



**You Can Change  
The World!**

# Celebrating Girl Scout Week - You Can Change The World!

The daily themes in this booklet are based on the Days of Service during the 1954 Girl Scout Week.

Sunday: Girl Scout Sunday  
Monday: Homemaking Day  
Tuesday: Citizenship Day  
Wednesday: Health and Safety Day  
Thursday: International Friendship Day  
Friday: Arts and Crafts Day  
Saturday: Out-of-Doors Day

The goal of the information and activities in this booklet is to encourage the imagination - to spark the beginning of future inventions, dreams, campaigns, solutions, etc.

The **Explore It** section has additional activities and links to resources on-line, including related Girl Scout patch programs.

The **Imagine It** section is a place to start imagining the possibilities! In the box create posters, drawing, poems, notes, cartoons, anything that expresses your thoughts! There is no right or wrong for this section!

Booklet can be copied on to 11X17 paper to make a booklet, or as individual pages.

## Troop Leaders/Parents:

- As this activity booklet was written for a broad range of ages, please be sure to present activities in an age appropriate fashion for your Troop/daughters.
- Girls are encouraged to visit the sites referenced in this booklet only with the express permission of a parent and, preferably, with parental supervision.
- The provided site links in the activity booklet were checked for appropriateness, however they may have content that changes often, as well as a broad range of links and advertisements. We cannot be responsible for, nor do we endorse any content, links, or advertisers provided on these web sites.

## Some information in this booklet was found at the following websites:

### *Religious Holidays*

[www.interfaithcalendar.org](http://www.interfaithcalendar.org)

### *Frances Gabe*

<http://inventors.about.com/library/inventors/blgabe.htm>

### *Women Firsts in Politics*

[www.cawp.rutgers.edu](http://www.cawp.rutgers.edu)

### *Friendship Ideas*

[www.friendship.com.au/friendday.html](http://www.friendship.com.au/friendday.html)

### *How Many Years to Disappear*

[www.eia.doe.gov/kids/classactivities/teachers&students.html](http://www.eia.doe.gov/kids/classactivities/teachers&students.html)

Booklet done by:

Liz Ripke, Neighborhood 13-1, Girl Scouts-Columbia River Council

Answers to quiz  
on next page. →

- B Hindu Festival of Lights symbolizing the human urge to move toward the light. Gift exchanges, fireworks and festive meals.
- E Islamic event marking the close of Ramadan. It is a festival of thanksgiving. It involves saying prayers and fostering understanding with other religions.
- C Shinto New Year festival observed with prayers for inner renewal, prosperity and health.
- H Sikh honoring of the birth of the first Sikh teacher who lived from 1469 -1539 c.e. Sacred readings, prayers, hymns, meals together.
- D Baha'i observance of the vernal equinox symbolizing spiritual growth and renewal.
- F Christian occasion to thank God for bringing people safely through another year. Developed by the African American community in the USA at the time of Emancipation (1863).
- G Holiest of Buddhist holy days. It celebrates Buddha's birth, enlightenment and death. It is a public holiday in some countries.
- A Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.

# A WORLD OF FAITH

**"There are many paths up the Mountain.  
But the view of the moon from the top is the same."  
*from an ancient Japanese poem - author unknown***

Girl Scouts is open to all girls of all faiths. Faiths from all around the world are practiced in the United States. We are fortunate to have this diversity around us so we can learn about the differences and, more importantly, the similarities in the ways people practice their faith. Below are some holidays celebrated by different faiths. See if you can match the holiday to the faith!

Answers on inside front cover.

- A. Yom Kippur
- B. Diwali
- C. Wesak
- D. Naw Ruz
- E. Eid ul Fitr ('Id al-Fitr)
- F. Watch Night
- G. Gantan-sai
- H. Guru Nanak's Day

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*If you belong to a place of worship, offer to help out at services on Girl Scout Sunday/Sabbath.*



## EXPLORE IT:

- Did you know that Girl Scouts can earn awards in their different faiths? If you are interested in earning the one for your faith, go [www.praypub.org](http://www.praypub.org).
- Would you like to learn more about holidays and other sacred days of faiths other than your own - and maybe your own as well!? With a parent's permission visit [www.interfaithcalendar.org](http://www.interfaithcalendar.org)!

**Important:** Faith is a very important, and often private subject for most people. People feel strongly about their beliefs. It is very important to respect each other's beliefs and practices. The best people to ask questions you might have about faith is your family!



**IMAGINE IT:**

Make a poster, write a poem or story, draw a cartoon, or simply write down your idea showing people of different religions working together and appreciating their differences and similarities! Can you tie your idea in with the Girl Scout Law?

**IMAGINE IT!**

**THAT'S HOW IT STARTS!**

# A BATHROOM THAT CLEANS ITSELF??? *MAKING LIFE EASIER!*

To invent, you need a good imagination and a pile of junk. ~ Thomas A. Edison

Who wouldn't want inventor Frances Gabe's *self-cleaning house*? The house has a combination of 68 time, labor and space saving mechanisms that make the concept of housework obsolete.

Each of the rooms in her termite-proof, self-cleaning house is fitted with a 10-inch, ceiling-mounted cleaning/drying/heating/cooling device. The walls, ceilings and floors and furniture of the house are water-proof. At the push of a few buttons, jets of soapy water wash the entire room. Then, after a rinse, the blower dries up any remaining water that hasn't run down the sloping floors into a waiting drain!!

## *Here are some other cool things:*

- The sink, shower, toilet and bathtub all clean themselves.
- The bookshelves dust themselves while a drain in the fireplace carries away ashes.
- The clothes closet is also a washer/drier combination.
- The kitchen cabinet is also a dishwasher; simply pile in dirty dishes, and don't bother taking them out until they are needed again.

*Imagine how helpful a house like this would be for physically handicapped people and the elderly?*

**Frances Gabe** (or Frances G. Bateson) was born in 1915 and now lives comfortably in Newberg, Oregon in the her self-cleaning house. Gabe gained experience in housing design and construction at an early age from working with her architect father. She entered the Girl's Polytechnic College in Portland, Oregon at age 14, finishing a four-year program in just two years.

After World War II, Gabe with her electrical engineer husband started a building repairs business that she ran for more than 45 years.

In addition to her building/inventing credits, Frances Gabe is also an artist, musician, and mother.

## **EXPLORE IT:**



- With a parent's permission go to <http://inventors.about.com/od/womeninventors/> and learn about lots of Women Inventors and their inventions! Learn about Women Inventors in science, medicine, NASA and so many more fields! Read their stories and understand what motivated them and kept them going?
- Take a fun Mothers of Invention quiz at <http://inventors.about.com/library/quiz/blwomen1q.htm>
- Learn more about how things work. Do our Council's "**Society of Women Engineers**" Brownie Try-It, Junior Badge or Girls Scouts 11-17 IPA!! Find them at [www.neighborhood13-1.com/councils\\_own.htm](http://www.neighborhood13-1.com/councils_own.htm).



## **IMAGINE IT:**

Do you have a problem doing something? Can you think of a way to make a certain job easier? Like cleaning your room? Does something really bug you? If so, use your imagination to create an invention. Describe your invention or draw it below. Or, you could draw an ad for your new product. Make it colorful and catchy!

# **IMAGINE IT!**

# **THAT'S HOW IT STARTS!**

# WE THE PEOPLE...WE THE PEOPLE...WE THE PEOPLE...

Some people want it to happen, some wish it to happen, others make it happen.

Did know that when Juliette Gordon Low started Girl Scouts in 1912, **she did not have the right to vote??** That seems pretty unbelievable to us now, but women did not win the right to vote until 1920, **8 years after Girl Scouts started!**

Here's another amazing fact - way too many young women don't bother to vote! Lots of brave women and men worked and sacrificed for 72 years to guarantee that you will be able to vote when you are 18. We owe it to them, to ourselves and to our country, to always exercise our right to vote. We cannot take it for granted!

Do you have ideas about how to make our city, state and/or country better? I bet you do!

It's never too early to think about running for an elected office someday. Would you like to be a Mayor, a Governor, the President?? There are many exciting ways to give "public service".

As a Girl Scout, you have probably already done lots of community service. Public Service serves the community as well, except you usually get paid!

*Think about getting involved in Student Government at your school. It might be the first step in your political career!!*

Look at this these women who have made a difference by public service:

- **1872** Victoria Woodhull, a stockbroker, publisher ran for president. Of course, she wasn't able to vote for herself!
- **1933** When Frances Perkins became Secretary of Labor under President Franklin D. Roosevelt as, she became the first woman ever to serve in a presidential cabinet. She served until 1945.
- **1997** Madeleine K. Albright, became the first woman to serve as U.S. Secretary of State, serving until 2001. She became the highest-ranking woman in the U.S. government. She had previously been the U.S. Ambassador to the UN from 1993-1997. She is also a former Girl Scout!

## EXPLORE IT:



- If you could write laws, what law would you like to see? What law would you like to get rid of?
- What would you do to help people in your city that need assistance?
- How would you raise money to pay for things you would want to do for the city?
- Visit The Center for Women and Politics for lots of information! [www.cawp.rutgers.edu/index.html](http://www.cawp.rutgers.edu/index.html).
- Explore The White House Project **Girls Zone** at [www.thewhitehouseproject.org/girlzone/index.html](http://www.thewhitehouseproject.org/girlzone/index.html).
- Do the Girl Scout "**Ms. President Patch**"! Find it at [www.girlscouts.org/program/gc\\_central/](http://www.girlscouts.org/program/gc_central/).



## **IMAGINE IT:**

Write your campaign speech. Or write out your plan for something you care about like eliminating hunger, pollution, etc. Or, you could design your campaign poster! What would you want voters to know about you? What colors would you use to represent yourself and to catch people's eyes?

# **IMAGINE IT!**

# **THAT'S HOW IT STARTS!**



# WE ARE WHAT WE EAT? I WANT TO BE A RAINBOW!

A good laugh and a long sleep are the best cures in the doctor's book. ~ *Irish Proverb*

We all know we should have at least 5 servings of fruits and vegetables. Let's make it fun by choosing colorful foods, like the colors in a rainbow! How could you not be happy eating the colors of a rainbow?? Let's start by making lists of different color foods!

Blue/Purple

Green

White

Red

Yellow & Orange



## EXPLORE IT:

- Try and eat 5 servings of fruits and vegetables everyday. See if you feel better after a few weeks.
- Go grocery shopping and choose fruits and vegetables in different colors. Buy at least one thing you haven't tried before! You only have to buy one!
- Do the new Girl Scouts "**shape UP!**" Patch! You'll feel better, look better, and have lots more energy for fun. Find it at [www.girlscouts.org/program/gs\\_central/insignia/online/](http://www.girlscouts.org/program/gs_central/insignia/online/)
- Do the Girl Scouts "**Strong Bones, Strong Girls**" Patch! Lots of games and activities to help you learn life long healthy habits. Ask your Troop Leader about having your Troop do it.



## **IMAGINE IT:**

Did you know that scientists are inventing new types of fruits and vegetables? In Japan you can buy square watermelons! If you could invent your own fruit or vegetable what would it be? Two existing ones merged into one? Or, a totally new one? What color would it be? Draw and color your new one below. Tell us what makes it tasty!

# **IMAGINE IT!**

# **THAT'S HOW IT STARTS!**

# MAKE NEW FRIENDS, BUT KEEP THE OLD

Every person is a new door to a different world. ~ from "Six Degrees of Separation"

August 3 is International Friendship Day, but it isn't the only time to recognize your friends and their contribution to your life. Friendship helps to bring peace and positivism to the globe - another great reason to celebrate!

Friends come in many shapes, sizes and guises: school friends, siblings, parents, pets and neighbors. Pull out all the stops and let your friends know they are truly appreciated!

Need some suggestions on how to celebrate Friendship Day and show your friends they are special? Read on below for some suggestions !

- Write a nice card for your friend telling them how much you appreciate their friendship. Spill out your heart to them as though there is no tomorrow.
- Make a point to call every one of your friends on Friendship Day to let them know you care.
- Make your friend a tape of all the songs that remind you of your friendship.
- Call all those old friends you haven't spoken to in ages.. remember the Girl Scout favorite song: "Make new friends but keep the old, one is silver and the other gold"!
- Send your friend a greeting online.
- Make a special friendship book for your best friend. Include photos, quotes and poetry telling your friends how special they are.
- Host a Friendship Dinner or go out for dinner! Dress up and have a fun night that's different from the usual.
- Make some new friends by becoming a doer of Random Acts of Kindness.
- Give your friend a Friendship Bracelet (made or bought) to symbolize your friendship.
- Grab a camera or visit a photo machine and take photos of you & your friends enjoying yourselves!
- Invite your closest buddies over for a sleepover! Rent some movies and bring out the snacks! Take some blankets outside and watch the stars.

## EXPLORE IT:

Get great ideas at these sites. You will find ideas to surprise your friends and others!

- [www.actsofkindness.org](http://www.actsofkindness.org)
- [www.helpothers.org](http://www.helpothers.org)
- [www.kindacts.net](http://www.kindacts.net)

Check out these Girl Scout sites for more friendship ideas!

- [www.gogirlsonly.org](http://www.gogirlsonly.org)
- [www.studio2b.org](http://www.studio2b.org)





## **IMAGINE IT:**

Make a list of the things that you really like and appreciate in a friend. What kinds of things do our friends do that let you know they care about you? Now look at the list. Do you treat your friends in the way you like them to treat you? Try designing a greeting card for friends that really shows how you feel. Or make a friendship poster showing how friends might resolve a problem.

# **IMAGINE IT!**

# **THAT'S HOW IT STARTS!**

# WE ARE ALL ARTISTS - WE JUST HAVE TO FIND OUR VOICE

Art is not what you see, but what you make others see. ~ *Georgia O'Keeffe*

How important are the visual arts in our society? I feel strongly that the visual arts are of vast and incalculable importance. Of course I could be prejudiced. I am a visual art. ~ *Kermit the Frog*

Have you ever said, "I'm just not artistic!"? Or, "I stink at art!"? Never say that again! Maybe you can "only" draw stick figures but, drawing is only one form of art. Anything that moves other people and makes them feel something is art! That includes so many things - cooking, singing, decorating, storytelling, designing, even stick figures can be art if they have a special flair! Anything you put a piece of yourself into and people feel something from can be art!

What do you enjoy doing?

- |                                      |                                       |  |
|--------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Cooking     | <input type="checkbox"/> Puppets      | <input type="checkbox"/> Woodworking           |
| <input type="checkbox"/> Painting    | <input type="checkbox"/> Designing    | <input type="checkbox"/> Dancing               |
| <input type="checkbox"/> Pottery     | <input type="checkbox"/> Poetry       | <input type="checkbox"/> Playing an Instrument |
| <input type="checkbox"/> Singing     | <input type="checkbox"/> Singing      | <input type="checkbox"/> Computer Graphics     |
| <input type="checkbox"/> Decorating  | <input type="checkbox"/> Knitting     | <input type="checkbox"/> Composing Music       |
| <input type="checkbox"/> Landscaping | <input type="checkbox"/> Writing      | <input type="checkbox"/> Papercrafts/ Origami  |
| <input type="checkbox"/> Sewing      | <input type="checkbox"/> Scrapbooking | <input type="checkbox"/> Other??               |
| <input type="checkbox"/> Sculpture   | <input type="checkbox"/> Writing      |  |
| <input type="checkbox"/> Drawing     | <input type="checkbox"/> Acting       |  |
| <input type="checkbox"/> Cartooning  | <input type="checkbox"/> Gardening    |  |

What are your top 2 favorites?

Can you combine your top 2 favorites into one new art form?  
If so, what would it be?

## EXPLORE IT:



- Take a trip to your local art museum! Get the requirements for the National Museum of Women in the Arts Patch at [www.nmwa.org/resources/edu\\_girl\\_scout.asp](http://www.nmwa.org/resources/edu_girl_scout.asp)
- Use resources wisely! Create art from items around the house! [www.kinderart.com/recycle/](http://www.kinderart.com/recycle/)
- More recycled arts ideas! You can submit your projects to be seen on-line! [www.scribbleskidsart.com/generic.html?pid=126](http://www.scribbleskidsart.com/generic.html?pid=126)
- Explore crafting as an art. Make a quilt and donate it to Project Linus. [www.projectlinus.org](http://www.projectlinus.org) or [www.projectlinusoregon.org/](http://www.projectlinusoregon.org/)



## **IMAGINE IT:**

Let's turn something simple into a work of art by adding your own touches to it. Draw a simple shape, a stick figure, a flower or other simple item. Then embellish it with your own style. Turn it into something else by adding unexpected features! Draw two things together that you usually don't see together? Let your imagination go!

# **IMAGINE IT!**

# **THAT'S HOW IT STARTS!**

# TAKE CARE OF THE EARTH AND SHE WILL TAKE CARE OF YOU

Don't blow it - good planets are hard to find. ~ Quoted in Time

## How Many Years To Disappear?

If you bury the objects listed below, how long do you think it will take for them to disappear?

OBJECT	0-1 year	1-100 years	100-500 years	500-1,000 years	1,000-1,000,000 years
Disposable Diaper					
Cotton Sock					
Styrofoam Cup					
Glass Bottle					
Leather Belt					
Wooden Block					
Banana Peel					
Paper Box					
Plastic Bottle					
Aluminum Can					

Answers on the back.

### EXPLORE IT:



- Test how water-, air-, and sun-savvy you are with **My Planet**—online games funded in part by the Environmental Protection Agency to encourage environmental awareness. One game, "Map It" allows you to create their own air-friendly environment! [www.gogirlsonly.org/games/my\\_planet.asp](http://www.gogirlsonly.org/games/my_planet.asp)
- Work on the Girl Scouts "**Get With The Land**" Patch. Get involved in conservation and natural resources issues! [www.epa.gov/linkinggirls/](http://www.epa.gov/linkinggirls/)
- There are always service projects in our area to help our environment. Ask your Leader to find out about what is happening in your area that would be appropriate for your Troop to help with!.



## IMAGINE IT:

What kind of invention can you dream up that would clean our air, or clean our water, or make cars run cleaner, or reduce the amount of garbage we produce, or help take care of another problem? Jot down or draw your ideas, no matter how silly they might seem!! A lot of times, it's the ideas that seem the silliest that end up growing into the best solutions!

# IMAGINE IT!

# THAT'S HOW IT STARTS!