



GIRL SCOUT LAW AND GIRL SCOUT PROMISE

"ON MY HONOR..." THE GIRL SCOUT PROMISE

Leader (with girls sitting in a circle): "Did you know that the most important part of becoming a Girl Scout is making the **Girl Scout Promise**?"

The Girl Scout Promise tells how Girl Scouts try to act every day toward one another and other people.



It says:

"On my honor, I will try:

To serve God and my country,

To help people at all times,

And to live by the Girl Scout Law.

"Did you notice? The Girl Scout Promise has three parts:

1 - Serving God and Our country

2 - Helping other people

3 - Living by the Girl Scout Law.

When we say the Promise we make the **Girl Scout Sign**. [*demonstrate*] The three fingers help us remember the three parts of our Promise: (*touching upraised fingers with "pointer" finger of left hand*) serving God and our country, helping other people, and living by the Girl Scout Law."

The Girl Scout/Girl Guide Sign

Leader: "It is easy to make a promise. To *keep* a promise may be harder, unless you know what it means. Let's talk about what you are saying when you make the Girl Scout Promise:

"Do you know what it means to make a promise?" [*give girls a chance to respond...*]

"When you say '*On my honor...*' it means you can be trusted to do what you say you will do. You keep your promises."

"*I will try...*" You know it will not be easy to live up to the Promise sometimes, but you will try hard!"

Ideas

Girl Scout Promise - Review what the Promise means. Points to make in discussion or suggested activities for each part of the Promise are detailed below.

- Serve God: this is something we learn about with our family, not with our Girl Scout Troop
- Serve country: service projects, flag etiquette
- Help people at all times: talk about being a helper, how do you help at home, service projects (collect stuff for Atlanta Day Shelter, greeting cards for St. Judes Children's Ranch, etc.)

Girl Scout Law with hand motions

Everyone stands in a circle

I will to my best to be:

Honest and fair.....palms out

Friendly and helpful.....like you are shaking hands

Considerate and caring.....hug self

Courageous and strong.....show your muscles

Responsible for what I say and do.....Girl Scout Sign

And to

Respect myself and others.....thumb to self and then hand out,
palm up, as though presenting something

Respect authority.....salute

Use resources wisely.....rub fingers back and forth like \$\$\$\$
while moving arms back and forth in front of you

Make the world a better place.....sweep straight arms from sides
to meet above the head making a world

And be a sister to every Girl Scout.....arms around shoulders of
girls in circle.

Explaining the Girl Scout Law Ideas:

Honest and Fair,

- The **LIGHT BLUE** sky is always fair...it rains on everyone or shines on everyone
- Decide what it means to divide something up “fairly” (like a small bag of M and M’s)
- Read and discuss the children’s book “Star Ballerina”
- Have the girls role play what it means to be honest
- Talk about “playing fair” on the playground or in games at school
- Have a game day and talk about how it's not fun to play when people cheat
Have an Egg Hunt for "honest and fair" petal. Each girl is allowed to find 5 eggs. Once they reached their goal they had to assist the other girls until everyone found 5 eggs
- At snack time or craft time give one girl double the snack or craft supplies. This will spark at least one if not all your girls to say, "that's not fair!!!" Also during this time take someone's snack or craft materials. Let the girls see you take them and when they ask why did you take the girls snack or supplies you answer "I did not take them." Again this will start a discussion on what is honesty.
- The idea is to explain to the girls the concept of fairness, then give the girls the opportunity to divide up something fairly. Get a lot of a small inexpensive item. Then, give them to the scouts and tell the Scouts to divide them up fairly, while the leaders are outside the room. (Tiny erasers, candy, pennies can be used.)

Friendly and helpful,

- **YELLOW** is cheerful and friendly and the color of the sun which helps all living things grow.
- Have the girls role play the situation of a new girl in troop or school, and how to make her feel welcome
- Have the girls draw pictures showing themselves being friendly and helpful
- At home assignment: each girl should take on a chore at home that isn't part of her regular home chores
- Make a thumbprint name tag to wear
- Read the Brownie Story. Each time the Scouts hear the word helpful, have them stand up and shout "Helpful!" Then send them home with little sheets of paper that say, "A Girl Scout was here". Each time they do a good deed/chore without being asked, they can leave a slip of paper
- Have one Daisy be a helper at each meeting, one girl earning the Petal at each meeting
- Old Friends Game
 - 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, they're ready for a second trip.
 - This time they pretend that everyone they 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
- Swap Shop Game
 - Have the girl's 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 "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 someone new to swap with.
- 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, and cuts her piece of fruit.
 - Put them all together.
 - Make a dressing by shaking together in a jar: Pour over the fruit and enjoy.
 - Dressing:
 - 1/2 cup honey
 - 1/4 cup lemon juice
 - 3 tablespoons of crushed pineapple

Considerate and caring,

- **LIGHT GREEN** reminds us of the tiny new plants that sprout in the spring and require our consideration and caring to grow into healthy plants
- Have the girls role play that one of them is a new girl or child who is not accepted.
- Talk about service projects, or even better, do one – Valentines for veterans, etc.
- Make get well cards for someone who is ill
- Do something thoughtful as a group for a girl who has missed a meeting (send a card, send her a letter telling her about what the group did, etc.)
- Have girls tell or draw examples of being considerate and caring
- Nonelimination Musical Chairs
 - This game differs from the traditional version in that the object is to keep everyone in the game even though the chairs are systematically removed.
 - Music is played, and more and more chairs are removed each time the music stops.
 - More and more girls have to team up together, sitting on parts of chairs or on each other to keep everyone in the game.
 - If the game is played outside and no chairs are available, girls on their hands and knees can serve as singing chairs. They can decide when the music will stop, and as "human chairs" are removed, they will join the other group.

Courageous and strong,

- **RED** is the color of blood, it represents strength and bravery
- Have Daisies each bring in a strange fruit or vegetable they had never tried before to the meeting and have everyone try them. Eating fruits and veggies makes us strong and trying new things makes us courageous.
- Talk about how to handle fears like meeting new people, performing or talking in class, starting a new school

- Read a children's book about the subject (*Need a concrete suggestion*)
- Do physical activities (GirlSports, or other active sports or games) or a sample "work out" routine (stretching, aerobics, strength building, cool down)
- Play a game called emotions. It requires the girls to pick out of a hat a paper that has an emotion on it, like Happy, Sad, Mad, Glad, Excited, Hurt, etc. Each Scout stands in front of the group and act out the emotion without talking. If your Scouts are shy, it could take quite a bit of courage to stand up there and do that in front of everyone.
- Have a short exercise period during your meetings to learn how to be strong. Simple exercises or follow the leader.
- The leaders told the girls stories of strong and courageous women (Florence Nightengale, Juliette Low, Mulan, etc.).

Responsible for what I say and do,

- **ORANGE** is the color of fire, it reminds us to always be responsible for fire can consume everything in its path if we do not use it responsibly.
- Get a big sheet of paper and have the girls make a list of Troop rules.
- Have the girls role play being responsible for words and actions
- Talk about the importance of keeping your word; learn "When'ere You Make a Promise"
- Talk about accepting responsibility for your actions.
- Discuss kapers and the kaper chart
- Do a service project that helps the environment. Pick up trash around the school, park or playground . Talk to the girls about how each person should help take care of the earth. Maybe plant a tree or some flowers.
- Copy a picture from a coloring book. Have the girls color the picture. Have the girls crumple the picture into a ball. Now smooth out the picture. Note all the wrinkles left on the paper. Explain when you say something bad or mean it will always leave a mark on that person. Some marks don't show but others do. A Girl Scout's job is to be responsible and not say things that might hurt someone on the inside. Discuss what words hurt and what words are nice.
- Responsible for what I do can be as simple as having the girls always wear their seat belts when in a car.
- Skin the Snake Game
 - 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.
- Backup Game
 - 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.
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Respect myself and others,

- **PURPLE** is the color of nobility and honor and it commands respect
- Talk about taking care of yourself – exercise, brushing hair/teeth, eating properly, etc.

- Have the girls role play treating others with respect (possessions, personal space, etc.)
- Learn about manners
- Learn about other cultures' customs and traditions
- Read "Horton Hears a Who" and discuss
- Role play customs, greetings, and manners of other countries
- Have the girls talk about and role play respect for our parents
- Make a list of Girl Scout meeting rules
- Make a Self-Respect picture frame of the Girl Scout
- Have a Doctor, Nurse or Dentist talk to the girls about how important it is to take care of themselves.
- Put together care packages of toothpaste, toothbrushes, hairbrushes, wet wipes, soap, and combs. The Scouts each received one and donat the others to a shelter. Talk about proper hygiene and why it is important.
- My Name Begins With Game
 - 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.
- People Knots Game
 - 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.

Respect authority,

- **MAGENTA** is a combination of Red and Blue, the colors of our Flag, it commands our respect
- Discuss who/what is an authority.
- Have the girls role play what it means to respect authority
- Have the girls draw pictures of how we show we respect authority
- Any activity for which successful or safe completion requires following directions.
- Field trip to our local police station for a tour.
- Have someone in authority, principal, police officer, fire fighter, etc, talk to the girls about what it means to have their job and how people depend on them.
- Play "authority bingo"
- The girls play a version of simon says. In this version, the girls only obey Simon if Simon is wearing a hat of authority, defined as a police hat, fire hat, or teacher hat.

Use resources wisely,

- **GREEN** is the color of the grass and the trees and it reminds us to be careful to keep our earth green
- Take a nature walk
- Mulch trees in a neighborhood park
- Talk about recycling, collect aluminum cans for recycling or visit a recycling center
- Bring re-usable plastic cups and have the girls label and decorate them for re-use in subsequent meetings
- Read and discuss the children's book "The Lorax"
- Draw pictures of what kinds of things can be recycled
- Learn and practice "leave no trace" skills by picking up litter at a playground or a park

- Make a craft out of recycled items
- Have a relay race with recyclables. Make a pile of mixed recyclables (plastics, tin/aluminum, newspapers, etc) and a separate box labeled for each type of recyclable. Have the girls one by one put one item at a time into the correct box. See how fast they can do it!
- Set out assorted materials, old paper rolls, scraps of construction paper, markers, shoe boxes, popsicle sticks and miscellaneous craft stuff left over from other projects, then set it out with NO instructions other than "make something."
- Collect aluminum cans for recycling or visit a recycling center
- Practice some "leave no trace" skills by cleaning the playground.

Make the world a better place,

- **ROSE** reminds us of the beautiful flower and to always find beauty in the world and try to leave it better than we found it.
- Participate in and then discuss any service project
- Have the girls pick up trash around the church, the playground, or a park
- Talk about how the world might be different if *everyone* lived by the Girl Scout Law
- Do a local community clean up or plant trees on earth day
- Collect pet food and supplies to donate to the local animal shelter
- Make bird feeders out of recycled materials

Be sister to every Girl Scout.

- **VIOLET** flowers grow in groups showing us we are at our best when surrounded by our sister Girl Scouts.
- Celebrate Thinking Day and learn about Girl Scouting in other parts of the world
- Have a meeting with another Girl Scout troop
- Be a sister to every Girl Scout by helping to welcome new girls to the troop
- Do a study on Girl Guides in another country complete with a snack and craft
- Hug Game –
 - Music is played while the girls skip around the room.
 - When the music stops, each girl gives someone else a big hug
 - The music then continues and the girls skip around again (with partners if they desire)
 - When the music stops, three girls hug together
 - As the game goes on, there are progressively more girls hugging, until all the scouts squish together in one big hug.
- Sisters Game
 - 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.

Craft Ideas

Girl Scout Law Friendship Bracelet

- Make a Friendship Bracelet out of beads and yarn, elastic or plastic lacing, but use the colors associated with the Girl Scout Law

Puzzle Piece Picture Frame

- You need a frame, either pre-made or made out of craft sticks. Take an old puzzle with small pieces and paint them. Glue them around the frame. Make little banners that say "I Love You To Pieces!" to glue to the bottom.