

Teambuilding

Getting to know my friends

Action Syllables

With the group standing in a circle, have the participants choose an action for every syllable of their name. (Ex.: Susan has 2 syllables, so she does a hip shake with "Su" and snaps her fingers for "san".) Once Susan has done her action while saying her name, the whole group repeats. After the 2nd person does her name, the whole group repeats, then does Susan's again. And so on around the circle.

Compass Name Game

Have participants stand in a circle. One player stands in the middle of the circle and starts the game as the "caller." The caller points at a member of the circle and says one of the following: **You, Me, Left, or Right.** Based on which direction the caller says, the person being pointed at must correctly name that person. "You" is the name of the person being pointed at. "Me" is the caller. "Left" or "Right" are the people on the person on the circle's left or right side. Once the caller points and says the direction, she must count to five aloud. The person must correctly identify the name before the caller reaches five. If the person in the circle incorrectly identifies the name, or doesn't speak in time, that person becomes the new caller in the middle of the circle. If the person correctly identifies the name, the caller must move onto a new person of their choice.

GS Trefoil Name Tag

Using fun foam help the girls cut out the shape of the GS Trefoil. Punch a hole in the top and thread yarn through it to make a necklace. The girls can even embellish with beads if they are available. Have each girl decorate her trefoil with her name and whatever she would like to add to make it her own. Some suggestions to have on hand are glue, glitter, sequins, colored yarn, markers, etc.

Getting to Know Girl Scouts

Promise relay

Use the attached Promise Relay template to play the promise Relay. Make two copies of the Promise Relay and cut out all the pieces. Divide the troop into two teams. Identify the starting line and the finish line. Put the Promise in a pile at the end of the finish line for each team. Each team takes turns sending one player at a time to the finish line to put the next part of the Promise in order. The first team to successfully put the promise together wins.

Girl Scout Law challenge

Write the Girl Scout Law on a piece of paper then cut the paper into strips (one for each girl). Put each strip into a balloon, blow it up and tie it off. Each girl ties a balloon to her ankle. At the word "go" the girls try to burst everyone else's balloon without their own getting burst. When your balloon is burst, the girls work together as a team to put the Law back together again.

Girl Scout Law Cards

Write the 10 parts of the Girl Scout Law on 8X11 card. Each girl gets a card and the game begins. Have the girls arrange themselves in the proper order and then recite the Law, each in turn. Next ask them to lay their cards on the floor. Instruct them to do the following:

- Stand behind the part of the Law that is easiest for you to follow
- Stand behind the part of the Law that is the hardest to follow
- Choose a card and tell the group what it means to you or give an example of how it affects you life
- Stand behind the part of the Law that you are going to work on this week.

At any point during this activity encourage the girls that would like to share about their selections to do so!

Planning

Cleaning out the Attic

This activity can be used by volunteers to help all girls have a voice in decision making and to ensure everyone has equal opportunity to express their interests. This activity works well with girls at all grade levels, although younger girls may need help reading or writing. Pair them with a parent or volunteer, but make sure it's the girls' ideas that make it onto the board!

Materials

- One very large piece of paper/poster board. (let a girl or group of girls draw a house with 12 rooms and a large attic) Label each room with the months of the year.
- Sticky notes (one pad for each girl)
- Pens or pencils
- Journey Books, Girls Guide to Girl Scouting

Instructions

1. Give each girl a pad of sticky notes and let her look through the books and resources you have provided. Have the girls think about the activities they would like to do throughout the year.
2. Have the girls write their ideas on sticky notes (one idea per note) and place it in the attic.
3. As a troop discuss the ideas and sort them into "rooms" based on the most practical month of the year to do the activity. As the troop decides, move the sticky notes from the attic to the rooms.
4. (For older Brownies and Juniors) After all the ideas have been placed, ask each girl to choose an activity or two to research.
5. In time for the next meeting, they should research what the activities include- cost, time, location, needs, etc.

Framing the calendar

To start planning your time with the girls, first draw up a simple calendar for yourself. If your group will be meeting for less than a year, such as at camp, and event, or during a series, adjust the calendar to fit the time available. In the same way, if the goal is a multi year event, such as a travel excursion, the calendar may need to include two or more years. Regardless of the amount of time in the calendar, consider the following questions for a framework:

- How many times will you meet each month?
- When do you plan to break for holidays?
- How many meetings will we need for the Girl Scout Cookie Program and the Fall Product Program?
- Will you have time in your schedule for guest speakers and other visitors?
- If you've worked with this group before, what are their activity preferences?

Include all of these considerations in your calendar as a starting point. Use the cleaning out the attic ideas to fill in the rest of the calendar. Once you have drafted a loose framework, ask the girls what they think. Remember that you want girls to lead, but younger girls will need more guidance, while older girls will require far less.

Once the calendar has been solidified don't forget to share it with the parents!

Planning (cont'd)

Building Consensus: Fist to Five

With this activity, girls come to understand the idea and meaning of consensus – which everyone agrees enough to, work together.

Start by inviting the girls to choose an issue or question they want to decide on as a team- perhaps a trip, an option, or some other "detour" they'd like to experience on their journey, or even the three choices offered for each step of a badge.

Then talk about what consensus means. Talk about why it's important to reach a consensus: a team should agree on what it will be doing together so that each team member feels invested in the journey. Each girl should feel that her viewpoint is being heard. When it comes to team decision-making, consensus-building process ensures that no one feels her view has been ignored.

Talk about what kinds or teams need to reach a consensus. For Example:

- A sports team trying to do as well as possible
- A team of architects designing a house
- A team of people starting a new business venture.

Next let the girls know that as a team, they will use a technique called "Fist-to-Five" to reach a consensus on the topic they've chosen to discuss. Explain that Fist-to-five is an easy-to-use method that will show the girls how to develop, express, and reach a consensus.

- A closed fist = complete disagreement
- One finger extended = need to discuss issue further
- Two fingers extended = still not ready to agree but let's talk more
- Three fingers extended = I can live with it
- Four fingers extended = It's a good idea
- All fingers extended = It's great I want to lead this!

If anyone holds up fewer than three fingers, they are given the opportunity to state their objections and the team then addresses their concerns. The team continues the fist-to-five process until it achieves consensus (a minimum of three fingers or higher for all team members) or determines it must move on to another issue.

Once the girls have the technique down, they can use it as they move forward planning Take Action projects, ways to spend troop funds-, and so much more.

The Girl Scout Promise

On My Honor

I will try

to serve

God and

my country

help people

at all times

and to live by the

Girl Scout Law

The Girl Scout Law

I will do my best to be

Honest and Fair

Friendly and Helpful

Considerate and caring

Courageous and strong

Responsible for what I say and do

And to respect authority

Respect myself and others

Use resources wisely

Make the world a better place

and be a sister to every Girl Scout.