



# FRIENDSHIP BOOKLET



**Girl Scouts®**  
Where Girls Grow Strong<sup>SM</sup>



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## **GIRL SCOUTS - MILE HI COUNCIL**

400 S. Broadway, P. O. Box 9407

Denver, CO 80209-0407

(303) 778-8774

"MAKE NEW FRIENDS BUT KEEP THE OLD;  
ONE IS SILVER AND THE OTHER GOLD."

- The Pocket Songbook

A Girl Scout troop should be a place where girls feel accepted and learn how to make new friends while maintaining old friendships. No one should ever feel left out in a Girl Scout troop or in any other Girl Scout group. Inclusion is a basic human need, and unless it is met, people feel vulnerable and defensive.

Girl Scouting can provide a positive environment for social development.

Girl Scouting can provide a valuable support group of peers who can help strengthen one another's self-esteem.

Girl Scouting can be a place where girls learn responsibility for themselves and others.

Girls can develop life-long friendships through Girl Scouting.

Girl Scouting and friendship should be interchangeable words.

BE A FRIENDSHIP TROOP.

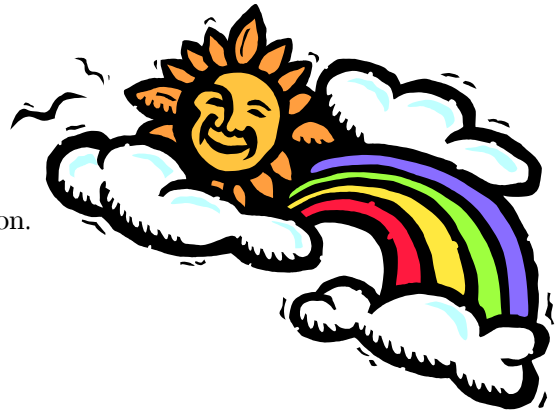


## CHECKLIST FOR A FRIENDLY CLIMATE

The climate in a group is the atmosphere or feeling that sets the tone for everything that happens in the group. A friendly climate will provide the energy for girls to feel good about themselves, develop social skills, and have fun.

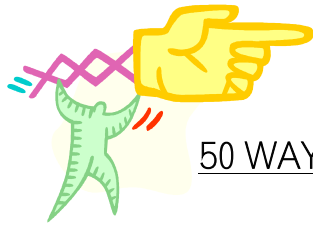
The following checklist describes the attitudes and behaviors that are the characteristics of a friendly climate.

- ☒ Trusting atmosphere.
- ☒ Openness and acceptance.
- ☒ Courteous and considerate.
- ☒ Practices that stress cooperation rather than competition.
- ☒ Willingness to welcome new members to the group.
- ☒ Positive and enthusiastic.
- ☒ Attentive listening.
- ☒ A sense of belonging and community.
- ☒ Willingness to grow and change.
- ☒ No put-downs.
- ☒ Respect and appreciation of differences.
- ☒ Kindness and encouragement from peers.
- ☒ Group involvement in decision making.
- ☒ Problem solving skills.



How does your troop measure up? The activities in this packet can help your troop develop and maintain the friendly climate that is a tradition in Girl Scouting.

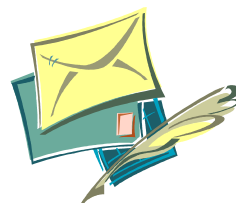
Remember, the leader of a Girl Scout troop plays a major role in creating a friendly climate. The leader must model the behaviors and attitudes on the checklist. Girls learn by example and by opportunities to practice what they learn.



## 50 WAYS TO MAKE NEW FRIENDS AND KEEP THE OLD

1. Invite new girls to join your troop.
2. Write an ad for your troop that would appeal to non-Girl Scouts.
- 3.\* Develop a Welcome Kit for new girls.
- 4.\* Play games to get acquainted.
- 5.\* Play games to develop cooperation and friendship skills.
6. Choose a troop crest.
7. Design a troop flag that represents the interests and activities of your troop.
8. Design troop t-shirts. Make stencils or learn how to silk screen your own shirt.
- 9.\* Include friendship activities in every troop meeting.
- 10.\* Make and share friendship gifts.
- 11.\* Have secret pals.
12. Invite another troop to join you for a Green Circle presentation.
- 13.\* Plan a Girl Scouts Own with a friendship theme.
- 14.\* End your meetings with a friendship circle.
15. Learn and practice introductions.
16. Write thank you notes to show appreciation.
17. Sing about friendship.  

<u>Pocket Songbook</u>	-	Make New Friends, Girl Scouts Together, Hello! Hello!
<u>Sing For Fun</u>	-	Put Friends First, Grab Another Hand
18. Plan a special meeting and invite another troop.
19. Join with another troop in your unit to do a service project.
20. Do a bridging activity with a younger or older troop.
21. Have an inter-troop or unit event that encourages girls to make new friends.
22. When troop camping at a council site, plan a campfire or other activity with another troop on the site.
- 23.\* Join the pen pal program.
24. Plan an activity with your pen pals.
25. Meet a troop at a council event and plan a get together.



26. Encourage girls to make new friends at day and resident camp and plan some inter-troop activities based on those friendships.
27. Meet leaders from around the council at troop camp training and plan a joint camping expedition.
28. Go troop camping with another troop. Plan meals, activities, kapers together.
- 29.\* Do the friendship and relationship activities in the handbooks.
30. Make troop directories with pictures of each girl.
31. Do some activities from Issues for Girls booklet, "Connections."
32. Make a contribution to the Juliette Low World Friendship Fund.
33. Celebrate Thinking Day.
34. Learn how to be a good guest.
35. Make posters about friendship.
36. Cut out pictures that represent friendship. Make a collage.
37. Write a friendship slogan.
38. Make up a troop cheer.
- 39.\* Make nametags that last.
40. Practice being a good hostess and how to make everyone feel welcome and comfortable.
41. Make up a recipe to show the ingredients of friendship.
- 42.\* Have a swap picnic.
43. Write a newspaper ad for a friend. List the important qualities needed in a friend.
- 44.\* Learn all the songs on the basic song list.
- 45.\* Make friendship books.
- 46.\* Have a friend appreciation day.
- 47.\* Earn a try-it, badge, or interest project related to friendship.
- 48.\* Make a friendship stick.
- 49.\* Make a friendship salad.
- 50.\* Make the WAGGS Friendship Knot.



\* Related activity included in this booklet.

## NAME TAGS WORTH KEEPING

### Scrimshaw

Pour a blob of fresh plaster on wax paper. For a pendant, make a hole in the top. When dry, scratch name and any other design you like in it. Darken the lines with a felt pen or give the whole scrimshaw a wash with poster paint. Varnish for a shiny, bone-like look.

### Yarn Painting

Write your name and draw your favorite design on heavy cardboard. Glue strands of yarn or string on the cardboard to follow the design.

### Thumb Prints

Make a nametag that is truly your own by pressing your thumb on an inkpad and decorate your tag with thumb print pictures.

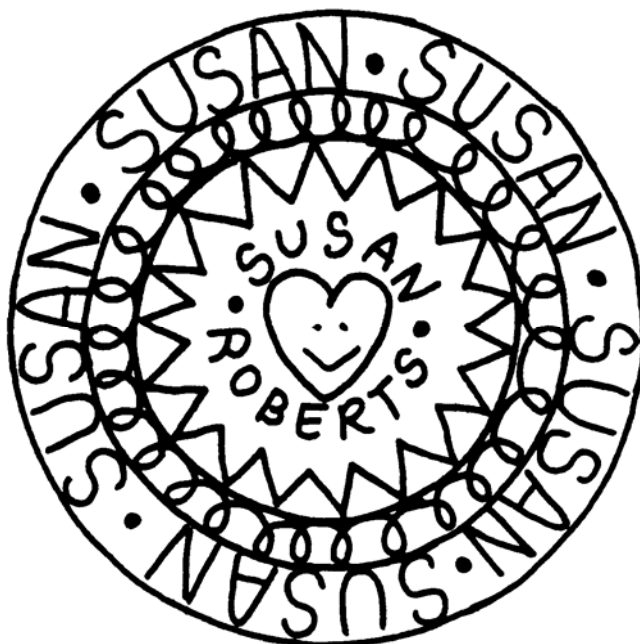
### Name Button

Draw a circle on white construction paper or an index card with a pattern or a compass, that is about 3 inches in diameter. Draw several smaller circles within the larger one. Create a pattern around one of the rings in the circle by repeating a shape like a triangle or half circle.

In another ring, write your name over and over to create a pattern.

Fill all the rings with patterns or your name.

Cut the circle out and pin it on for a nametag.



## ICE BREAKERS AND GET ACQUAINTED GAMES

The following activities are good to use:

- When a new troop is being formed.
- When two or more existing troops join together to form a new troop.
- When new girls join the troop.
- When there are visitors at a troop meeting or event.
- Intertroop activities (any time two or more troops get together in town or at camp.)
- Opening activities at troop meetings and special events.

Many of these activities will become favorites and girls will want to continue to use them even after everyone is acquainted and the ice has melted away.

### **Name Game**

Everyone is sitting in a circle. The first person says her name, "I'm Sue." The second person says the first person's name and then her own, "You're Sue, I'm Jane." Third person repeats the names of the first two, then her own. The process continues around the circle until everyone has participated. The last person says everyone's name.

**Variation:** Use adjectives before each name, i.e., Super Sue, Jazzy Jane, OR favorite foods, ice cream Sue, pizza Jane.

### **My Name**

1. Have each girl create a banner with a piece of construction paper.
2. Each girl prints her name vertically down the left side of the paper in large letters.
3. Cut out magazine pictures that correspond to each of the letters in her name.
4. Glue the pictures next to the letters.
5. Share banners.

### **Getting to Know You**

- Find magazine pictures of one thing of great interest to you.
- Cut out the pictures and glue them to a piece of construction paper.
- Cut the construction paper in half with a curved line.
- The leader collects half of each person's picture and passes them around to everyone.
- Now walk around and compare pictures until you find the owner of the other half of the picture or until someone finds you.
- When you have a match, spend a few minutes talking about the special interest shown in the completed picture.
- Repeat the process for the other half of the picture you have.



## **How Do You Do**

Girls stand in a circle. One person is chosen to be the host. The host walks around the outside of the circle and selects a guest by tapping on her shoulder. The host shakes the hand of the selected guest, introduces herself, and says: "How do you do?" The guest replies with her name and "fine, thank you." The host repeats the phrase "how do you do?" and the guest responds with "fine, thank you," two more times. The host runs back around the circle, and the guest runs in the opposite direction in a race to see who can get back to the starting place first. However, when they pass each other on the other side of the circle they must stop, shake hands and go through the formalities three more times: "How are you?" and "Fine, thank you." Whoever gets beaten in the race gets to host the party in the next round.

## **Sisters**

Players choose or number off for partners. Partners are called "sisters" for the purpose of the game.

Partners stand right shoulder to right shoulder, so that those on the inside circle face clockwise, and those in the outside circle face counterclockwise. On signal, sisters leave each other and move around in their circles. Again on signal, sisters find each other as quickly as possible. They hold hands and squat. The last couple to squat is out. The game continues. The last couple to remain in the game is the winner.

## **My Name Begins With**

The girls are seated in a circle. Each girl introduces herself to everyone. Then each girl stands up and says her name, then takes one minute to name everything in the room that starts with her first or last initial.

## **Action Names**

Each person says their name with a movement for each syllable. The whole group repeats the action and name. Every time a name and action is performed, the whole group repeats all of them adding the new one. Then individuals can try to say the names and do the motions for the whole group.

## **Meet My Friend**

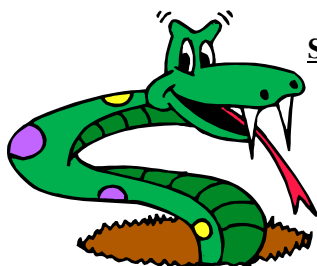
Have each girl choose a partner she doesn't know. Give each pair two or three minutes to learn one another's names and two interesting things about their partner. Next, have each pair join with another pair to form a group of four. This time have everyone introduce their new friend. Then have each group of four join with another group to form a group of eight. Again, have everyone introduce their new friend.



## **Bumpers**

This friendly game is guaranteed to break down barriers within a group and to create a relaxed atmosphere for getting to know one another. All players are blindfolded and walk slowly around within a confined area. When two players bump into each other, they each give their names cheerfully and shake hands forcefully.

While these gentle crashes are taking place, the leader quietly indicates to one player that she is IT. IT then removes her blindfold, and waits until someone bumps into her. The bumper then happily offers her hand and her name. IT takes her hand, but does not respond with her name. Receiving no answer, the bumper knows that she has now become part of IT and removes her blindfold. She joins hands with IT and, like her, gives no response when bumped. IT continues to grow with each new bump until only one unattached bumper remains. If the game is played again, this person becomes the new IT.



## **Skin the Snake**

Have people line up one behind the other. Reach between your legs and with your left hand, grab the right hand of the person behind you. When the chain is formed, the last person in line lays down on her back. The person in front of her backs up, straddling her body and lies down behind her. Continue until the whole group waddles back.

## **I Love You, Honey**

IT stands in the center of the circle. She walks up to one person and says, "I love you, Honey." That person responds, "I love you too, but I'm not allowed to smile." without smiling. IT may say the line two times although most people will smile the first time. The smiler may become IT or may simply join IT until everyone is in the center.

## **Hagoo**

Divide into two teams and form two lines. Each team stands shoulder to shoulder facing someone on the other team standing about a yard away. One person from each team volunteers to walk past each person in the row of the opposite team. As she walks by they try to make her smile. No touching allowed. If the volunteer cracks up, she joins the opposite team. If she makes it straight faced, she returns to her team.

## **This is My Foot**

Players sit in a circle with one in the middle; she is IT. She goes up to one of the persons in the circle, takes hold of her nose and says, "This is my foot." The person spoken to must take hold of her foot and says, "This is my nose." before the first player has counted to ten. Any player who does not do so, or who takes hold of, or names the wrong part of the body must change places with IT. Note: The parts of the body must be constantly changed and mixed up so as to confuse the players more easily. The faster this game is played, the more fun it is.



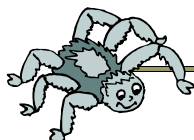
## **Human Bingo**

Give every person as she arrives a pencil and a sheet of paper marked off into 25 squares. Have each person put her own name in the center square. Then have everyone walk around the get others to autograph her paper in the remaining squares until they have all 25 filled or until a certain period of time has elapsed. Then have everyone be seated. Have one person start off by saying her name and then reading off another name. Everyone with those two names on her chart may cross them off. The person whose name was read stands and reads another name. The person whose name was just read stands and reads another name until someone "bingos." A person may "bingo" across, up and down, or diagonally. Each person gets one free space by being allowed to mark off her own name.



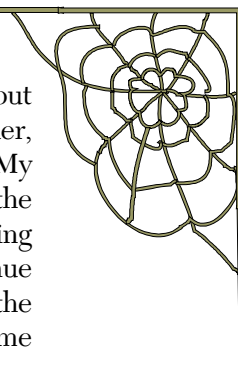
## **Dogs**

Pin a 6" x 9" card on the back of each girl and give her a crayon. Players form a line behind the leader. Each player tries to draw a picture of a dog on the card of the person directly in front. However, the leader keeps the line moving about the room, making it difficult for anyone to have much opportunity to draw. The group then decides which sketch most nearly resembles a dog.



## **Spider Web**

During this activity, each person will tell her name and share something special about themselves. Give the girls a moment to think about what they wish to say. The leader, holding a ball of yarn, begins by stating her name and something special about herself, "My name is Sue and I like to sing." Then while holding onto the end of the yarn, she rolls the ball to another person in the circle. After that person gives their name and something special about themselves, they hold the yarn while rolling the ball to another. Continue until everyone has been introduced and a spider web is created. To unravel the web, the last girl tosses the ball of yarn to the connecting person while saying that person's name and special quality. Continue until the web is unwound.



## **Old Friends**

Divide the group into two equal circles, one inside the other. The inside ring faces clockwise and the outside ring counter clockwise. The players walk slowly around in their circles while the leader instructs them to treat each person they face as a total stranger. They might say hello or nod their heads. Once the trip around the circle has been completed, you're ready for a second trip. This time pretend that everyone you meet is a casual acquaintance and might be greeted with, "Hi, how are you?" For the third trip, the players will be good friends, greeting each other with warm handshakes and familiar conversation. For the last trip, the leader asks the players to pretend that each person she meets is her best friend whom she hasn't seen in six months. Hugs might be appropriate greetings for this round.

## BUILDING FRIENDSHIP SKILLS

"I will do my best:  
to be friendly and considerate  
to be a sister to every Girl Scout"  
The Girl Scout Law

The Girl Scout troop is the ideal place for girls to learn the skills they need to live by these two parts of the Girl Scout Law.

Friendship skills that girls should learn and practice in Girl Scouting:

cooperation  
courtesy  
kindness and consideration  
honesty  
responsibility for self and others

respect for differences  
attentive listening  
problem solving  
sharing  
decision making



### **Swap Shop**

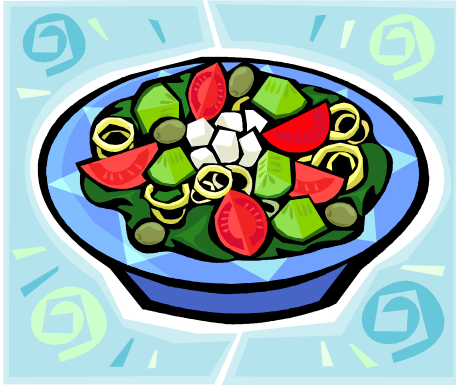
Have the girls think of something they could teach in one minute. It could be a poem, joke, simple song, Girl Scout handshake, tongue twister, hand game, etc.

Have the girls close their eyes and wander around the room until you call out "Swap Shop." The girls open their eyes and become partners with the girl nearest them.

Allow two minutes for one girl to teach her partner something and two minutes for the partner to reciprocate. Again the girls close their eyes and wander about until you call "Swap Shop."

With a new partner, each girl teaches what she has just learned from her previous partner.

When a girl meets up with something she has already learned, she calls out "Swap" and anyone can trade partners with her. As the game progresses, you will have several girls calling "Swap" at the same time with some having to change partners several times before everyone gets something new. That's okay because one of the goals of the game is to get the girls talking to as many people as possible. When it gets too confusing, it's time to end the game or have everyone think up something new to teach.



### **Friendship Salad**

Have each person bring one piece of fruit for the salad. Each person washes, peels, cuts her piece of fruit. Put them all together. Make a dressing by shaking together in a jar:

- 1/2 cup honey
- 1/4 cup lemon juice
- 3 tablespoons of crushed pineapple.

Pour over the fruit and enjoy.

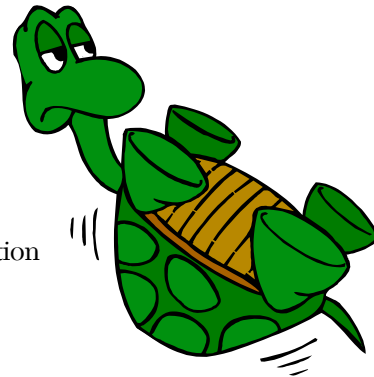
### **People Knots**

Everyone sits on the floor in a circle with legs extended toward the middle. Each person grabs two others' hands and holds them. The hands cannot be that of either person sitting on your sides and also cannot be the two hands of the same person. Now, everyone stands up and untangles each other into a single circle, without letting go of the hands you have.

It sounds crazy and it is. It's interesting to see people work together and communicate without using their hands.

### **Backup**

- Each girl will need a partner.
- Have the couples sit on the floor, back to back.
- Have each couple interlock elbows.
- Ask each couple to stand up together.
- It sounds easy, but girls will discover it takes a lot of cooperation and balance to stand up together.
- Change partners several times.



### **Learn About Taking Turns**

It's difficult for young children to wait for their turn to talk. Making transitions from one speaker to another is easier with "clothespin characters." Make a character for each child from a wooden, slotted clothespin. Draw a face with markers, glue on yarn for hair and create a hat from a pop bottle cap. Place "clothespin characters" around a coffee canister and place it in the middle of the circle. When it's a child's turn to share, let her take her character from the can and hold it in her lap while speaking. When she's finished, she can place the character inside the coffee can. It's much easier for children to take turns when they have these visual clues to help them.

## **Taking Turns**

The object of this activity is to give everyone a chance to listen, speak, and be accepted.

- The leader begins by asking a simple question and going around the circle, giving each person a chance to answer. (Example: What did you have for breakfast this morning?) As each girl answers, the leader accepts each answer positively.
- Leader asks a second question requiring more imagination. (Example: If you could have anything in the world you wanted for breakfast, what would it be?) All answers are accepted positively, even if they get a bit silly.
- Leader asks a question leading into some program planning. (Example: If we were having a breakfast cookout next week, what would we have?)

## **Topic Drawing**

- Divide into groups of 3 or 4. Give each group a large piece of drawing paper and crayons or other drawing tools.
- Give each group a topic about which to draw. There must be total participation and each group must agree totally on the drawing.
- Share the drawings with the whole group.
- Suggested topics: Invent the perfect toy, a new kind of animal, car, house, T.V., a perfect playground, a person from another planet.



## **The Lap Game**

Everyone stands in a line, or a circle behind each other. Put hands on the waist of the person in front of them. On the count of "3" everyone sits down on the lap of the person behind them.

## **Group Wind Chime**

**Materials:** Index cards, string, tape, stick or hanger, art supplies, old magazines.

**Procedure:** Give each girl an index card, have her decorate the card to reflect her personal strengths, talents, likes, etc. Each girl should write her name on the card. Compare the uniqueness of each card and share the wealth of positive qualities the troop has a unit. Leaders should also create a card.

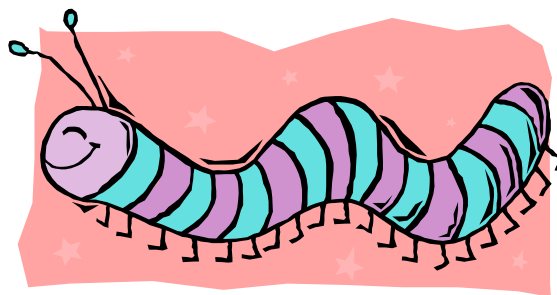
Have each girl punch a hole in the corner of her card and attach it to a string. Tape the strings holding the cards to the hanger in a wind chime design. Each girl should take a turn swinging her individual suspended card. Take note of how the movement of just one card affects all the others in the "wind chime."

## Take a Centipede Stroll

This activity will help girls learn how to work as a team while having fun moving the centipede forward.

To make a centipede, you'll need:

2 boards, each 2"x6"x10'  
Strong rope, cut into 20 - 2-1/2' lengths  
Drill and bit

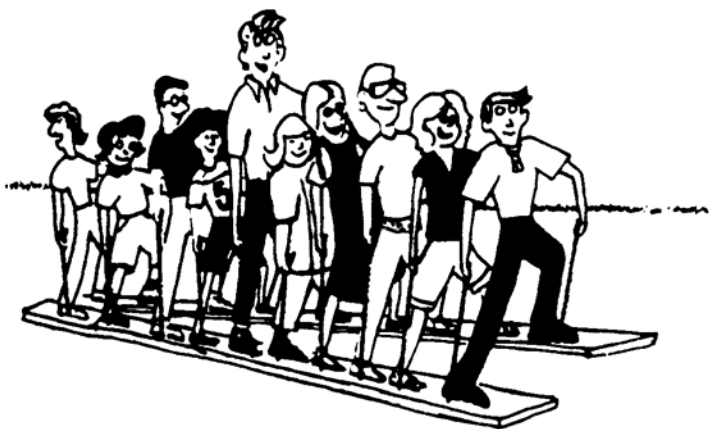


1. Drill 10 evenly spaced holes in each board (each hole should be slightly larger than the diameter of the rope).
2. Thread one piece of rope through each hole, and knot it on the underside of the board.
3. Tie several knots in the other end of the rope to serve as a handle.
4. Attach 10 ropes to each board.

Here's how to go for a "Centipede Stroll:"

It's best to use your centipede boards on grass rather than a hard surface. Have 10 girls stand on the centipede, one foot on each board, and grab the rope next to each foot. Have them stand up straight, but don't give them any other directions except that they are to walk as a group to the finish line 12 feet away without stepping off the boards.

They should eventually learn that the best way to accomplish this is to work as a team with someone calling "left, right, left." When "left" is called, the girls lift their left legs and pull up on the left board with the ropes to take a step forward. Then repeat the movement with the board on the right side.



Another animal walk:

You can play similar group games without making a centipede board. the girls might enjoy trying to make a hunting spider with 8 legs and 8 eyes. Have 4 girls lean their backs against each other, eyes and legs facing outward. then ask them to stand up from a sitting position without toppling over and go hunting for insect prey. Perhaps the girls could think up other animals to imitate in pairs or in groups.



## Creative Story Telling

Explain to the group that we are going to make up a story together as a group. The leader will start by saying a few sentences, then the next person will continue the story for a few lines until the story goes around the circle two or three times. The story should involve children and leave plenty of room for fantasizing. Encourage the girls to listen to each other and continue the story in whatever way they want to. Remember, a girl can choose to pass her turn if she wishes.



## Sealed Orders

Leader prepares "Sealed Orders" for each patrol (if you don't have patrols, divide troop into small groups of 5-8 girls).

### Sealed Orders

Here is your chance to be creative, to share your best thinking and planning with the rest of the troop. This is your challenge!

\* Between now and our next troop meeting, plan something that \_\_\_\_\_  
Now, put your heads together and decide how you want to do it. You might.....

- . . . invite a guest to share something.
- . . . help the troop to learn a new skill or sharpen an old one.
- . . . make up a game to play, a song to sing, a skit.
- . . . or ? ? ?

Be ready to carry out your plans at our next troop meeting. There are only three "ground rules" that all groups must follow:

1. Every girl in your group must take some part in planning and carrying out the activities you choose.
2. Whatever you plan will be done at our regular meeting place and must be done in about \_\_\_\_ minutes.
3. You must include everyone in the troop in what you do. No one should feel uncomfortable or "left out."

\* After "Between now and our next troop meeting, plan something that \_\_\_\_\_," insert a different one of the following for each patrol:

- will help troop members to know more about each other.
- teaches us something new.
- takes us on an adventure!
- helps us explore our talents!
- makes us think!

(Continued on the following page)



### (Sealed Orders, Continued)

Fill in the number of minutes each patrol will have to carry out its plans. The length of your meeting and the size of your troop will determine the timing. Some troops may need to take two troop meetings to prepare and/or two meetings to share.

Give each patrol a "Sealed Orders" envelope. Put a few resource materials out on a table. (Handbooks, song and game books, paper, paste, scissors, crayons, pins, newspapers, etc.)

Leave the patrols alone to plan. Help patrols when asked. Clarify questions about the "Sealed Orders," suggest a resource, etc. Refrain from imposing your ideas on the girls.

At the next meeting, have the patrols draw numbers to see who will share their planned activity first. When all patrols have carried out their activity, have a discussion using some of these questions:

- Did you enjoy working on this project?
- What did you like least? Most?
- How did you feel when you first got your "Sealed Orders?" How do you feel now?
- Have you discovered anything new about yourselves and what you can do? If yes, what?
- Do you feel you want to plan more on your own, with some help from your troop leaders?
- What kinds of things would you like to plan next?



## FRIENDSHIP ACTIVITIES

Friendship means caring about people.  
Friendship means mutual understanding.  
Friendship means making people feel important.  
Friendship means doing something special for someone.  
Friendship means no one feels left out.  
Friendship means having fun together.

### **Welcome Kit**

Develop a welcome kit to welcome new members to your troop. Some possible things to include:

- picture of the troop
- description of some of the activities you have done
- statements from members of the troop finishing this sentence: "I like Girl Scouting because....."
- time and place of the troop meeting

This kit could also be used to introduce your troop to your Friendship Pen Pals.

### **The Weather Report**

The receiver is seated, the giver is standing or kneeling behind them. The giver shakes out her hands while the receiver closes her eyes. First the snow falls lightly down on head and shoulders. Soon it turns to the firmer pitter pat of rain. This is followed by the stiff fingers and bouncing wrists that deliver the hail. Cupping hands and passing from shoulder to shoulder, thunder rolls. Using the sides of the hands in a chopping motion, the lightening comes. Grasping the shoulders and gently rocking the person from side to side, the breeze moves. Rotating the shoulders forward and back an earthquake comes. Then it is tornado season with the thumbs performing circles massaging out the kinks. Fingertips scratching down the back cause an avalanche. Heat from the palms of the hands are the sunshine warming the back. A tidal wave with sound effects washes over the head and down the back several times. Finally a moment of peace comes as the giver rests her hands on the receiver's shoulders, closes eyes, and allows the energy to flow between them.

### **Friendship Books**

Take a group photo of the troop. Give a picture to each girl to decorate the cover of her book. Have the girls make a page for each girl in the troop. Decide what information girls will put on the page, beginning with names and phone numbers.

- Daisies may just want name and phone number
- Brownies might add their address, favorite game, or favorite food.
- Juniors could add their favorite sport or favorite singer.
- Cadettes and Seniors might include school information and favorite subject at school.

Daisy Girl Scouts could put their friendship book in their Daisy scrapbook. Other age levels could choose how to bind their books.



## Singing Together

This is a good way to build a sense of camaraderie and fun. Every troop should have the *POCKET SONGBOOK* and *SING A MILE HI* songbook. Both are inexpensive and available at the Mile Hi Council Shop. The following is a basic list of songs every troop should know. Include time for singing at your troop meetings to learn these songs. Then when troops join together for inter-troop activities and events, a common bond is quickly established by singing the songs everyone knows.



### Pocket Songbook

Whene'er You Make a Promise  
Girl Scouts Together  
Our Chalet  
Our Cabana  
Hello  
Make New Friends  
Taps  
Music Shall Live

### Sing A Mile Hi

Promises  
Green Trees  
Kookabura  
Sing Together  
For Health and Strength  
White Coral Bells

### Brownie Girl Scout Handbook

The Brownie Smile Song

## Friend Appreciation Day

Have a friend appreciation day. The week before your celebration, put everyone's name in a box. Each girl draws a name and keeps the name drawn a secret. During the week ask each girl to make a friendship certificate for the name they've drawn. You may want to give each girl a blank certificate to decorate and fill in the blanks. Include name, three or four positive adjectives to describe the person, signature and expression of appreciation.

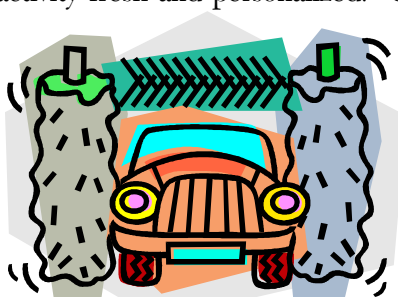
Example: This certifies that \_\_\_\_\_ is \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_.  
I, \_\_\_\_\_ appreciate (recipients name.)

Have a party and present the certificates.

## The Car Wash

The car wash consists simply of lining up the group in two parallel lines quite close together. Then one person is sent through the wash (between the lines) and everyone touches her and says words of praise and affection and encouragement. The pats on the back, the hand shaking, and the verbal support produce a sparkling, shiny, happy "car" at the end of the wash.

It's a good idea to just run one or two people through the car wash at a meeting rather than everybody in one big clean up. This keeps the activity fresh and personalized. Older girls might ask for a car wash when they feel "down."



## **Swap Picnic**

Tell each girl to bring a sack lunch containing a sandwich, chips, and a piece of fruit. Allow two minutes for the girls to swap lunches as many times as they can. When you call time, the lunch they are holding is the one they eat. Allow one more swap if someone has their own.

## **Human Instruments**

- Each girl selects a strange noise that can be made with the voice.
- Let each girl make her noise for the group.
- The leader acts as the director and points to the sound she wants to hear.
- Sounds may occur 2 or 3 at a time, or all at once. Experiment with the noises and create an orchestra.
- The girls can take turns being the director.



## **What Friends Mean to Me**

Give the girls incomplete sentences about friendship and have them complete the sentences. You can use this activity during an opening ceremony, during a sharing time, or as conversation while working on another project.

Suggested sentences:

- It makes me happy when my friends.....
- I hope my friends.....
- I hope my friends don't.....
- I'm unhappy when my friends.....
- I'm proud that my friends.....
- When my friends tease me, I.....
- I wish my friends.....
- They are my friends because.....

Do two or three sentences in a session.



## **Kindness**

Every time you do one of the following acts of kindness, give yourself the appropriate points. See if you can get at least 50 points at the end of each week.

10 points - I included another person in my activity when he/she was feeling left out.

15 points - I took the time from my activities to help someone in need.

25 points - I helped someone to learn something new.

50 points - I gave up something I really wanted for someone who needed it more than I.

Girls might like to make a chart to take home. Include some feeling statements on the chart.

When I am kind to others I feel \_\_\_\_\_.

When others are kind to me, I feel \_\_\_\_\_.

It is important to be kind because \_\_\_\_\_.

## **Have You Seen My Friend**

One girl describes someone in the circle. The others try to guess who it is.

## **The Friendship Game**

Divide the group into pairs. Have each person say a friendly or complimentary thing to their partner. For example, comments on abilities, looks, personality, etc. Bring two pairs together and have the group of four share the friendly words that were said to them. Then bring two groups of four together and have each person in the group of eight say something friendly or complimentary about themselves. Bring everyone together and talk about how it feels when someone says friendly and complimentary things to you.



## GIRL SCOUT FRIENDSHIP TRADITIONS

### **Friendship Stick**

The original friendship sticks were made of green wood. The perfect stick would be curved to fit the curve of the earth and girls would use their jackknife to pull away the bark.

Our concern for the environment prohibits cutting sticks from live trees so friendship sticks are now made with dowels purchased at the lumber or hardware store. Friendship sticks can be any size. Small ones (approximately 2" long) can be made into a pin by attaching a clasp to the back or hung on a cord by attaching an eye screw to the top.

Friendship sticks are always painted by the giver and presented as a token of friendship.

The green circle around the bottom of the stick is for faith in God, and one another. Though our religious beliefs and practices may differ, we should strive to stand strong in our own beliefs, and at the same time, respect the beliefs of everyone.

The next four circles represent the races of the world. Yellow, black, white, and red. They stand close together indicating that all people are equal. Every person is capable of becoming a loyal friend.

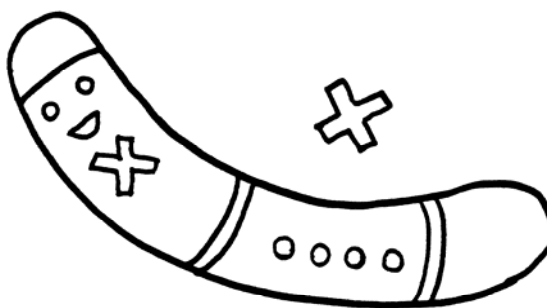
The green circle of hope goes around the stick above the races. It is hope for the future. The green circle of hope and the green circle of faith surround the races. Faith and hope produce unity.

The X should be painted in the colors of the four races, signifying how all people can come together and work for peace.

The smiling face is the result of friendship based on love and unity. The brown and blue eyes represent all the peoples of the world. It is a reminder of the friends who give and receive this friendship stick. To be greeted by the smiling face of a friend is one of the greatest joys we can experience.

The face is crowned by Girl Scout green, indicating loyalty to Girl Scouting and to the friendships developed in Girl Scouting.

On the back, a green X is placed opposite the four races to show that peace and goodwill can exist among all people



## The WAGGS Friendship Knot

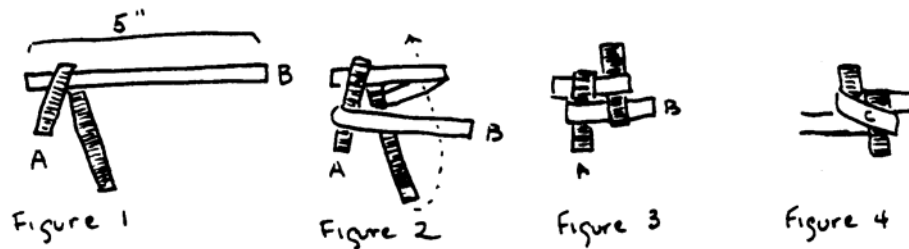
This knot symbolizes the ties which bind the girls and adults who belong to the World Association of Girl Guides and Girl Scouts, and is a sign of the continuous friendships they share.

The four ends of the knot represent the Promise, the ten parts of the law, the Motto, and Service to others. The four squares stand for the four world centers.

Wear it with pride!

**Material:** 2 pieces of grosgrain or velvet ribbon 1/2" wide, 5" long.

**Directions:** Fold end A over B. (Figure 1).  
Fold B behind A and around to the front and over A. (Figure 2).  
Weave long end A over B's end and under B's loop. Pull gently to even four ends of the knot.  
Check to see that front and back of the knot look like figures 3 and 4.  
Attach small safety pin under C. (Figure 4).  
Trim ends even.



(From the Girl Scout National Council 43rd Convention, Detroit Michigan, October 1984)

## Friendship Pin



Girl Scouts U.S.A. has a friendship pin which may be given as an expression of friendship or appreciation.

The pin can be given to any individual in or out of Girl Scouting. It is often given to a member of a Girl Scout/Girl Guide organization in another country.

## **Swaps**

When troops get together to make new friends or when girls travel and meet girls from other councils, they often exchange "swaps." A "swap" is a small gift, usually hand-made. When traveling, the "swap" may reflect something about your own community, city or state. On a local level, the "swap" may reflect a theme, a troop interest, etc.

## **The Friendship Tie**

The Friendship Tie is composed of yarn in the colors of the Worlds of Girl Scouting:

Red is for Health, Fitness, and Sports  
Blue is for People and Cultures  
Orange is for Math, Science, and Technology  
Purple is for Arts and Creative Expression  
Yellow is for Outdoors and Camping  
Green is for Girl Scouting



Cut a 2 yard length of each color yarn. Arrange the six strands together and keep together throughout the project. Fold yarn in half to find the center. (This will be the center back of the tie.) Tie thirteen overhand knots to represent the three parts of the Promise and the ten parts of the law. Three Promise knots should be at the center back about 1 inch apart. Skip about 4 inches and tie five knots on each side for the Law.

Attach both ends with a square knot.

You may attach a Friendship Bell (See Friendship Bells on page 28) to your tie. Use any color yarn to secure the bell; the color of your favorite category or perhaps the colors of the categories you would like to know more about. Add a bow knot to make it pretty.

The Friendship Tie represents the circle of friendship with other Girl Guides and Girl Scouts around the World.

Of course, you should never keep a Friendship Tie you make. You should always give it to someone or trade with them.



## **Friendship Bells**

Girls in Mile Hi Council and girls in other councils around the country have collected friendship bells for many years. The use of the bell is an old custom from Thailand. The Thais believe the sound of the bell pleases the good spirits and brings good luck, great fortune, health and happiness. They also believe the sound of the bell drives away the evil spirits.

In 1964, girls from Mile Hi Council who attended the Girl Scout National Roundup came back with friendship bells and began presenting bells to others along with the words to a song from "The Sound of Music."

"A bell is not a bell until you ring it,  
A song is not a song until you sing it,  
Love wasn't put in your heart to stay,  
Love isn't love till you give it away."

Friendship bells are given in troops, at inter-troop and unit activities, at camp, etc.

Many girls attach their bells to a macrame piece that can tie onto their belt or hang on the wall.

Bells can range in size from very tiny to quite large. The larger ones might be difficult to carry around however, and would be more suited for display and given on very special occasions.



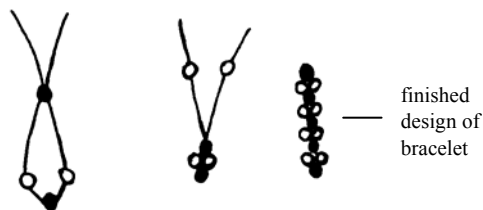
## THINGS TO MAKE

### Friendship Bead Bracelet

**Materials:** Beads in 2 colors, fishing line

**Directions:**

1. Measure fishing line around wrist three times.
2. Fold in half, keeping ends even.
3. Start with 1 bead. Put the bead on the end of the line. Draw bead down to fold.
4. Take 2 beads of the same color but different from the first bead and thread both ends. Draw them down to the first bead.
5. Take one bead, the same color as in step 3, thread through 2 ends.
6. Repeat step 4, keeping beads tight together.
7. Repeat step 5.
8. Continue working steps 4 and 5, keeping beads tight together. End with step 5.
9. Tie ends in 2 tight knots.
10. Slip ends through last bead hole. Put bracelet around wrist and have someone tie ends in several knots.

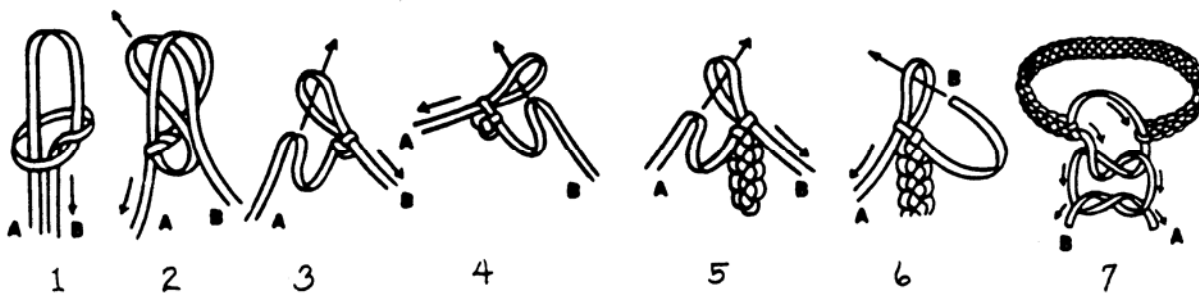


### Plastic Lace Friendship Bracelet

**Materials:** 2-yard long piece of plastic lace

**Directions:**

- Step 1: Tie a slip knot in the middle of a 2-yard long piece of plastic lace. Pull lace "B" as shown.
- Step 2: Loop lace "B" through loop in lace "A" formed in Step 1. Pull lace "A" tight.
- Step 3: Loop lace "A" through loop in lace "B" formed in Step 2. Pull lace "B" tight.
- Step 4: Loop lace "B" through loop in lace "A" formed in Step 3. Pull lace "A" tight.
- Step 5: Repeat Steps 3 and 4 until braid is long enough to go around wrist. **NOTE:** Make braid longer if you wish to slip bracelet on and off without untying.
- Step 6: To end braid, push end of lace "B" through loop in lace "A." Pull lace "A" and lace "B" tight.
- Step 7: Push end of lace "A" through beginning loop, as shown. You may need to enlarge beginning loop with a crochet hook or awl. Tie lace "A" and lace "B" in a double knot. Trim off excess lace if desired.



## Leather Bracelet

Give each girl a piece of leather thong or shoelace. As they exchange beads of friendship, they can string the bead on the leather, tie an overhand knot and be ready for the next bead.

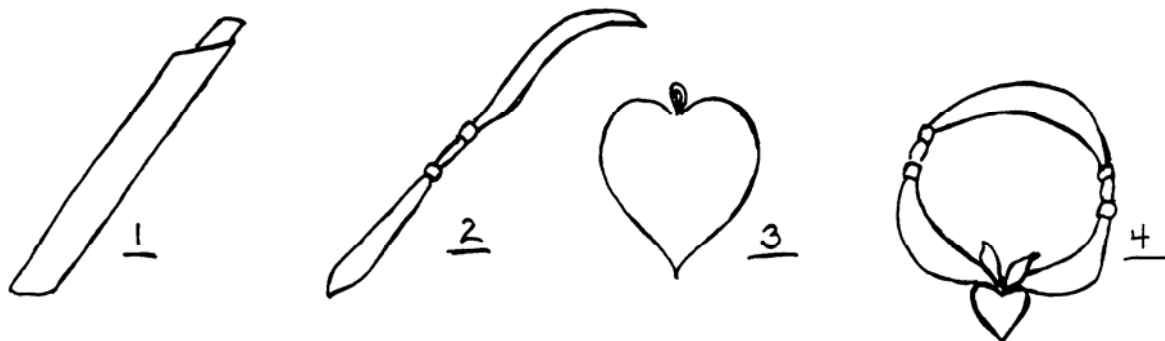
## Bandanna Friendship Necklace

**Materials:** 1 blue bandanna  
3-1/2" wide x 1/2" thick unfinished wood heart  
red acrylic paint  
paintbrush  
small eye hook  
4-20mm red wood beads  
sandpaper  
hammer, nail

### **Directions:**

1. Fold the bandanna from corner to corner, then roll very tightly.
2. Slide two beads on one end of the bandanna. . . one is 11" from the end, the other 9" from the end. Repeat with the beads on the opposite end of the bandanna.
3. Paint the heart red. When dry you may sand the heart to give it a weathered look. Screw the eye hook into the top of the heart. To make this easy, first pound a nail 1/4" into the heart. Pull it out and screw in the hook.
4. Slip each end of the bandanna through the eye hook, one end going each way. Pull the ends so they extend 1-3/4" through the eye hook.

**Variation:** Use a permanent marking pen to put your initials on the heart or have everyone in the troop put their initials on the heart. Seal with spray acrylic.



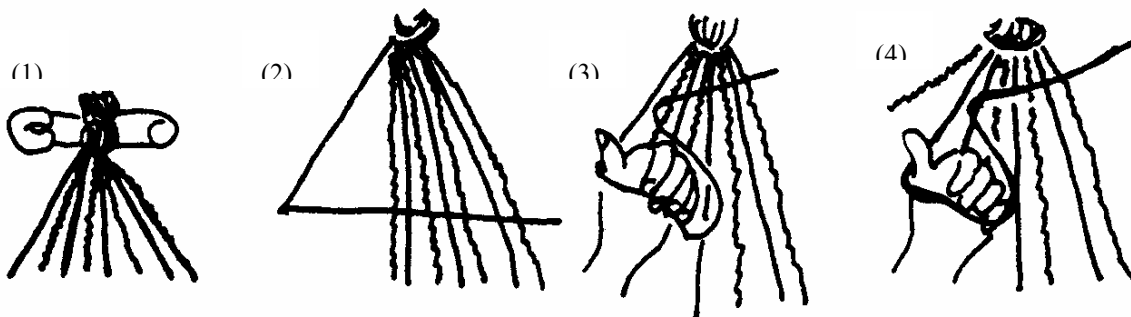
## **Knotted Friendship Bracelet - Single Stripe Pattern**

**Materials:** 8 strands of embroidery floss, 38 inches long; (4 of each color selected)  
Safety pin

1. With an overhand knot, tie all 8 strands together about 3 inches from one end. Pin through this knot and attach to something secure. Lay all 8 strands flat. Arrange colors every other strand. The first strand on the left will be the worker thread. The remaining seven are base threads.
2. Hold the first base thread tight with the fingers of your left hand. With the right hand, wrap the worker thread around the thumb of the left hand and pull across the base threads to form the shape of a 4.
3. Bring the worker under the first base thread and pull up through the center of the 4. Continue to hold the base thread tight as you pull the worker to the top to form a knot. Repeat on the same base thread. You will now have two knots on the first base thread.
4. Lay the first base thread aside and pick up the second one. Repeat the process in #2 and #3. Work your way across all the strands tying two knots on each. At the end of the row, the worker will become the seventh base thread. The new worker will be the thread on the left.

Continue the process until the bracelet is wrist size. Tie it onto the wrist of a friend as a symbol of your friendship.

**Variation:** Use string or cord in one or two colors.

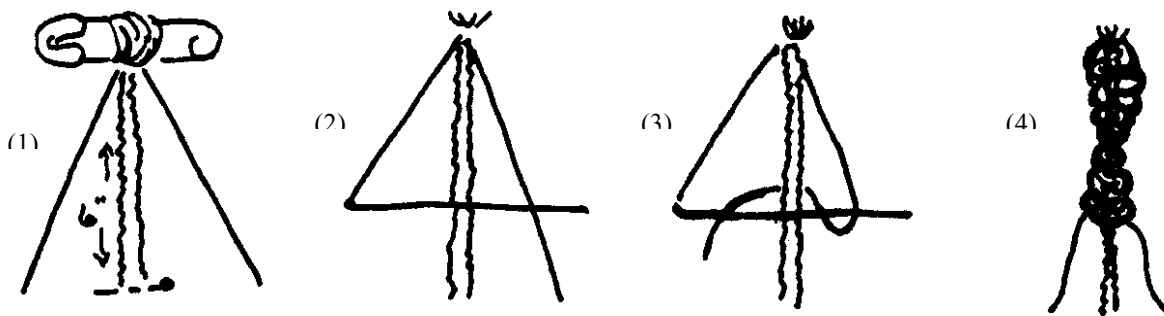


## **Knotted Friendship Bracelet - Spiral Pattern**

**Materials:** 4 strands of embroidery floss, 38 inches long (2 for each color selected)  
Safety pin

1. With an overhand knot, tie all 4 strands together approximately 3 inches from one end. Pin the floss through this knot and attach to something secure such as upholstery, carpet, bulletin board or even the leg of your jeans. The floss may also be taped to a flat surface. Lay the strands flat and arrange so that the two center strands are the same color and the two outside strands are the same color. (ABBA.) Your bracelet will be the color of the two outside strands. For a variegated effect, arrange the colors, ABAB. Pin or tape the two center strands taut about 6 inches from the top knot. These are the base threads and the two outside strands are the workers.
2. Put the left strand (the active worker) over the two center base threads and under the right strand (inactive worker).
3. Bring the inactive worker under the center base strands and up through the loop made at the left by the active worker.
4. Repeat this same knot over and over. After a few knots are tied, the bracelet will begin to twist around itself. As it turns, remember to continue using the active worker or strand that's always on the left. Continue knotting until bracelet fits your wrist. Tie the bracelet onto your friends wrist as a symbol of your friendship.

**Variation:** Use string or cord in one or two colors.



## **The Friendship Knot**

This Knot is woven in friendship true  
and interlaced with memories too  
of friendship found and shared by two  
the ties time and miles can't undo

-----

The friendship knot as we know it is known by other names; the Japanese Crown Knot and the Success Knot. Knots are ageless and this knot has been tied since ancient times for ornamental purposes. The lore of knots has been a subject of devoted study by the Japanese and since early times, ornamental knotting has been employed for ceremonial purposes.

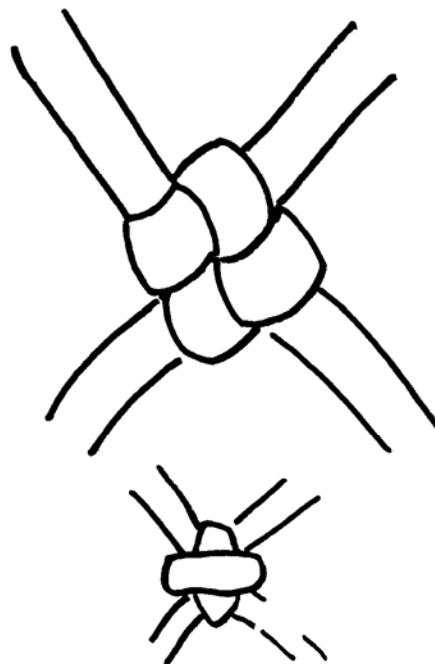
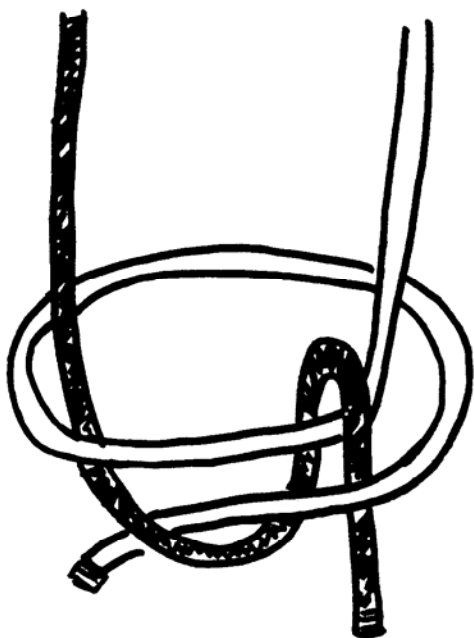
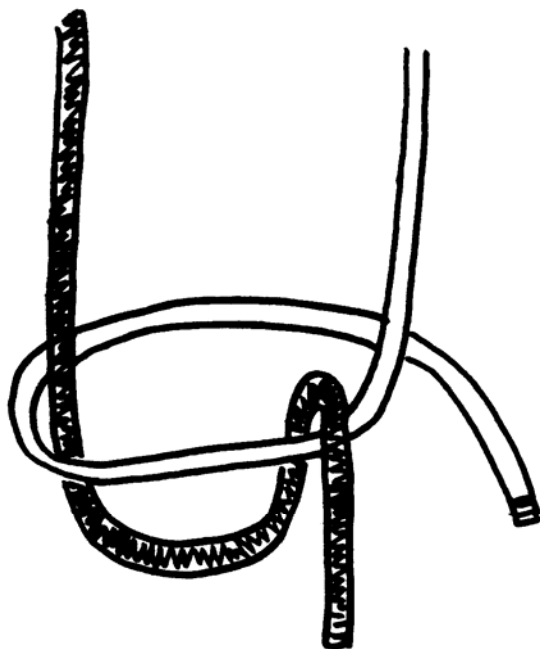
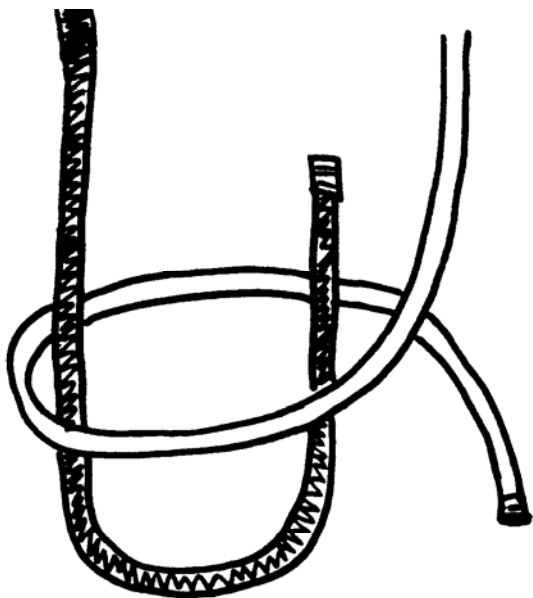
At first it might perhaps seem strange that this knot, the Japanese Crown or Success Knot has found its way, across thousands of miles, to us. In reality it isn't really so strange at all, for friendship knows no barriers. This knot is also aptly named for is it not so that one's crowning success is friendship?

### **The Norwegian Legend of the Friendship Knot**

There once lived in Norway, facing the North Sea a fisherman and his daughter. The child was lonely. All day and long into the evening, her father was on the water fishing. Her mother had died when she was only five years old. She was alone so much of the time. To help her idle away the lonely hours, her father taught her the art of knotting, lacing and braiding and she spent many a happy hour doing this work. Her favorite knot was one her father called the knot of friendship. It fascinated her because it looked so much like a four-leaf clover, which she had read about and which was supposed to bring much luck to a person who found one. She was fascinated also because she could not understand what friendship was. Her father could not explain "friendship" . . . he could not relate it to a person . . . place . . . or thing. He could only say a friend was "good. . . kind. . . sincere," and so on. These things she understood.

When the child was eleven years old, the sea claimed the life of her father and she was sent into the city to live with an elderly distant relative. The woman did not understand the needs of a young child and once again she was lonely and afraid. Across the street from the house in which she lived was a small park and each week the child watched a group of young people gather there. They all looked so happy and there was so much laughter and singing. She decided that the next week she would go and sit on the bench and be there when the girls arrived, . . . so she could hear what they said and see what made them so happy. And so the very next week, she was sitting on the bench when the group came down the walk. She watched and listened, and found it was a group of Girl Guides and they were working with a map and compass. All seemed unaware that she was even around. In her deep interest in what was going on, she did not see the tall girl leave the group and come to her bench. . . only when the girl said, "Come join us and be our friend," did she become conscious that she was there. There was the magic word "friend." Now, perhaps she would find out what it meant. Time passed and the child did join the group and did become their friend and one lovely evening during a campfire ceremony, the child presented to each member of the group, a light blue rope neck tie and in the end of each, she had carefully made her knot of friendship as her token of love and friendship. She finally understood the word "friend."


# FRIENDSHIP KNOT



## FRIENDSHIP CEREMONIES

Girl Scout ceremonies are observed to reinforce values, pass on traditions, and to give life to the beliefs as stated in the Promise and Law. All ceremonies have a theme and may be formal or informal. Friendship is a great theme and the following ceremonies can be used as openings, closings, Girl Scout's Own, or part of a longer ceremony or celebration. After you have tried some of these, design your own ceremony with a friendship theme.

### The Gold Chain Ceremony

- 
- First girl: I link my chain for the Girl Scout Promise.  
Second girl: I join my link for the Girl Scout Law.  
Third girl: I join my link for the Girl Scout Motto, "Be Prepared."  
Fourth girl: I join my link for the World Flag.  
Fifth girl: I join my link for the World Pin.  
Sixth girl: I join my link for the Girl Scout sign.  
Seventh girl: I join my link for the four World Centers.  
Eighth girl: I join my link for the Girl Scout handshake.  
Ninth girl: I join my link for the Girl Scout slogan, "Do a good turn daily."  
Tenth girl: I join my link for Thinking Day for Girl Scouts and Girl Guides the world over.  
Eleventh girl: I join my link for the founder of Scouting, Lord Baden Powell.  
Twelveth girl: I join my link for the World Chief Guide for many years, Lady Baden Powell.

The Golden Chain of World Friendship is a symbol of Girl Scouting and Girl Guiding throughout the world. Let us never forget:

(All together)

"I am a link in the golden chain of world friendship. I must keep my link strong and bright."

### Unity Chain

Give each girl a strip of construction paper. Ask them to describe the troop with one positive word and write the word on their strip. Have them share the word as they staple their link to the unity chain.

**Variation:** Do a friendship chain with each girl writing the name of the girl on their right and one positive word to describe that girl.



## **The Candles of Friendship**

**Formation:** Horseshoe around a table.

**Equipment:** Thirteen candles, logs or wood candle holders.

**Ceremony:** As each girl speaks, she lights a candle.

### **Speaking Parts:**

- Girl Scout 1: "We light the candles of Friendship."
- Girl Scout 2: "These are the symbols of our pledge as Girl Scouts."
- Girl Scout 3: "Our flames are small and burn steady and bright."
- Girl Scout 4: "We light them with thoughts of friendship glowing and steadily burning in our hearts."
- Girl Scout 5: "We watch the glowing flames with hopeful hearts, for children here and abroad, that they may enjoy all the rights of the child."
- Girl Scout 6: "For the Founder of all Guiding and Scouting, Lord Baden-Powell."
- Girl Scout 7: "For the Founder of Girl Scouting in the United States of America, Juliette Gordon Low."
- Girl Scout 8: "This candle is for the hope of peace in every land."
- Girl Scout 9: "This one is for service to our country."
- Girl Scout 10: "For all Girl Scouts and Girl Guides wherever they may be."
- Girl Scout 11: "This one says, 'Good luck to all who are away.'"
- Girl Scout 12: "For the Girl Scout Law."
- Girl Scout 13: "This is for the Promise we make as Girl Scouts together."
- Girl Scout 14: "Let us now renew our Girl Scout Promise."



## **Secret Pals**

Draw names of a secret pal. The leader may want to make a master list in case a girl forgets the name she drew. Encourage the girls to do nice things for their secret pal. This might include friendly notes, poems, pictures, a small handmade gift, etc.

At a special ceremony, everyone will find out who their secret pals are. One person begins by taking the hand of her secret pal. This girl will take the hand of her secret pal. . . .and so forth, until we have a long chain of friendship!

This might be fun to do over a troop camp weekend concluding with the ceremony just before you leave for home.

## **Friendship Circle**

In a friendship circle, cross right hand over left and hold hands with the people next to you.

A friendship squeeze is begun by one person squeezing the hand of the person next to her. When you feel your hand squeezed, you do the same to the person next to you. Everyone is silent as the friendship squeeze is passed. It stands for friendship with Girl Scouts everywhere.

**Variation:** Girls may want to make a wish as part of the friendship squeeze.

**Variation:** Leave your circle open between two people. This signifies that Girl Scouting is never a closed circle, we always welcome new friends into our troop. It can also be symbolic as it leaves room for all the Girl Scouts and Girl Guides in our school, our unit, our council, the U.S.A., and all over the world who are a part of our Friendship Circle.

## **Friendship Tie Ceremony**

On page 23 you'll find the directions for the friendship tie. To use it in a ceremony, sit in a circle with thirteen candles in the center to represent the Promise and the Law. As you pass out each color, tell about the category it represents.

Red represents Health, Fitness, and Sports. Activities in this world help us to learn more about how we are special and how to take good care of ourselves.

Blue represents People and Cultures. This world is all about your family, your friends, making new friends, and people all around the world.

Orange represents Math, Science, and Technology. In this world, we discover how things work, how things happen, and how we can be ready for the future.

Purple represents Arts and Creative Expression. In this world, we have fun creating music, putting on plays, making things, drawing, and much, much more.

Yellow represents Outdoors and Camping. In this world, we explore the natural world around us.

Green represents Girl Scouting.

Begin by tying the first three knots as you read the Promise and light 3 candles. As the next 10 knots are tied, read the Law and light the 10 candles.

Join the ends together with a square knot which represents the bond of friendship that unites us all in Girl Scouting.

When all the ties have been completed, each girl tells what Girl Scouting means to her. She can then exchange her tie with another girl, perhaps everyone could just pass their tie to the right. Everyone puts on their friendship tie.

Close with "Make New Friends" and a Friendship Circle.

## GIRL SCOUT FRIENDSHIP RESOURCES

### **Daisy**

*Daisy Girl Scout Activity Book*

Activities:

Daisy Girl Scout Have Friends

Daisy Girl Scouts Go 'Round The World

*The Guide for Daisy Girl Scout Leaders*

Daisy to Daisy

I Am Different; I Am Unique

Greeting Cards

Group Stories

*Issues for Girls: Connections for Daisy Girl Scouts*

### **Brownie**

*Brownie Girl Scouts Handbook*

Activities

Making Memories, Friends

*The Guide for Brownie Girl Scout Leaders*

*Try-Its for Brownie Girl Scouts*

Sports & Games

Caring & Sharing

Friends Are Fun Around the World

*Issues for Girls: Connection for Brownie Girl Scouts*

Postcards

Links In A Chain

### **Junior**

*Junior Girl Scout Handbook*

*Issues for Girls: Connections for Junior Girl Scouts*

*Junior Girl Scout Badges and Signs*

### **Cadette and Senior**

*Cadette and Senior Girl Scout Handbook*

*Cadette and Senior Girl Scout Interest Projects*

*Issues for Girls: Connections for Cadette and Senior Girl Scouts*

*The Guide for Cadette and Senior Girl Scout Leaders*

*A Resource book for Senior Girl Scouts*