



First Four Meetings: Juniors

A step-by-step guide for the
first four meetings with your Junior troop



Week One

1

Pre-Meeting Activity: What I Did This Summer

On a large sheet of paper, make one column for “What’s your favorite activity?” and one for “What I Would Like to Do In Girl Scouts?” Have the girls write their ideas on the paper. If you will have snack regularly, then consider having another sheet where the girls can make a list of their favorite snacks.

2

Opening Activity: Promise & Law

Have the girls read the Girl Scout Promise and Law together [Junior Handbook Page 2]. Remember to be sensitive to the girls who are brand-new to Girl Scouting; don’t assume that girls know the Promise and Law by heart.

3

Troop Business

- Have the girls sit in a circle, on chairs or on the floor. Explain and demonstrate the Quiet Sign [Junior Handbook Page 9].
- Girls should establish expectations for the troop meetings with guidance from leaders.
- Help girls decide what form of troop government they want to try [Troop Government Resource Included]. Remind them that they have more responsibility now that they are Juniors.
- Plan to make the Kaper Chart [Kaper Chart Resource Included] at the next meeting. Brainstorm some tasks that could go on it, such as setting up snack and cleaning up after an activity.

4

Snacks & Announcements

While the girls eat snack, ask them to remind their parents to bring any incomplete or missing forms (like registration, health history) to the next troop meeting.

5

Major Activity: Partners

Play the game “Partners.” Have every girl find a partner. If there are cliques, you may want to pull names from a hat. Then, each pair will talk together for five minutes to find out all they can about each other. Each person introduces her partner by telling the group their partners name and several interesting things about her partner. Next, from the pre-meeting activity, make a priority list of what the girls would like to do during the year. Have a few ideas of your own to start the girls thinking. Go over the list with the girls to decide how much each activity will cost and the time needed to complete the activity. Lastly, in small groups, have the girls make colorful posters of what the Promise means to them.

6

Closing

Try the classic Friendship Circle [Junior Handbook Page 9].



juniors

Week Two

1

Pre-Meeting Activity: Nosebag Skits

Have the girls get in their patrols, if that is the form of troop government that they voted on. Patrol officers, or a peer leader, take attendance. Girls can make their own attendance sheets. In their patrols or other small groups, have girls put on “Nosebag Skits.” Place five to ten items in paper bags, with one bag for each group of girls. Items could be Girl Scout-related, like badges, uniforms, and a first aid kit, or they could be completely unrelated. Before the meeting begins, have the girls think up a skit using their items. They can put it on during the major activity time of the meeting.

2

Opening Activity: Flag Ceremony

Explain the structure and purpose of a flag ceremony, a traditional part of most Girl Scout events. Then put on your own flag ceremony [Ceremony Resource included].

3

Troop Business

- Introduce the troop Kaper Chart [Kaper Chart Resource included], which should include the tasks that the girls brainstormed at the last meeting. Have the girls sign up for Kapers, giving preference to the girls who did not participate in the flag ceremony.
- Have the girls vote on their troop crest [Junior Handbook Page 25]. Discuss the meanings behind the various symbols and how they could represent your troop.

4

Snack Time

While the girls eat snack, discuss and vote on what badges they want to complete over the next several months.

5

Major Activity: Promise & Law

- Have girls put on their Nosebag Skits. Make sure they don't run on too long!
- Review the Girl Scout Promise and Law. Ask girls what they think each part means and how they use it in their lives. Then, put on the Promise and Law Relays! Divide the girls into two teams. Have the words to the Promise and Law printed onto a card, one word per card, one set per team. Mix the words and place them face up on the floor about ten feet from each team. The team must race to put the words and lines in order, one at a time, in relay fashion. If a word is wrong, the next girl must correct it. The relays can be done back to back or simultaneously.

6

Closing:

Try the Friendship Squeeze: form a Friendship Circle. Squeeze the hand of the girl next to you and put your right foot into the circle. Everyone is silent as the friendship squeeze passes around the circle. Once everyone has felt the squeeze, say “Goodnight, Girl Scouts” and turn out of the circle.

Week Three

1

Pre-Meeting Activity: Who Am I?

In their patrols or small groups, hand out index cards to the girls. Give the girls about five minutes to list ten physical characteristics about herself, such as hair color, eye color, height, hair length, description of smile, and so on. Have each girl write her name on the back of the card and hand them to a peer leader, who shuffles them. The peer leader selects a card, chooses the least obvious characteristic, and reads the clue. The leader reads more clues, until the girls have enough hints to correctly guess the person. The girl with the correct guess gets to read the next card, and so on.



4

Snack Time

Talk about badges, trips and other Girl Scout opportunities as the girls eat snack. Ask girls to share their favorite parts of Girl Scouting.

2

Opening Activity: Flag Ceremonies

Learn one or two traditional Girl Scout songs together, such as "Girl Scouts Together" or "G for Generosity," [Junior Song Resource Included]

3

Troop Business

- Take attendance.
- Have the girls sign up for jobs on the Kaper chart.
- Collect any necessary forms.

Check In Questions:

Are the girls taking on more responsibility within the troop?

Are they mixing with girls whom they do not know as well?

5

Major Activities

Have the girls make "Treasure Maps," posters that depict what they would like to do in their future. This could include a career, talent, hobby, trip, something they would like to achieve, and so on. They can use pictures from magazines, draw pictures, cut out words, and write on their posters. It should reflect their unique hopes and dreams. Afterwards, have each girl show her treasure map and explain it to the group. Talk about how visualizing dreams and setting goals helps our dreams come true. If possible, relate this to a badge or other Girl Scout award that the girls are working on or could earn.

6

Closing

Repeat the Friendship Circle or the Friendship Squeeze from weeks one and two. Make an effort to say goodbye to each girl individually as they leave.

Week Four

1

Pre-Meeting Activity: Pile Up

Have everyone get a chair and sit in a circle. The game leader has a list of items that she reads out. If any of them apply to you, you move the appropriate number of seats right or left. The idea is to move all around the circle, and end up back where you started. If you move, but your neighbor doesn't, you sit on her lap—and sometimes, you can have three people occupying the same chair! Make sure you have lots of categories so that everyone gets lots of chances to move.

Examples include:

Anyone with one brother, move one seat to the right. If you have two brothers, move two seats. Anyone with black hair, move one seat left. Anyone who was a Brownie move two seats right. Anyone who lives in (area), move one seat right. Anyone over the age of 10, move one seat left. Everyone wearing brown shoes move one seat left. Everyone in Girl Scouts, move two seats left!

2

Opening Activity: Flag Ceremony

Put on your own flag ceremony to open the meeting [Ceremony Resource included].

3

Troop Business

Have the girls sign up on the Kapers chart, giving preference to those who did not participate in the flag ceremony. Collect any necessary forms.

4

Snack Time

As the girls eat snack, talk to them about the “Treasure Maps” they made last week. What are some things they could do to get closer to their goals? How does thinking about the future affect their daily lives?

5

Major Activity: Girl Scout Wearable

Lead the girls in doing a wearable Girl Scout craft project, such as making sit-upons, troop t-shirts, bandannas, or tote bags. Girls can use their sit upons during the meetings and at other Girl Scout events like camping trips. There are many ways to make sit-upons, including weaving newspaper strips or sewing together a vinyl tablecloth. Troop t-shirts, bandannas, and tote bags can be decorated in many creative ways. Girls can draw on them and write their names with fabric markers, or sew on buttons and ribbons. Coordinating t-shirts are convenient when you all go to an event together. Bandannas serve a practical purpose on Girl Scout camping trips. Tote bags help the girls get organized for meetings. If some girls finish early, consider engaging them in a game of statues. Call out a title, such as “seeing your favorite rock star” or “friendly dog,” and have the girls freeze in their interpretation of the statue.

6

Closing

In closing, sing one or two favorite songs from the last meeting. Or learn a new song, like “Princess Pat,” a fun and interactive song.



Supplies

Week One

Large sheets of paper, markers
Posters of the Promise and Law
Poster for rules, paper for Kapers, markers, pens
Optional snack
Posters for priority list and meanings of Promise, markers

Week Two

Attendance sheets, bags and props for Nosebag Skits
Materials for flag ceremony
Kaper chart, pictures of crests
Optional snack
Posters of Promise and Law, index cards with words to the Promise and Law

Week Three

Index cards, pens or markers
Song lyrics
Kaper chart
Optional snack
Quarter-sheets of poster board, magazines, scissors, glue, markers

Week Four

Chairs for every girl
Materials for flag ceremony
Kaper chart
Optional snack
Range of materials for chosen craft
Song lyrics



Girl Scout Ceremonies

Flag Ceremony

Honoring the American Flag

A flag ceremony honors the American flag as the symbol of our country and all the hopes, dreams, and people it consists of. If your group includes girls from other countries, girls can honor their flags. Your troop may want to conduct an international flag ceremony. Flag ceremonies may be used for:

- Opening or closing meetings
- Opening or closing special events
- Beginning or closing a day
- Honoring a special occasion or special person
- Retiring a worn flag

Flag ceremonies may take place in meeting rooms, outdoor settings, large auditoriums, on stage, even on horseback. All flag ceremonies share one thing—respect for the flag.

Flag Ceremony Guidelines

Keep it simple. Emphasis needs to be on respect for the flag rather than on the commands or techniques. Adults can ask girls these questions when planning:

Who will carry the flag?

Who will be the color guards?

Who will give the directions for the ceremony?

What song will be sung? Who will sound the pitch and start the song?

Will a poem or quotation be included? Who will say or read it?

After the Pledge of Allegiance, will the Girl Scout Promise and the Law be said?

In what order will the parts of the ceremony take place?

When will the group practice?

Where will the flags be placed at the end of the ceremony?

Terms Used in a Flag Ceremony

The **color bearer** (or flag bearer) is the person who carries the flag. There is one color bearer for each flag used in the ceremony.

The **color guard** is a team that guards the flags. Any even number of guards may be used, but usually four or six girls are sufficient.

The **Girl Scout in charge** (or caller) is a designated Girl Scout who announces, or calls, each part of the ceremony.

Possible Commands for a Flag Ceremony (Opening)

“Girl Scouts, attention.” Used to announce that the flag ceremony is to begin.

“Color guard, advance.” This signals the color guard to advance with the flags, or advance to pick up the flags.

“Color guard, post the colors.” This directs the color guard to place the flag in flag standards, or to attach the grommets to a flag pole rope.

“Color guard, honor your flag.” The color guard salutes the American flag.

“Please join us in saying the Pledge of Allegiance.” (Followed by an appropriate song, quotation, or poem, if so desired.)

Flag Ceremony

Possible Commands for a Flag Ceremony (Closing)

“Color guard, honor your flag.” The color guard salutes the American flag.

“Color guard, retire the colors.” This asks the color guard to remove the flag from standards, or to lower the flag, detach from the rope, and fold prior to being dismissed.

“Color guard, dismissed.” The color guard leaves in formation, with or without the flag.

“Girl Scouts, dismissed.” Girls may leave in formation or be at ease where they have been standing.

Handling the American Flag

Display of the American flag is governed by law to ensure that it will be treated with the respect due the flag of a great nation. This is known as the United States Flag Code. Some of the rules most useful for Girl Scouts are:

- The American flag must be placed in the center, and higher, when displayed with a group of state, local, or organizational flags flown from staffs. It may also be positioned to the right of other flags. (If girls were to hold the flag while facing their audience, their right side would be the flag's own right.)
- When displayed from a staff in a house of worship or public auditorium, the flag of the United States must hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergy's or speaker's right as he or she faces the audience. Any other flag so displayed should be placed on the left of the clergy or speaker or to the right of the audience.
- The flag is to be hoisted briskly and lowered slowly with dignity.
- The flag should never be allowed to touch anything beneath it, nor should it ever be carried flat or horizontally—always aloft and free.
- Never use the flag as a cover or place anything on top of it.
- No disrespect of any kind should be shown to the flag of the United States. It should be kept clean.
- The flag, when carried in a procession with other flags, should be either on the marching right or, if there is a line of other flags, in front of the center of that line.
- When you display the flag on a wall or in a window where people see it from the street, it should be displayed flat with the blue part at the top and on the flag's own right (which is the observer's left).
- When displayed after dark, the flag should be illuminated.

Investiture/ Rededication Ceremonies

An investiture is a ceremony to welcome new girls or adults into Girl Scouting. It is a very meaningful step in the life of each person as she becomes active in Girl Scouts for the first time.

A rededication is a ceremony for girls and adults who have already been invested. It is a time for them to reaffirm their belief in the Girl Scout Promise and Law and to reflect upon the meaning of Girl Scouting in their lives. Usually it is held at the beginning of each Girl Scout year (October), or shortly after the troop forms.

Tips for Holding Ceremonies

- Devote sufficient time to planning the ceremony. Good ceremonies have a clear purpose and enrich the meaning and mood of the ceremony.
- Use Journey adult guides and The Girl's Guide to Girl Scouting to help girls plan their ceremonies.
- Take safety precautions when using candles or fires, or when the girls construct bridges or platforms.
- Refer to Volunteer Essentials and the Safety Activity Checkpoints (available through your council) for specific advice.
- Add personal elements to traditional ceremonies. Use favorite poems, songs, stories, and sayings, or have the girls write something new.
- Consider the role of colors and symbols that the girls might use in their ceremony.
- Observe flag etiquette when the girls hold flag ceremonies.

Troop Government

- Every grade level of Girl Scouting uses some form of troop government.
- Troop government is a way for girls to learn responsibility, independence and how to become leaders!
- Troop government is designed to be progressive, building on the skills learned in previous years.
- When the girls reach Girl Scout Juniors and on through Girl Scout Ambassadors, the girls take on more responsibility of running the troop and thus should decide which form of troop government they will use.
- You may want to try all three out before the girls make a final decision. And, if the system they chose is not working for the troop, the troop can then decide on another form of government for themselves.

Girl Scout Daisy Circle

Girl Scout Daisies can help make some of the decisions about their troop through the Girl Scout Daisy Circle. It is the business part of a Girl Scout Daisy meeting. This stage lasts only 5 to 10 minutes. This part of the meeting is led by the Troop Leader. It is best for the Leader to give girls two or three choices to pick from at this age. Decisions could include things such as where to go on a field trip or what kind of service project the girls would like to participate in. Simplicity is the key here.

Girl Scout Brownie Ring

The Girl Scout Brownie Ring is very similar to the Girl Scout Daisy Circle but expands to the abilities of these now somewhat “older” girls. Girls can now begin to lead discussions and “brainstorm” ideas. A Ring “Leader” may be designated to lead discussions, but make sure that all girls are given this leadership opportunity. When someone wishes to speak, a special “Talking Signal” is used in the Girl Scout Brownie Ring. This is indicated by the girl placing the two fingers of her right hand on the floor (or table, if you are seated at a table instead of the floor). The Girl Scout Brownie Ring is a good way to make all of the major decisions in your troop from how to spend cookie profits to which Badge to work on next.

Town Meeting (Brownie and above)

In a Town Meeting, the entire troop makes its decisions together. A Moderator is generally needed to lead group discussions. Officers such as Secretary and Treasurer may be elected if the troop feels that there is a need. This generally only works well in small groups but can work in large groups if the girls can stay on task.

Executive Board (Juniors and above)

The Executive Board consists of the “officers” of the troop. They generally include a President, Vice-President, Secretary, and Treasurer. Job descriptions should be agreed upon as well as the duration of office. It is important, especially at the beginning of self-government, that everyone has the opportunity to participate at some time throughout the year. These “board” members meet on a regular basis to decide matters for the troop. Some method needs to be devised for the troop members to give input to the Executive Board. This could be a simple suggestion box at a troop meeting. This system tends to work well with smaller troops.

Patrol System (Juniors and above)

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.

Troop Government (cont.)

Court of Honor (Juniors and above)

Generally consisting of the Troop Officers and the Patrol Leaders, the Court of Honor meets on a regular basis to plan troop activities. Monthly meetings can be used to plan events to occur the following month. A long meeting once or twice a year can be used for long-term planning of troop events and planning the troop yearly calendar. If you have a troop Moderator or President, this person generally presides over the Court of Honor meetings.

Kaper Charts

Dividing Responsibilities & Opportunities

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 for each one. In other words, a Kaper Chart is a way of dividing the jobs so that each girl has a part.

To make a Kaper Chart, first decide:

- Which kapers should be divided
- Whether the kapers should be handled by groups or individuals
- If groups, group size
- What type or style to use
- How to rotate the girls

Keep in mind that kaper groups allow leaders to mix the girls in different ways. Typically, groups would stay together for a few times and then are mixed up again. Sometimes, however, girls are rotated more often to give them an opportunity to meet different girls. Sometimes, groups use a combination of Kaper Charts for different functions: one for groups, splitting major jobs, one for flag ceremony job etc..

Kapers for Individuals

Choose the kapers that work for your troop, perhaps combine some.

Opening Kapers: Promise leader, Law leader, flag holder, flag ceremony caller, Color guards, Good Deed Roll Call, Bridge of Silence (2) -These girls make a bridge prior to the flag ceremony and everyone files through underneath, when the girl passes under she stops talking.

Business Kapers: Secretary-attendance, treasurer—dues

Misc. Kapers: Line leader— hand out craft supplies, Game Girl— chooses a game, Song Singer— chooses a song, Share Bear— gets to tell a story on the topic of their choice, Historian— takes 3-4 photos at each meeting, Floater— fill in in case someone is absent, Free— no job this time

Snacks Kapers: Bring/pass Snack, bring/pass drinks, table wipers, lead grace

Clean Up Kapers: Push in chairs, or stack them, Queen of Clean-cleans up after snack, Kaper Keeper moves kaper assignments at the end of the meeting

Closing Kapers: Friendship Fairy-starts the friendship squeeze



Kaper Charts (cont.)

Kapers for Groups

You probably wouldn't have all these jobs—choose the ones that work for your troop size and needs—

Opening Kapers: Choose and lead the opening. Will it be a flag ceremony, a favorite game or song, the Promise?

Business Assistants: Pass out and collect papers, take attendance, collect dues

Passers: Pass out any supplies during the meeting

Hostesses: Prepare and pass out snack, lead grace (optional)

Clean Up: Everyone cleans, but these girls make sure it gets done

Closing: Choose and lead the closing. Will it be a song, talking about living the Promise, Friendship Circle?

Out: Large troops might need to rotate groups out

Junior Songs

Make New Friends

Make new friends, but keep the old.
One is silver and the other's gold.
A circle is round; it has no end.
That's how long I want to be your friend.

Girl Scouts Together

Girl 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're the sea
Faithful to country loyal to home
Girl Scouts together wherever we roam.

Girl Scouts together onward we go
Joining as sisters stronger we grow
Mothers and lawyers, women in space
We know no boundaries, the future's our place.

'G' Is For Generosity

She wears a G for generosity.
She wears an I for interest, too.
She wears an R for real sportsmanship.
She wears an L for loyalty, for loyalty!
She wears an S for her sincerity.
She wears a C for courtesy.
She wears an O-U-T for outdoor life,
outdoor life.
And that Girl Scout is Me!.

Taps

Day is done, gone the sun, From the lake,
from the hill, from the sky;
All is well, safely rest, God is nigh.

Fading light, dims the sight, And a star
gems the sky, gleaming bright.
From afar, drawing nigh, falls the night.