

Older Girl Program Ideas and Activities

Most of these will fulfill one or more requirements of an interest project patch

Fashion Fitness Workshop -

Have Mary Kay/Avon etc. come and explain make up, color, cleansing, etc. Get an aerobic/exercise teacher come to teach exercises

Conference style event with different workshops - fashion/career/sports/etc.

Home Improvement project at a church/community center (painting/cleaning)

Polaroid Pictures Car Rally -

Give each group a Polaroid camera with a roll of film. Give them a list of scenes where they must take a group photograph. Examples: By a fountain, by a pay phone, with a police officer, on a slide. Since there are 10 pictures on a roll, make sure you list 10 places. Adults drive or they can be in walking distance.

Fast Food Car Rally -

If your town has a few (at least 5) fast food restaurants you can do this. Each team is given an envelope of money \$5 - 10, depending on how many items they must get. As a group they will go to five different fast food restaurants buying one item at each location, keeping each receipt and eating each at that location as a group. The goal is to get the best price of each item. The goal is to end up with the most change in your envelopes, receipts must balance.

Mystery Clues Car Rally -

This one takes more planning, but it is really fun. Give each group of girls a set of envelopes. Number them. Tell the girls only to open one envelope at a time, starting with number 1. Some envelopes, if opened, will cost them lost points. In each envelope put a word puzzle, mixed up words, locations, addresses, phone numbers to call for next clue, etc. For added fun, put words or letters on the outside of the envelopes, in different locations. Then a clue would be, using only the even numbered envelopes, in descending order, solve the mystery of your next location by using the letters in the front, right, upper hand corner of the envelopes. The goal is to solve all the clues and have the lowest total mileage during the car rally. Warning--Do not have a timed car rally. It's too easy for the girls and drivers to forget safety issues in the heat of competition and the excitement.

Tour a Recycling Center

Hike a local trail

Learn First Aid/CPR at the Red Cross

Outfitter Demo -

Get a local backpacking/camping/boating outfitter to teach the girls about equipment use and safety rules.

Car Sense Workshop -

Get a local car dealer (Saturn will often do this) teach the girls about buying cars, maintaining cars and the cost of owning a car.

Host a Special Dinner for Parents/Families

Boy Scouts - Girl Scouts joint activity

Check with local troop leader and see what the boys are doing and if the girls can join them.

Hotel Overnighter -

Stay in a local motel/hotel overnight. Get a lifeguard so they can go swimming and they rent the rooms so that they are all pretty much together and have lots of fun.

Leader/Daughter events/trips/dinners

Dinner out together as a troop

Santa Letters -

Check with local post office about the letters they receive for Santa. See if your troop can answer these. Make sure to read them since some children will ask for help with their sick or divorced parents. They were instructed not to grant any wishes but say things such as: The elves have been very busy making toys, or I see you are on my list of good boys and girls, or Rudolph really likes carrots. Will you leave him some this Christmas?

Another view -

Putting yourself in the place of someone who is visually or physically impaired. Set up activities/stations.

Tee-time-golfing event

Carnival Celebration Party

Maintenance & Upkeep on Bikes w/Bike Olympics

Clothing Stores Visit -

Try outfits with accessories and then host a fashion show. Great with prom dresses.

Mystery Dinners -

Each item served, as well as utensils given has a name that follows a theme but does not tell what it is. Diners order by name only and have no idea what they will receive: Example Hawaiian Theme:

1. Soup.....Morning Dew

2. Spoon.....Boat

3. Bun.....Pillow Lava

4. Salad.....Rain Forest

5. Dressing.....Boiling Lava

6. Rice.....Jungle Lice

7. Ham.....Haunch of Wild Boar

8. Pineapple Sauce.....Golden Sunrise

- 9. Carrot sticks.....Bamboo shoots
- 10. Fork.....Grass skirt
- 11. Knife.....Hunting Spear
- 12. Peas.....Tiny globes of wonder

- 13. Pie wedge.....Volcano's peak
- 14. Ice cream.....Steaming Maui
- 15. Napkin.....Sailing ship's sheet
- 16. Dessert fork.....Whaling harpoon

More Ideas see Mystery Dinner #1 Mystery Dinner #2 Mystery Dinner #3 Mystery Dinner #4

Ice Skating

Roller Skating

Horseback Riding at a Stable

Jewelry Making Demo -

Have a jewelry store explain about gems/precious metals and how they make/design jewelry

Camp Out at a State Park

Ski Trips

Mother/Daughter Tea or Dinner

Older Girls Lock in (at a mall, roller rink, museum or restaurant)

Train Trips

Beyond Lemonade Stands - Small business set up/fundraiser

Fashion Breakfast Club

Self Defense Workshop

Scavenger Hunt @ a mall -

You may need to go to the intended mall in advance and talk to the perspective merchants about this. Include things that they won't have to actually get so the merchants aren't overwhelmed with requests for items from non-buying customers. Some ideas: Which store(s) has a pink sign?, How many stores sell shoes?, How many mirrors in a particular store? What color is the soap in a particular store's restroom? What is the name of the manager at a store? What animal is on display at the pet store? Get a straw. Get a napkin from a restaurant. Get a sample from a cosmetic counter. Get a makeover. What colors does a certain makeup come in? Which store sells a certain brand clothing? How many books on display in the bookstore? How much is a item of food at the food court? What color is the floor at this store? How many steps in the stairway near a certain store? What is the return policy at a certain store? What hours is the mall open? Another variation is to send them off with an imaginary amount of money and have them figure out what outfits they could buy without going over budget. Say they need one school outfit, something for church and something to sleep. The one that comes back with the best buys and "spends" the least (a written list of what item at what store) wins a prize.

Video Scavenger Hunt -

Each group gets a video camera and the things on the list could include having girls dance with an elderly man, locate a can of beans, try on a silly outfit, act like an animal and other silly things. This can be done in a neighborhood where they know (basically) everyone or a local mall.

Aviation Career Day at a local airport

Quiz Show Event -

Each troop chooses a real or made up show, "Who wants to be a millionaire", "Jeopardy", "Wheel of Fortune", or even "Survivor" the short version.

Computer Class -

Have a local computer store/company host your troop to learn about computers and the internet. If they have a training room where everyone can get on a computer it is even better.

Hospital Tour

Midnight Madness -

Visit 24 hour businesses (Walmart/newspaper/restaurant/fire/police) or ones that will stay open late for you. Learn about these businesses and careers related to them.