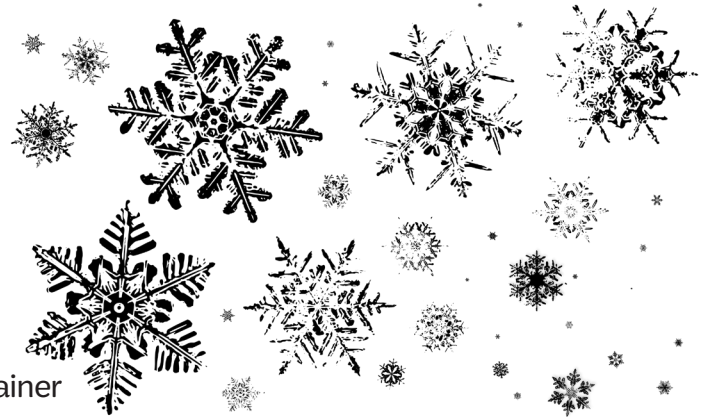
- Baking Soda
- Hair Conditioner
- Bin/Container

Optional:

- Frozen character figurines or cut out character puppets
- Cookie cutters

Directions:

- Measure out 3 cups of baking soda and place it in a container
- Add 1/2 cup of conditioner and mix it with your hands
- Play with your snow!

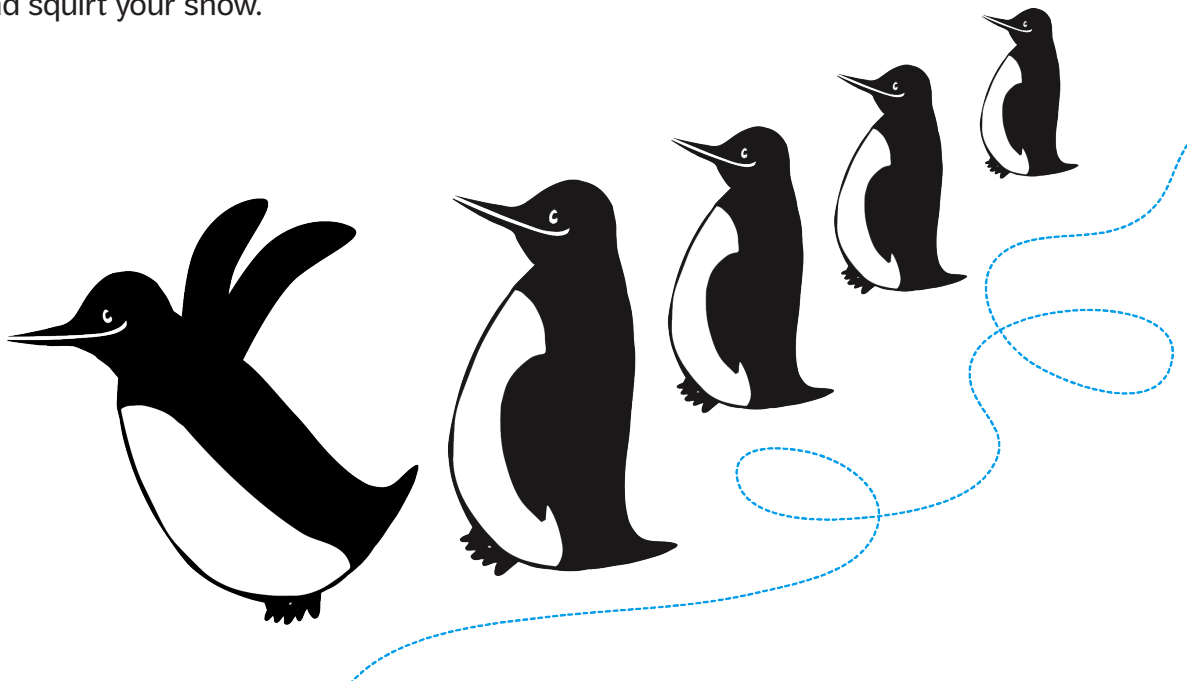


The Science

When you combine the baking soda and conditioner a simple chemical reaction happens. The key thing that makes it different from other reactions is that it is endothermic. Feel the snow. Is it cold? It should be. This reaction is endothermic which means that heat is absorbed during the mixing process. As a result, the snow actually feels cold.

If you would like to experiment more with creating the snow, what happens if you change the ratio of baking soda to conditioner? Can you make a lighter snow? A wetter one? What makes the snow stick the best?

When you are done playing in your snow, try melting it! To melt your snow, put some vinegar in a squirt bottle and squirt your snow.





Juniors Go for Bronze in Big Ways

Every day around the country, Girl Scout Juniors go Bronze, completing incredible service projects that help make their communities and the world a better place. The Bronze Award is the highest honor Girl Scouts in grades four and five can earn. Their daring efforts show just how much it means to them—because going Bronze isn't really about winning an award, but about changing others' lives and inspiring others to do the same.

Here are just a few examples of how Girl Scouts go Bronze, and make big things happen.

In 2016, Troop 2189 from Girl Scouts of Nassau County earned their Bronze Award by educating others on traffic safety and how to avoid accidents. Making the world a safer place—way to go girls!

In 2015, Troop 45492 from Girl Scouts Spirit of Nebraska earned their Bronze Award by collecting donations to put together birthday party bags, including awesome handmade cards, for kids in need. Everyone deserves a happy birthday—what a special thing to do!

In 2014, Troop 289 from Girl Scouts of Greater South Texas earned their Bronze Award by collecting significant donations, including dog food, cat food, towels, dish soap, and more, for the Humane Society of Harlingen. What a great way to show some love to our animal friends!

Would you like to earn your Girl Scout Bronze Award? Ask your troop leader how you can get started at your next meeting!



JULIETTE LOW KIM'S GAME

In this game an item is presented to represent each part of the story. At the end of the story, you can hide all the items and quiz your family and friends to see how much they remember! You should be able to find all of the items (or pictures of the items) around your house.

Juliette Gordon Low was the founder of Girl Scouting. I'd like to tell you a little about her life:

Juliette was born on Oct 31, 1860 - Halloween (Hold up a pumpkin)

Her uncle took one look at her and said, "She looks like a Daisy" - this nickname stuck with her for the rest of her life (Hold up silk Daisy)

Juliette always loved animals, especially horses and dogs. (Show toy horse or dog)

She also loved to draw and paint pictures - so much, that she created children's magazine with all of the articles and pictures done by children (Show crayons, colored pencils or paint brushes)

Juliette married Willie Gordon Low in 1886. (Hold up wedding ring)

Some of the rice thrown at their wedding became lodged in Juliette's left ear, causing her to become deaf in this ear (Show baggy of rice)

Juliette and Willie both loved adventure, so together they decided to move to England (Hold up sailboat)

Once in England, Juliette met Lord & Lady Baden-Powell. She very much enjoyed what they had done with the Boy Scout movement (Hold up picture of a boy)

Willie passed away while they lived in England, Juliette returned to Georgia and made the famous phone call which was heard around the United States, "I've got something for the girls of Savannah, and all of America, and all the world, and we're going to start it tonight!" (Hold up telephone)

As with all Girl Scout troops, money was needed to keep the program running, so Juliette sold the pearl necklace Willie had given her for a wedding present. (Show strand of pearls)

Girl Scouting in the USA was born on March 12, 1912 and continues today with over 3 1/2 million members. (Hold up GS pin or picture of Girl Scouts)



A Healthy Meal From Start to Finish!

Strawberry Spinach Salad

- 1 cup sliced strawberries
- 1 handful thin sliced red onion
- 5 cups baby spinach leaves
- 3 cups mixed greens
- 1/4 cup chopped pecans
- 1/4 cup feta cheese crumbles (optional)
- 1/2 cup of your favorite salad dressing

Onion Crunch Chicken

- 2 Sweet Potatoes
- 2 Tablespoons Sour Cream
- Crispy Fried Onions
- 10 ounce Chicken Cutlets
- 6 ounce Green Beans
- 1.5 ounce Honey Mustard Dressing
- 1 teaspoon olive oil
- 2 tablespoon butter
- Salt
- Pepper

Directions

1. Preheat oven to 425 degrees. Wash all produce. Peel and dice sweet potatoes into 1/2 inch pieces.
2. Finely crush crispy fried onions. Place to the side.
3. Combine 1 tablespoon honey and Honey Mustard in a bowl.
4. Place Sweet potatoes in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender for 15-20 minutes. Reserve 1/2 cup potato cooking liquid, then drain and return sweet potatoes to pot. Cover to keep warm
5. Pat Chicken dry with paper towels and season all over with salt and pepper. Place on one side of a baking sheet. Evenly spread tops of chicken with thin layer of honey Mustard Dressing. Mound coated sides with onion crust.
6. Toss green beans on empty side of same sheet with a drizzle of olive oil, salt, and pepper. Roast on middle rack until chicken is cooked through and green beans are browned and tender. (15-20 minutes)
7. Mash sweet potatoes with sour cream, butter and a pinch of salt. Add splashes of potatoes cooking liquid if needed.
8. Divide Chicken, Green beans, and Mashed potatoes onto plates.

Monkey bread

- Cinnamon Rolls
- 1/2 cup Sugar
- 1/2 cup Brown Sugar
- 8 tbsp Butter cubed (optional)
- Ziploc Bag (Gallon)
- Cooking Spray
- Foil

Directions

1. Preheat oven to 400 degrees.
2. Mix Sugar and Brown sugar in a gallon Ziploc bag
3. Cut cinnamon Rolls into small cubes
4. Put cubes of cinnamon rolls in Ziploc bag, seal and shake bag. Continue, until all pieces are completely covered with sugar.
5. Use a bread pan, spray inside with cooking spray and cinnamon roll cubes in pan.
6. Bake for 13-17 minutes.
7. Take out of oven and allow time to cool



Ways to Help Without Leaving Home

Kindness Challenge – Record a get-well video. Include your first name, troop number, and a “get-well-soon” message for people who are sick.

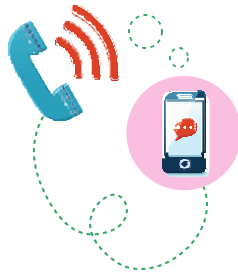


Say thank you – Write a thank you note to healthcare providers, food bank volunteers, teachers or your troop leader. Be creative and say thank you to anyone helping to keep our community safe or supplied! Check to

see if the organization will accept the physical copy by mail or if you should scan/email them copies instead.

Combat loneliness by writing a letter, drawing a picture, or starting a story – Send to assisted living facilities, hospitals, residential treatment centers for kids or other similar organizations. For the story, you can also include a stamped envelope so that they can add to the story and send it back to you. Check to see if the organization will accept the physical copy by mail or if you should scan/email them copies instead.

Stay connected by video chatting – Social distancing doesn’t have to mean emotional distancing! Check in with relatives, your troop, friends, and others. You can even play a game or have a movie night via a digital connection.



Do some spring cleaning – Sort through your clothes and toys and make a box of unwanted items to donate. Clean out your bookshelf and gather older, lightly used books and DVDs that you can donate to a local children’s hospital. Check first to see if the organization is accepting these types of donations and how they are receiving them.

Tutor others – If possible, stay connected with other students or your troop members and offer to virtually tutor your peers in subjects you excel in. You are probably a rock star in a subject where someone else might need help. Starting an online study group is a rewarding way to stay connected while helping others.

Share resources – Whether it’s educational websites, an at-home exercise routine, or community resources,

if you find great resources, share them with others!

Spread kindness and inspiration by sharing uplifting stories or positive affirmations on social media or directly with your family and friends.



Breathe! Practice yoga, meditation, and deep breaths and encourage others to do the same – Breathing in and out slowly has been shown to reduce stress. Blowing bubbles is also a fun way for kids and adults to practice this! Make homemade bubble mix and a homemade wand and leave on the doorstep of families who have young children or seniors. Encourage them to BREATHE and blow bubbles to de-stress.



Make homemade bookmarks, which you can later donate to your local library.

Go on a virtual tour of a National Park. Then come up with an environmental protection proposal based on the tour.

Find something you’re passionate about and educate and bring awareness to your community through social media. Ideas might include: bringing awareness to endangered animals or a social issue such as Cyber Bullying. Research the topic, and share actions that people can take to make a difference.



Plant a garden in the ground, a raised bed, in containers such as flowerpots, or on a windowsill for someone to enjoy.

Give free virtual art or music lessons to your friends or troop members.

Web Resources

Map It!

This website shows you what Girl Scouts all over the country are doing to make their world a better place.

<https://bit.ly/GirlScoutsMapIt>

Passport to Your National Parks

There is a vast, untouched wilderness just 20 miles outside Columbia, SC - and you can visit it from home! Take a tour of Congaree National Park and add to your virtual Passport stamp collection today.

<https://bit.ly/PassportForNationalParks>

Georgia Aquarium LIVE Cams

<https://bit.ly/GeorgiaAquariumLiveCams>

Secret Agent Mission

<https://bit.ly/SecretAgentMission>





A **sound engineer** uses computers and other technology to create sounds for songs, movies, and TV.

SHOW YOUR WORK!
UPLOAD A PHOTO TO
SOCIAL MEDIA!
#GIRLSCOOTS



A **tech entrepreneur** codes apps that help people learn new things and have fun.

SHOW YOUR WORK!
UPLOAD A PHOTO TO
SOCIAL MEDIA!
#GIRLSCOUTS



Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Find something to give to someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for.
7. Find something that you can use to make a gift for someone else.
8. Find something that is useful for you.





Girl Scouts Together

Google “Girl Scouts Together” to sing along with your Girl Scout sisters!

Lyrics

Girls Scouts together, that is our song
Winding the old trails, rocky and long.
Learning our motto, living our creed,
Girl Scouts together in every good deed.

Girl Scouts together, happy are we,
Friendly to neighbors far o’er the sea.

Faithful to country, loyal to home
Known as true Girl Scouts wherever we roam.