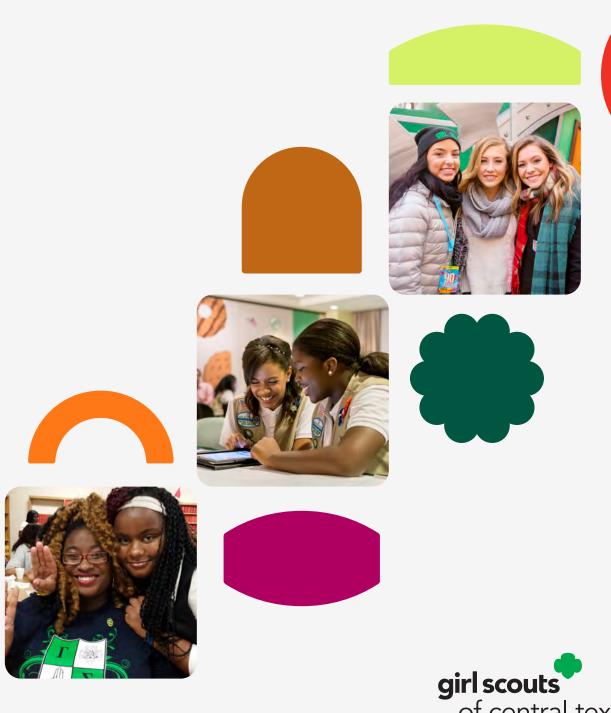
New Leader's Guide to Success

A complete guide for your first year of leading a Girl Scout troop.





Welcome to Girl Scouts

Thank you for becoming a Girl Scout leader!

Girl Scouts is so much more than a fun activity—it's a movement. It's how youth develop confidence, become forces for good, and make a difference in their schools and communities, across the country and around the world. Girl Scouts, as well as the caring volunteers who support them, grow the values and leadership skills they need to power a lifetime of success and adventure, whatever that looks like for them. This guide will prepare you to effectively lead during your first year as a Girl Scout leader.

Need help along the way? Let us know! We have many tools, training resources, and people to support you through every step. Call 1-800-733-0011 or visit www.gsctx.org/contactus—we're here to help.

From camping to cookies to traveling the world, Girl Scouts helps youth build their courage to try new things, their confidence in their own abilities, and opens their worlds to endless possibilities. We're glad you're here to help.

Several years ago, I was in your shoes. I signed up to lead my daughter's Daisy troop, and I didn't know where to start. I wish we had this New Leader's Guide to Success then. My advice is to read it and ask questions.

You're part of our team, and we can't wait to see the impact you'll make this year!

Paula Bookidis, CEO

Girl Scouts of Central Texas

Girl Scout Promise

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

Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

Our Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.



^{*}Members may substitute for the word God in accordance with their own spiritual beliefs.

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Council Contact Information

Girl Scouts of Central Texas

Mailing Address: 12012 Park Thirty-Five Circle

Austin, TX 78753

Phone: 1-800-733-0011

Website: <u>www.gsctx.org</u>

Email: customercare@gsctx.org

Hours & Locations: www.gsctx.org/hours

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Council Communications

Girl Scouts of Central Texas emails three newsletters each month to keep you up to date with council news and opportunities.

Tuesday's Trefoil is sent to all GSCTX members the first Tuesday of the month, this email shares timely updates, special opportunities, and new resources.

Choose Your Adventure is sent to all GSCTX members the third Tuesday of the month, this email highlights upcoming council-hosted events for which Girl Scouts may register with their troop or attend individually.

Legendary Leader is sent to all troop leaders the second Tuesday of the month, this email communicates timely news, updates, and resources especially for troop leaders.

If you are not receiving these communications:

- 1. Check your spam or junk mail folders. If newsletters are landing in spam or junk, add us to your contacts.
- 2. Update your communication preferences in MyGS.
 - · Log in to your account
 - · Select My Account in the top right
 - · Select My Profile in the left navigation
 - Scroll to the bottom of the screen and click the check mark next to Email in the Communication Opt Ins section.
- * While you're here, we recommend opting into SMS, as well. We do not text often, but when we do, you don't want to miss our updates!
- 3. Still no email? Contact us so we can help: www.gsctx.org/contactus.

Organizational Structure

Girl Scouts of the USA (GSUSA): A national organization supporting the work of more than 100 councils across the U.S. for more than 100 years. Headquartered in New York City.

Girl Scouts of Central Texas (GSCTX): An independent 501(c)(3) nonprofit chartered by GSUSA, operating as a council under the direction of a local board of directors, and overseeing all service units and troops in 46 counties across Central Texas.

Service Unit: A group of volunteers who support the work of troop volunteers within a given geographic area.

Troop: An adult-supervised group of Girl Scouts.



GSCTX Volunteer Support Information

SCTX Volunteer Support Specialist:	GSCTX Recruitment Specialist:		
ime:	Name:		
none:	Phone:		
nail:	Email:		
Service Ur	nit Information		
ervice Unit Name and Number:			
ervice Unit Primary Contact:	Service Unit Meeting Information:		
ame:	Date:		
osition:	Time:		
hone:	Location:		
mail:			
Service Unit Ad	ditional Information		



Getting started with key information.



Your Role as a Girl Scout Leader

Your Role

Being a Girl Scout troop leader is an incredible journey for you and your troop. Together you'll shape the future through all you do today! Along the way, you'll hone your own leadership style and discover that you'll achieve more than you thought possible.

In Girl Scouting, leadership isn't about being in charge or having a title; it's recognizing that you're part of a team—which Girl Scouts call a troop—and understanding that troop's needs and interests.

Leadership is teaching Girl Scouts:

- · They can do and be anything.
- They are decision-makers who should own their decisions.
- How to live the Girl Scout Law by modeling it for them.

As a leader, see yourself as a coach who:

- Advises and cheers on your troop.
- Ensures each member can carry out her responsibilities within the troop.
- Encourages Girl Scouts to build their skills and their ethics.
- Gives more responsibility to the troop as they grow and develop.

It's important to remember that:

- You can't expect to know everything the troop might want to learn.
- You'll explore and learn alongside your Girl Scouts and grow your confidence in the process.
- You're letting Girl Scouts take the lead while you provide support.





Let's Get Started

Managing Your Member Experience Online

After you have completed your volunteer registration steps, you'll receive an email prompting you to log into MyGS—your Girl Scout member account portal. MyGS allows you to manage your member and volunteer information online. You can also access MyGS through our council website at www.gsctx.org.

MyGS gives you access to see the youth and adults registered in your troop, add new members to your troop, and access the Troop Participation Catalog. This allows you, the troop leader, to display available openings in your troop for youth and/or volunteers. You can add or update your troop information in the catalog by visiting www.gsctx.org/troopupdate and submitting the online form.

Next Steps

Review the New Troop Leader Checklists for a guide to the onboarding, training, and resources available to support you as you get started in your role as troop leader.

Person-to-Person Support

There's a lot to learn as a new troop leader, and support is available:

- Service units are small groups of council volunteers organized by geography. Connect with your service unit leadership and attend service unit meetings during the school year to learn what's happening locally and meet other troop leaders in your area.
- **A troop coach** is a volunteer on a service unit team who is assigned to help you throughout your first year as a troop leader.
- A volunteer support specialist is a
 Girl Scouts of Central Texas staff member
 assigned to support the volunteers in your
 service unit.

If you have not received a welcome from your service unit, troop coach, or volunteer support specialist, contact us at www.gsctx.org/contactus and we'll help you get in touch.

Attend a Leader Launch and/or Jumpstart Meeting

To help you onboard to your troop leader role, council staff host regular Leader Launch meetings and your service unit leadership or local volunteer support staff host Jumpstart meetings. Leader Launch sessions can be found at www.gsctx.org/events (use the Advanced Search tool and select "Adult Learning" in the By Category section to find the next upcoming Leader Launch session).

New Troop Leader Checklists

Find these checklists here, in the New Leader's Guide to Success, later in the guide.

- · Becoming a Troop Leader
- · First 30 Days
- · First 60 Days
- · First 90 Days
- · Before Your First Meeting
- · Caregiver Meeting
- First Troop Meeting
- · First Fall Product Program
- · First Cookie Season
- Transitioning to Year Two
- · Traditions, Events, and Ceremonies.



Volunteer Resources



MORE LEARNING RESOURCES

Supplemental Online Training

There are plenty of additional training courses available on gsLearn. Follow the 578 GSUSA Girl Scout Foundations path or select individual courses to access niche learning that can help you in your new volunteer role.

In-Person Training Courses

Additional training options covering more advanced topcis such as camping and cooking over fires are held at various times during the year. To view all upcoming in-person adult training courses, including first aid/CPR, go to www.gsctx.org/events. Click "OR use the Advanced Search" and then click the "Adult Training" filter under "By Category". Hitting "VIEW RESULTS" at the bottom of the screen will yield the training courses.

TROOP MEETING PLANNING RESOURCES

Volunteer Toolkit (VTK)

This fully customizable digital planning tool provides you with Girl Scout program content, award requirements, and other resources, so that you can keep your Girl Scout year running smoothly. To access Volunteer Toolkit, login to myGS and click the Volunteer Toolkit link in the left navigation.

Troop Year Planner

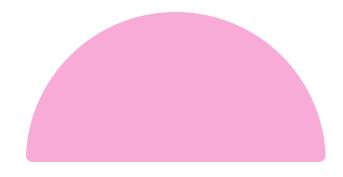
Find suggestions for a full year of troop activities based on your troop's Girl Scout level at www.gsctx.org/planner.

Girl Scout Experience Box

First year Daisy troops with a minimum of four Daisy-level youth members are eligible to receive a complimentary monthly supply box filled with step-by-step instructions and ready-to-go supplies to lead a year's worth of troop meetings. Learn more at www.gsctx.org/gsbox.

Troop Planning Resources

Find ceremony and activity guides, sample troop agreements and more at www.gsctx.org/troop.



TROOP MANAGEMENT RESOURCES

Volunteer Essentials

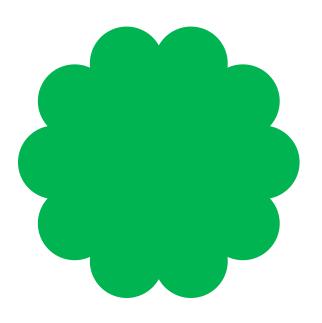
With key information, policies, and procedures that support the safe and consistent delivery of Girl Scout programming to youth across the council, Volunteer Essentials is just that—essential. By agreeing to be a Girl Scout volunteer, you agree to follow the guidance outlined in this resource. Volunteer Essentials is updated annually, and the latest version can always be found on our website at www.gsctx.org/ve.

Safety Activity Checkpoints

The emotional and physical safety and well-being of Girl Scouts is our top priority. Safety Activity Checkpoints outlines the Safety Standards and Guidelines used in Girl Scouting, which apply to all Girl Scout activities. Access your guide in VTK or go to www.gsctx.org/vetolearn.more.

Recruitment & Brand Resources

Access ready-made marketing materials to help grow your troop, design your troop T-shirt with the T-Shirt Template, and learn more about representing the Girl Scouts brand when you create your own troop designs at www.gsctx.org/brand.





COUNCIL-LED PROGRAMMING

Council Events

Don't plan everything yourself. Girl Scouts of Central Texas hosts events and badge-earning programs throughout the year, for which you may register your whole troop (space permitting) or Girl Scouts may attend independently. Learn more at www.gsctx.org/events.

Mobile STEM Experience Center

Let us bring programming directly to your troop! The Mobile STEM Experience Center brings a council staff member and all the necessary supplies to deliver a STEM-focused program in many locations across our council area. Check the service area map and reserve your spot at www.gsctx.org/mobilestem.

The Girl Scout Leadership Experience

What makes Girl Scouts truly unique? Everything is designed especially for, and is tested by, girls! Our program centers on our research-backed Girl Scout Leadership Experience—that is, what Girl Scouts do and how they do it. Activities are youth-led, which gives Girl Scouts opportunities to explore leadership roles and to learn by doing in a cooperative-learning environment.

At Girl Scouts, your troop will:

Discover: Every activity they tackle through Girl Scouts helps them discover who they are, what excites them, and what their talents are.

Connect: Girl Scouts collaborate with and learn from other people as they expand their horizons. This helps them care about and inspire others.

Take action: As Girl Scouts deepen their relationship with the world around them, they become eager to take action to make the world a better place.

So what does this mean for your troop? Through Girl Scouting, your troop will develop a strong sense of self, demonstrate positive values, seek challenges, solve significant problems in the community, and establish healthy relationships. These aren't just good qualities—they're skills that will last a lifetime!

What Girl Scouts Do

No matter what excites your Girl Scouts, they'll find engaging and fun activities in the four areas that make up the core pillars of the Girl Scout program:



STEM

Computer science, engineering, robotics, outdoor STEM, and more.



Life Skills

Civic engagement, healthy living, global citizenship, communication skills—to name a few.



Outdoors

Adventure and skill building, from the backyard to the backcountry, including camping experiences for all ages.



Entrepreneurship

Business skills like goal setting, decision making, business ethics, and people skills.

Whether they complete Girl Scout Leadership Journeys, earn badges, run their own cookie business, pack for their first hike, change the world through Take Action projects, or any combination of these activities, at Girl Scouts, every person has countless ways to try new things and hone the skills they'll need to power a lifetime of success—whatever that looks like for them.

Explore the many exciting possibilities with the Badges and Journeys Explorer at www.gsctx.org/badges.

Where Girl Scouts Can Take Your Troop

As your troop progresses through Girl Scouts, they'll learn to take the reins and make their Girl Scout experiences their own—it's what being youth-led is all about! And as a leader, you'll encourage them to dream big and challenge themselves as they take their newfound passions to the next level.

While program elements—like outdoor expeditions and entrepreneurial ventures—align across all grade levels, Girl Scout Daisies and Brownies won't be doing the same activities as seasoned Seniors and Ambassadors. But by building on the knowledge and skills they gain year after year, your Girl Scouts' confidence will grow exponentially and they'll be eager to take those next steps.

So what can you expect as they grow through each level of Girl Scouting?



Girl Scout Daisies (grades K - 1) sparkle with that first-time newness in everything they do. They go on trips, learn about nature and science, and explore the arts and their communities—and so much more. Daisies can also earn learning petals and badges to celebrate their accomplishments.

Girl Scout Brownies (grades 2 - 3) work together as they earn badges and explore their communities. Friendship, fun, and age-appropriate activities begin at the Girl Scout Brownie meeting and move out to the community and the wider world. While earning badges, Brownies build skills, learn hobbies, and have fun!

Girl Scout Juniors (grades 4 - 5) are big-idea thinkers. They're explorers at camp and product designers when they earn their Innovation and Storytelling Badges, or even their Bronze Award. Every day, they wake up ready to play a new role.

Girl Scout Cadettes (grades 6 - 8) chart their own courses and let their curiosity and imagination lead the way. They learn about the power of being a good friend, gain confidence by mentoring younger girls, and can earn their Silver Award.

Girl Scout Seniors (grades 9 - 10) are ready to take the world by storm, and Girl Scouts gives them countless ways to do it. Their experiences shape their world, while giving them a safe space to be themselves and explore their interests. Seniors can earn the prestigious Gold Award.

Girl Scout Ambassadors (grades 11 - 12) know that small acts produce big change. While they get ready for life beyond high school, Girl Scouts helps them take flight. They can also earn their Gold Award and drive lasting impact in their communities.

Girl Scout Gold Award, Silver Award, and Bronze Award prove Girl Scouts have what it takes to build a better today—and tomorrow. By earning these awards, your Girl Scouts will tackle issues close to their hearts and make a real difference—and the Gold Award qualifies them for exclusive college scholarships and opens doors to promising career opportunities. Learn more at www.gsctx.org/leadership.

What Makes a Successful Troop Experience?

No matter where your troop lives, a universal Girl Scout experience connects them to their fellow Girl Scouts around the country. There are so many ways to make sure your troop gets the full Girl Scout experience in a way that excites and inspires them!

You can count on Girl Scouts to provide...

- Welcoming spaces for all
- · Tools for family involvement
- · Cooperative, hands-on learning
- · Youth-led activities
- Rigorous safety standards





Throughout the troop year, you'll support your troop as they...

- · Attend regular meetings
- · Earn badges and Girl Scout awards
- Complete Take Action projects
- Participate in the cookie and fall product programs
- · Learn Girl Scout traditions
- Get outdoors
- · Go on field trips

If you're feeling a little nervous about leading troop meetings and experiences, that's okay! Just remember:

It doesn't need to be perfect. Did an activity run over time? Did your Girl Scouts get too engaged in a game to finish their badge work? Take a deep breath, roll with the changes, and have fun! Girl Scouts aren't expecting perfection from you; your time, attention, and guidance are the best part of your leadership.

Learn with your Girl Scouts. At some point the troop will want to earn a badge or complete a project in a subject unfamiliar to you. Don't let that hold you back! Be open with your troop when you don't know something and become their partner in learning more. You'll show them that learning is a lifelong process and that, with an open mind, they can overcome any challenges that come their way.

Family Connections

The Key Ingredient to Successful Girl Scout Troops

Girl Scouting provides the best opportunities for troops when families step up and play an active part in the troop. Without meaningful support from caregivers, it's difficult for a troop to be all it can be. Plus, Girl Scouts feel a special sense of pride when their families take part and show interest in the things they're doing!

A caregiver meeting should be the first meeting you hold each troop year—it sets up both new and returning troops for success.

Outlining clear expectations, building a team, and engaging families in the Girl Scout experience is a great way to start off on the right foot. When families are involved, leaders have support, and when the troop has a plan, Girl Scouts benefit!

Check out our step-by-step guide and family meeting outline in the Caregiver Meeting checklist. This meeting will make all the difference in the year ahead. In fact, 100 percent of troops with the most satisfied parents and troop leaders report that they hold caregiver meetings.

Although Girl Scout programming is always focused on the girls themselves, it's important and helpful to open a few events to their families throughout the year. Inviting the whole crew—whether it's through a virtual meeting where siblings and caregivers join in the fun or a bridging ceremony—helps families better understand the value of Girl Scouts and makes them more likely to invest their time and talents in the troop.

That said, there's no need to wait for one of these special events to engage families in their Girl Scouts' troop lives. Keep communication lines open throughout the year—whether it's through your troop's social media page, personal emails, or in-person chats—to keep adults in the loop on what their Girl Scouts are doing and learning during each meeting, and encourage them to let their Girl Scout "be the

expert" at home, by, for example, explaining or teaching a new skill they've learned to the rest of the family.

Why? Because it helps:

- Families understand what Girl Scouting can do for their youth.
- Families and leaders identify ways they will work as a team to support the troop.
- Families and leaders agree about what the troop pays for and what families pay for individually.
- You fill key troop positions you never know which caregiver will make an awesome assistant leader or troop cookie manager!
- Families know how the troop will communicate things like upcoming events and schedule changes.
- Families learn about uniforms, books, and other important basics.



Keeping Girl Scouts Safe

Understanding How Many Volunteers You Need

From troop meetings to camping weekends, registered and background-checked adult volunteers must always be present to ensure youth members have fun and stay safe, no matter their grade level.

Not sure just how many adults you'll need for your activity? The chart below breaks down the minimum number of registered and background-checked volunteers who have completed the Youth Protection Training that are needed to supervise a specific number of Girl Scouts.

Volunteer-to-youth ratio chart	Group Meetings		Events, Travel, and Camping	
	Two unrelated volunteers (at least one of whom is a woman) for this number of youth:	Plus one additional volunteer each time you add this number of youth:	Two unrelated volunteers (at least one of whom is a woman) for this number of youth:	Plus one additional volunteer each time you add this number of youth:
Girl Scout Daisies (grades K-1)	12	1-6	6	1-4
Girl Scout Brownies (grades 2-3)	20	1-8	12	1-6
Girl Scout Juniors (grades 4–5)	25	1-10	16	1-8
Girl Scout Cadettes (grades 6 - 8)	25	1-12	20	1-10
Girl Scout Seniors (grades 9 - 10)	30	1-15	24	1-12
Girl Scout Ambassadors (grades 11 - 12)	30	1-15	24	1-12

Planning Safe Activities

When preparing for any activity with youth, check Girl Scouts' Safety Activity Checkpoints at www.gsctx.org/safety for confirmation the activity is allowed for your troop's Girl Scout level, required guidelines on where to do the activity, how to include people with disabilities, where to find both basic and specialized gear for the activity, and the specific steps to follow on the day of the activity. Safety Activity Checkpoints will also note if a first aider is required.

If a Safety Activity Checkpoint doesn't exist for an activity your troop is interested in, contact Customer Care at www.gsctx.org/contactus before making any definite plans.

What to Do in an Emergency

Although we all hope the worst never happens, you should know and follow our council's procedures for handling emergency incidents. Remember, at the scene of an incident, safety is your priority. Provide care for the injured person and/or obtain medical assistance, then immediately report the emergency to GSCTX staff. Call our office at 1-800-733-0011 during or after business hours. During afterhours, listen to the menu and press the indicated number to be directly connected to our after-hours emergency service.

Make sure a general first-aid kit is available at your meeting place and accompanies Girl Scouts on any activity. You may need to provide the kit if one is not already available at your meeting location. You must always have on hand the names and telephone numbers of our council office, caregivers of your troop members, and emergency services such as the police, fire department, and hospital.

Girl Scout Troop Finances

Funding the Fun

Your troop probably has some big ideas about what they want to do in Girl Scouts—and that's awesome! As a leader, you'll coach them as they learn to earn and manage troop funds. But where do you start? Troop activities are powered in two main ways:

Troop dues. Many troops decide to collect troop dues to help provide startup funds for troop activities and supplies. These could range from a few dollars per meeting to a lump sum for the entire school year. It's completely up to each troop to decide what works best for them to support the activities they want to do.

Money-earning activities. The Fall Product and Cookie Programs are the primary money earning activities for a troop—and they're a hands-on way for Girl Scouts to learn money management skills that will serve them for the rest of their lives. Your troop's fall product coordinator and cookie program coordinator will learn the ins and outs of these programs during training sessions hosted in the fall. It can be beneficial for you, as the troop leader, to attend these meetings to learn about the programs and be able to support your troop's lead program volunteers, but it is only required for the troop's fall product coordinator or cookie program coordinator to attend.

We know you have more questions about troop finances, and we've got answers! Check out the troop finances portion of the Money Manager training in gsLearn and in Volunteer Essentials at www.gsctx.org/troopfinances for the details you'll need to keep troop business running smoothly.

Bank Accounts

New troops will need to set up a bank account to collect dues, pay for troop supplies and activities, and collect product sales revenue. The Troop Finances section of Volunteer Essentials breaks down the process for you. Visit www.gsctx.org/ve to learn more. Use the Bank Account Request Form at www.gsctx.org/bankaccount when you are ready to setup your new bank account.

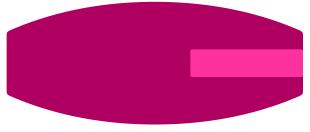
Financial Assistance

Finances shouldn't stand in the way of a Girl Scout's participation. Any youth member needing financial assistance for membership can request it as part of the online member registration process. Other financial assistance is available for uniform components, events, and camps, and can be requested. Visit www.gsctx.org/fa for more info.

Tax Exempt Status

Girl Scout purchases are exempt from taxation in Texas. Always take an exemption card with you when making Girl Scout purchases. Request a tax-exempt card through Customer Care at www.gsctx.org/contactus.







A checklist for each stage in the process.



Checklists

- Become a Troop Leader
- First 30 Days
- First 60 Days
- First 90 Days
- Before Your First Meeting
- Caregiver Meeting
- First Troop Meeting
- First Fall Product Program
- First Girl Scout Cookie Season
- Transitioning to Year Two
- Traditions, Events, and Ceremonies
- ▲ Girl Scouts of Central Texas Acronym Glossary

Become a Troop Leader

1

- Request a new troop and troop number.
 - Complete the Start a Troop Form (www.gsctx.org/starttroopform).



 Girl Scouts of Central Texas (GSCTX) staff will process the request, create a new troop for you, and let you know your troop number.

3

☐ Complete your criminal background check.

When you register in the troop leader role, a background check request will be automatically triggered for you. Check your email, including spam, for an email from Sterling Volunteers, our third-party background check provider. You will need to fill out some information for them to complete your background check.



2

- Once you receive your troop number, register as a Girl Scout volunteer.
 - o Go to MyGS. (mygs.girlscouts.org).



- o Click "Volunteer".
- o Complete your personal information.
- O You should be able to find your newly formed troop number and select the troop leader role. (Pro tip: when starting the search, use your troop's meeting location zip code and use a small search radius; once on the search page, use your troop's five-digit number in the search bar.)
- The cost of a one-year membership is \$25. Financial assistance is available for leaders if needed.

4

☐ Connect with staff and volunteers in your area.

You will receive a call or email from support staff in your area as well as from your local volunteer leadership group, which we refer to as a service unit. If you do not hear from anyone within two weeks of starting your troop, please contact us. (www.gsctx.org/contactus)



Become a Troop Leader

5

- ☐ Start recruiting members for your new troop.
 - Tell adults in your local community that you have started a new troop and invite them to volunteer alongside you.
 - Let youth in your community (school, place of worship, neighborhood, etc.) know that you've started a new troop and invite them to join.
 - Your recruiting staff has resources to help you recruit.
 - Have all newly recruited adults and youth register for membership in MyGS.
 Make sure to provide them with your troop number. (mygs.girlscouts.org)



 The cost of a one-year membership is \$25 per person. Financial assistance is available for youth. (www.gsctx.org/fa)





6

☐ Locate a CPR/first aid training near you and register.

GSCTX requires CPR/first aid to ensure youth safety. Training must include an in-person component. If you are not able to find training, please reach out to your local support staff or contact us. (www.gsctx.org/contactus)



7

☐ Attend a service unit meeting and/ or a Leader Launch session.

Dates and times will be included in the communication you receive from your support staff.

8

☐ Check out the Volunteer Toolkit, an online tool for leaders like you to use for troop meeting planning.

Log in to MyGS (mygs.girlscouts.org) and select "Volunteer Toolkit" from the left-hand navigation.



First 30 Days



- ☐ Complete required Girl Scout training.
 - The majority of training is online through gsLearn. You will receive an email with instructions to access gsLearn. Required trainings should show on your dashboard.
 - At least one adult must be certified in CPR and first aid. Training can be found through our Event Calendar (www.gsctx.org/calendar) or through local community resources.





Attend a service unit meeting.
You should have received
information about service unit
meetings from your volunteer
support specialist and when you
attended your Leader Launch or
Jumpstart training.



☐ Hold a caregiver meeting (see Caregiver Meeting checklist).





Attend a Leader Launch or
Jumpstart meeting. These are
regularly offered meetings for
brand new troop leaders to help
you onboard to your new role,
receive needed information,
meet other new leaders, and ask
any questions you may have.



First 30 Days



- Start planning your year in the Volunteer Toolkit. This is a great resource with meeting plans and activities to help you out.
 - Log in to MyGS (<u>mygs.girlscouts.org</u>) and select "Volunteer Toolkit" from the left-hand navigation.



 Leaders of new Daisy level troops, see meeting plans in your Girl Scout Experience Box, shipped to your location of choice. (<u>www.gsctx.org/gsbox</u>)









Work with your troop
treasurer and service unit
treasurer or service unit lead
for operations or service unit
lead for operations to open a
bank account. Resources can
be found on the Bank Account
Request Form. (www.gsctx.org/
bankaccount)



It is highly recommended that your troop treasurer takes the 578 Money Manager training in gsLearn. [Log in to MyGS (mygs.girlscouts.org) and select gsLearn from the left-hand navigation.] This training helps to explain what documentation your troop must collect and track throughout the year to submit your troop financial report at the end of the year.



First 60 Days

1

- ☐ Encourage caregivers in your troop to become certified in CPR and first aid.
 - Locate a CPR/first aid training near you and register. GSCTX requires CPR/first aid to ensure youth safety. Training must include an in-person component. If you are not able to find training, please reach out to your local support staff or contact us. (www.gsctx.org/ contactus)



 If adults in your troop already hold certification, or are in an approved field, have them submit their certification to GSCTX to be held on file. (www.gsctx.org/contactus)



2

- ☐ Complete Let's Go! 1 Out and About training if you have not already.
 - This training can be found online in gsLearn. [Log in to MyGS (mygs.girlscouts.org) and select gsLearn from the left-hand navigation.]



 Encourage at least one other adult in the troop to complete Let's Go! 1 Out and About to allow your troop to embark on field trip opportunities.



- Attend a service unit meeting if you have not already.
 - You should have received information about service unit meetings from your volunteer support specialist and when you attended your Leader Launch or Jumpstart training.
 - Other adults in your troop can attend with you or can represent the troop for you at the meeting.

First 60 Days



☐ Connect with your troop coach, if applicable.

If you have questions or have not yet been connected with a troop coach, reach out to your service unit leadership or your volunteer support staff.





☐ Explore the GSCTX website for Girl Scout activity opportunities. (www.gsctx.org)



 Event Calendar includes events your Girl Scouts can attend as a troop or as individuals. (www.gsctx.org/calendar)



o GSCTX Patch Programs are curricula that you can use to lead your troop through a special patch created locally. (www.gsctx.org/patches)



See if one of our Mobile STEM
 Experience Centers serves your
 area. These centers bring STEM
 programming directly to your
 troop! Just reserve the center for an
 upcoming troop meeting, then leave
 the meeting plan to us.
 (www.gsctx.org/mobilestem)



First 90 Days

1

- Assess what help or additional resources you need to make your troop successful.
 - Reach out to your service unit or volunteer support specialist with questions.
 - Reach out to caregivers to ask for help at the troop level.



- Learn what other resources are available in your area.
 - Service unit-led events. You will learn about these by attending service unit meetings and receiving service unit communications. If you aren't receiving communications, reach out to service unit leadership or your volunteer support staff.
 - o Find local businesses, organizations, parks, and community partners to visit for field trips. (Some suggestions include the fire department, police department, libraries, veterinarian's offices, city or county officials' offices, and animal shelters. Other troops in your service unit may have additional local recommendations, as well.)
 - Here is a <u>great resource</u> for places around Central Texas that may be near you or just a short drive away.



Before Your First Meeting

1

☐ Find a meeting location.

 Some ideas for meeting locations include schools, places of worship, libraries, public parks, community centers, or <u>Girl Scout houses</u>.



 Girl Scout volunteers in your area, such as your service unit leadership, may have more meeting location ideas, as well.

2

Determine the day and time that works best for meetings.

This day and time should work for most families in the troop but, as the leader, you get the final say in determining meeting times.

3

☐ Determine the frequency and duration of meetings.

Many troops opt to meet twice per month for one- to one-and-a-half hours, but you can do what works best for you and your troop's families.

- ☐ Visit the Volunteer Toolkit, a tool for leaders like you to use for troop meeting planning.
 - Log in to MyGS (<u>mygs.girlscouts.org</u>) and select "Volunteer Toolkit" from the left-hand navigation.



- You can create a plan for the activities you'd like to do with your troop throughout the year and the toolkit will provide meeting guides and supply lists.
- Leaders of new Daisy level troops, see meeting plans in your Girl Scout Experience Box, shipped to your location of choice. (www.gsctx.org/gsbox)





Before Your First Meeting

5

☐ Check out the Troop Year
Planner (www.gsctx.org/
planner) for additional meeting
planning ideas.





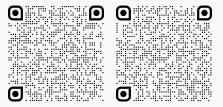




- ☐ Set a structure for your meetings such as:
 - Have a fun activity that requires no instruction for youth to do as they arrive (for example, Girl Scout coloring sheets or puzzles).
 - o Recite the pledge of allegiance and the <u>Girl Scout Promise and Law.</u>



- o Introduce the meeting's topics.
- o Work (badges, petals, journeys, etc.).
- o Fun activity (song, game, craft, etc.).



- Friendship circle (Learn more about the friendship circle in the Traditions, Events, and Ceremonies checklist.)
- Considerations: If your meeting is immediately after school or another activity, Girl Scouts may need extra active time and activities or may need time for snack.

Before Your First Meeting

7

☐ Send health history and permission forms to caregivers if possible and/or have printed copies to hand out at the first meeting.

(www.gsctx.org/forms)



o Girl Scout Health History Record



o Permission for Meetings, Media, Day Trips, and Treatment



 Uniform information – at a minimum, each youth member should have a membership pin.



Financial assistance is available for uniforms if needed. (www.gsctx.org/fa)



Uniforms can be purchased from the Girl Scout Shop in person, over the phone, or by email utilizing these <u>order forms</u>.



 Have a secure method to store completed health and permission forms, such as a binder. For adult health forms, if preferred, you can store them in signed, sealed envelopes that will only be opened by emergency personnel if needed.

8

☐ Gather needed supplies for your meeting.

- o Supplies may include crayons, markers, paper, poster board for a group contract, badge requirements, printouts from Volunteer Toolkit, etc.
- o Make sure that you have a basic first aid kit.
- o Check with your service unit to see if there are resources or supplies available.

Caregiver Meeting

1

 Come prepared with a list of expectations for caregiver participation.



2

☐ Have a list of roles that need to be filled (ex., co-leader, treasurer, product coordinators). Make sure that once a caregiver selects a role, they claim it in MyGS. (mygs.girlscouts.org)



o Here is a great resource: <u>Families Make</u> <u>it Happen</u>



3

☐ Share information on meeting frequency, days, and times.



- ☐ Discuss the troop's desire to participate in the Fall Product Program and the Girl Scout Cookie Program.
 - o Registration for the Fall Product
 Program typically occurs in August or
 September. Registration for the cookie
 program typically occurs in October
 or November. If your troop forms
 after these dates or just isn't ready to
 participate, you may consider saving
 this discussion until year two.
 - To participate in either the fall product or cookie program, your troop must have a troop bank account. (See the First 30 Days checklist for more information.)

5

Discuss snacks. Questions to ask may include: Will you serve snacks at meetings? Who will purchase the snacks? Are there dietary restrictions to be aware of?

Caregiver Meeting

6

Determine the type of structure that will work for your troop. Will the leaders plan meetings and lead all activities or will caregivers rotate through the planning and leading of activities? Remember that Girl Scouts is a girl-led program and even our youngest members can help with the planning.



Provide information on financial assistance available through council for membership dues and uniform components.

(www.gsctx.org/fa)





9

Determine if Girl Scouts will wear uniforms to meetings and, if so, which components each Girl Scout should have (for example, should Girl Scouts wear their tunic/vest/sash?

Do you want Girl Scouts to also purchase a uniform shirt?).

Note that if your troop plans to participate in the Girl Scout Cookie Program, each Girl Scout needs, at a minimum, a membership pin.



Determine your troop's financial structure. Will you charge dues? If so, will you collect dues at every meeting or annually? Will the troop pay for activities (like badges and field trips), or will individual families need to pay for activities? Do you anticipate the financial structure changing for subsequent years once the troop has proceeds from the Fall Product Program or the Girl Scout Cookie Program?



Caregiver Meeting

10

- ☐ If you have not already collected all needed health history and permission forms, have copies available for caregivers to complete at the meeting:
 - o Girl Scout Health History Record



o <u>Permission for Meetings, Media, Day</u> <u>Trips, and Treatment</u>

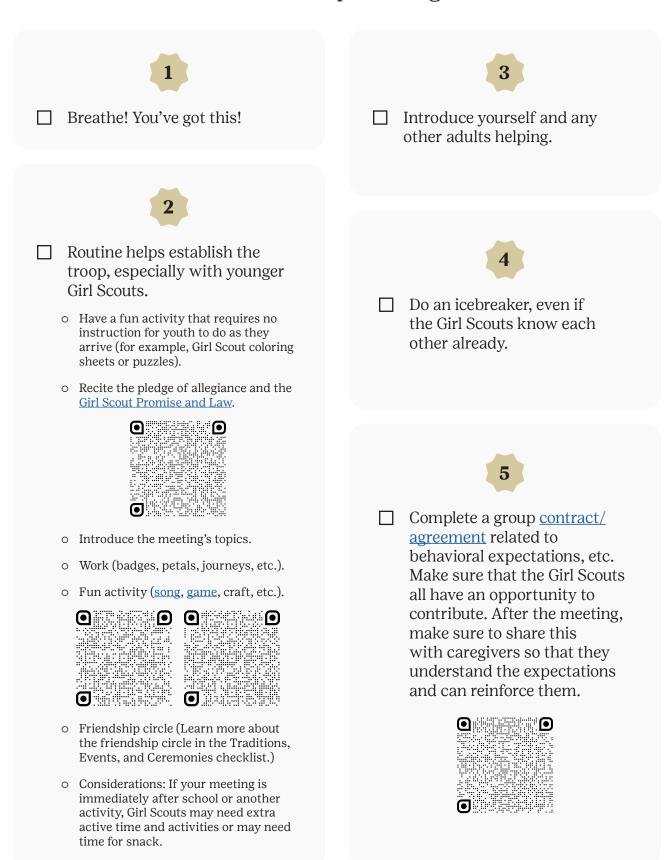


11

Have a secure method to store completed forms, such as a binder. For adult health forms, if preferred, you can store them in signed, sealed envelopes that will only be opened by emergency personnel if needed.



First Troop Meeting



First Troop Meeting



☐ Talk about what the Girl Scouts want to get out of the year.





- ☐ Items to have with you:
 - o Materials to make name tags.
 - Completed forms in your binder or folder and blanks for those who still need to complete them.
 - Girl Scout Health History Record

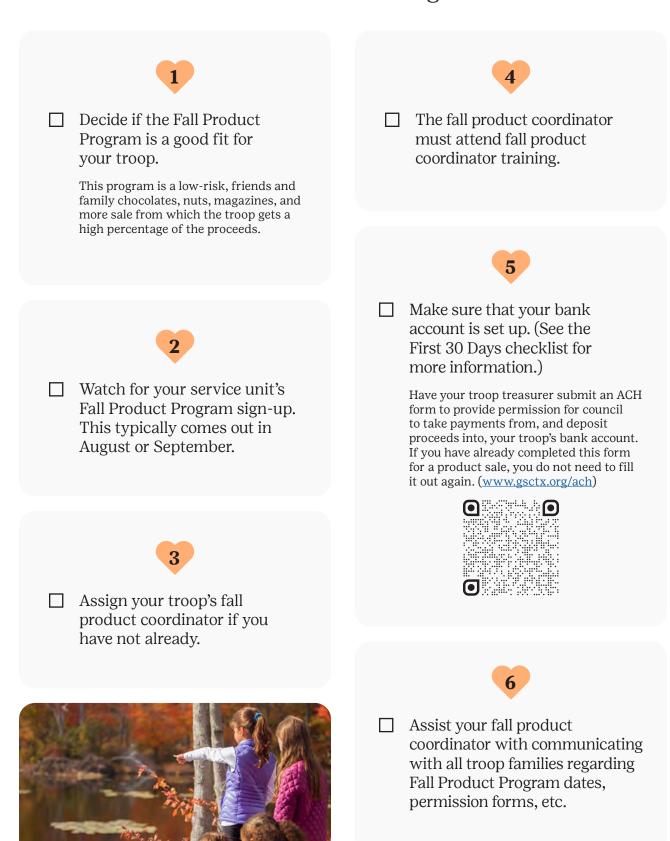


• Permission for Meetings, Media, Day Trips, and Treatment



- o First aid kit.
- o Supplies for your planned activities.
- o Snacks, if applicable.
- The Girl Scout Promise and Law, on poster board if possible but, if not, on paper.

First Fall Product Program



First Fall Product Program



☐ Set aside time in a meeting prior to the start of the program to introduce the Fall Product Program to your Girl Scouts and help them prepare for the program. (The fall product coordinator should be leading this, but you will set aside the time.)



☐ Share back the results after the program with the Girl Scouts. Discuss what went well, what they thought could improve, what the troop will do with the proceeds, etc.

First Girl Scout Cookie Season

1

Decide if the Girl Scout Cookie Program is a good fit for your troop.

Reach out to your service unit cookie manager if you have questions.



2

□ Watch for your service unit's cookie program sign-up.
 This typically comes out in September or October.

3

Assign your troop's cookie coordinator if you have not already.



4

Your troop's order for gluten-free cookies (Caramel Chocolate Chip) is typically due ahead of all other cookie orders, during cookie program sign-up. Your service unit cookie manager can provide details and help with planning your pre-order if you would like to sell gluten free cookies.

5

☐ The cookie coordinator must attend cookie coordinator training. Training is led by your service unit cookie manager and information should be provided about the meeting time and location.

As the troop leader, you may want to attend cookie coordinator training along with your troop cookie coordinator so that you understand the process. However, only the cookie coordinator is required to attend.

First Girl Scout Cookie Season

6

☐ Make sure that your bank account is set up. (See the First 30 Days checklist for more information.)

Have your treasurer submit an ACH form to provide permission for council to take payments from, and deposit proceeds into, your troop's bank account. If you already completed this form for a product sale, you do not need to fill it out again. (www.gsctx.org/ach)

0 •

8

Confirm that all Girl Scouts who want to participate in the cookie program have Girl Scout memberships and the necessary uniform components (at minimum, the Girl Scout membership pin). Financial assistance is available for both. (www.gsctx.org/fa)

7

Assist your cookie coordinator with communicating with all troop families regarding program requirements, permission forms, troop goals, and Girl Scout initial orders. An in-person meeting is encouraged. Make sure to schedule this meeting by early November, as initial cookie orders are due in early December.

9

Set aside time in a meeting prior to the start of the program to introduce the Girl Scout Cookie Program to troop members and help them prepare.

Your service unit likely has Cookie Captains (older Girl Scouts learning leadership skills) who can assist you with cookie program training and may come to your meeting to teach your troop about cookies and the cookie program.

First Girl Scout Cookie Season

10

Help your troop set a troop sales goal. What will you do with the proceeds? How many packages do you need to sell to reach your goal?

12

☐ Consider visiting the Girl Scouts of Central Texas retail shop for cookie booth merchandise.

(www.gsctx.org/locations)



11

- Look for cookie rallies hosted by your service unit or the council, which will help your Girl Scouts prepare for the cookie program.
 - Preparation will include a focus on the five skills of the Girl Scout Cookie Program: goal setting, decision making, money management, people skills, and business ethics. Each Girl Scout level has a badge that correlates with the age-appropriate application of these skills.
 - O Typical preparation also includes learning the cookie price per package, learning the different flavors of cookies, being able to explain their cookie program goal, and communicating what the troop plans to do with their earnings, in addition to cookie selling etiquette. Depending on their age, Girl Scouts may also practice money handling and advanced sales techniques.

13

☐ Share back the results after the cookie program with the Girl Scouts. Discuss what went well, what they thought could improve, progress towards the goal, etc.



Transitioning to Year Two



- Your troop treasurer must submit the troop's financial report in Volunteer Toolkit by May 1. They may need help from you to identify all transactions and answer some of the questions.
 - Additional information will be provided by your service unit or service unit lead for operations treasurer.
 - As always, if you have questions, reach out to your service unit team or volunteer support specialist.





Have caregivers commit to their Girl Scouts continuing for another year in your troop and for the adults to continue in their volunteer roles. This will make it easier for your troop to hit the road running in the fall.



☐ Inform your troop about early membership renewal incentives beginning April 1. (www.gsctx.org/renew)





☐ If your troop is interested in spending a weekend at one of our Girl Scout camps, reservations open in May for the following Girl Scout year. (www.gsctx.org/rentcamp)



Transitioning to Year Two



☐ Is your troop bridging (moving up) to the next Girl Scout level? Will you have an end of year party or ceremony? If so, plan your troop's bridging ceremony.





- Determine what your troop will do over the summer.
 - Will you continue to meet regularly, meet occasionally, or take a break?
 - There are often DIY Girl Scout activities and challenges provided on the GSCTX website. (www.gsctx.org)



- Will you host or attend family fun events?
- o Will you take a troop trip?





- ☐ Plan and budget for the following year.
 - What badges do the Girl Scouts want to earn?
 - o What activities will you do?
 - Do you want to make any changes to the troop structure (for example, assigning caregivers to different troop support roles)?
 - Do you want to make any changes to the troop finance structure (for example, start or stop charging troop dues or reconsider what the troop funds are used for)?
 - o Planning early takes the pressure off during the rest of the year.



Take advantage of learning and networking opportunities for troop volunteers such as our Volunteer Enrichment Conference offered each summer and our Trailblazers adult weekend in the fall. Both offer opportunities to attend workshops and network with other Girl Scout volunteers from across Central Texas.

Registration can be found on the Event Calendar. (www.gsctx.org/calendar)



Traditions, Events, and Ceremonies

Traditions

Girl Scout Promise and Law

Often recited at the beginning of a troop meeting or Girl Scout gathering, the <u>Girl Scout Promise and Law</u> remind us to be honest, to be good citizens, to help others, and to make the world a better place.



Girl Scout Sign

Girl Scouts make the Girl Scout sign—raising three fingers of the right hand with the thumb holding down the pinky—when they say the Girl Scout Promise. The three fingers represent the three parts of the Girl Scout Promise.

Make New Friends https://www.youtube.com/watch?v=E5uafJjkgio



The song Make New Friends is a Girl Scout favorite, which may be sung in a friendship circle, at a Girl Scout sign-along, or at the opening or closing of a troop meeting.

Lyrics:

Make new friends,
But keep the old.
One is silver and the other's gold.
A circle is round,
It has no end.
That's how long I want to be your friend.

Friendship Circle https://www.youtube.com/watch?v=qHTOkcmI44Q

Representing the unbroken chain of friendship among Girl Scouts and Girl Guides around the world, the friendship circle is often used to close a Girl Scout meeting or ceremony. The friendship circle involves Girl Scouts standing in a circle, crossing their right arms over their left, and clasping hands with their friends on both sides. Everyone then makes a silent wish as a friendship squeeze is passed from hand to hand around the circle. As each member of the circle makes their wish, they put out their right foot toward the center of the circle, so others know they have made their wish. Once the squeeze has made its way around the whole circle. everyone turns outward to take into the world what they learned at Girl Scouts.



SWAPS

SWAPS stands for "Special Whatchamacallits Affectionately Pinned Somewhere." They are small tokens of friendship that Girl Scouts exchange with one another, and each SWAPS uniquely reflects a fellow Girl Scout, their troop, or a memory of a special event. Exchanging SWAPS is a great way to share stories and get to know Girl Scouts from across the country and the world. Any time you meet with Girl Scouts or Girl Guides from different troops, it is appropriate to exchange SWAPS, though doing so is optional.



Traditions, Events, and Ceremonies

Traditions

Sit-Upons

A long-time Girl Scout tradition, a "sit-upon" is something you sit upon to keep dry and warm when sitting on the ground, a log, or any other cold/wet area. Sit-upons are usually homemade and are a great craft for Girl Scouts to make in preparation for a hike or camping trip.



S'mores

S'more is a contraction of the phrase "some more." A sweet snack consisting of a chocolate bar and toasted marshmallows sandwiched between graham crackers, the first known recipe for the treat was published in the 1927 Girl Scout handbook: Tramping and Trailing

with the Girl Scouts. Today, the s'more remains a favorite treat to make and serve during Girl Scout campouts

Highest Awards (www.gsctx.org/highestawards)

The Bronze, Silver, and Gold Awards, together known as Girl Scout Highest Awards, are the most prestigious awards a Girl Scout can earn as a Junior (Bronze Award), Cadette (Silver Award), or Senior/Ambassador Girl Scout (Gold Award). The Highest Awards encourage Girl Scouts to identify an issue in their community, and then take action to solve it. Through their Highest Awards projects, Girl Scouts actively work to make the world a better place as they build leadership skills.



Events

Juliette Gordon Low's Birthday

October 31 marks the birth in 1860 of Girl Scouts of the USA founder Juliette Gordon Low in Savannah, Georgia. Troops and service units often acknowledge and celebrate Low's birthday through group activities.

World Thinking Day

World Thinking Day, February 22, is a day of international friendship celebrated by Girl Scouts and Girl Guides from over 150 countries around the world. World Thinking Day encourages Girl Scouts to learn about cultures other than their own and about how girls' lives differ based on where they live, their

cultures, and customs. Each year, Girl Scouts are encouraged to explore a different World Thinking Day theme, which typically becomes available from Girl Scouts of the USA in January. Search "World Thinking Day" and look for the link at girlscouts.org for more information.

Girl Scout Week

Girl Scout Week is celebrated each March, starting with Girl Scout Sunday, and ending with Girl Scout Sabbath on a Saturday. The week always falls during Girl Scouts' birthday, March 12, the date upon which Girl Scouts was founded in 1912. Most years Girl Scouts of the USA releases a guide to celebrating Girl Scout Week, which typically becomes available in February. Search "Girl Scout Week" for more information.

Traditions, Events, and Ceremonies

Ceremonies

Investiture

An investiture ceremony welcomes new members into the Girl Scout family for the first time. New Girl Scouts receive their membership pin as well as their grade-level pin at this ceremony.

Bridging and end-ofyear celebrations

Bridging ceremonies mark a Girl Scout's move from one level of Girl Scouting to another (for example, from Daisy to Brownie).

Flag ceremonies

Flag ceremonies can be part of any activity that honors the American flag. Flag ceremonies are often conducted during summer camp, at formal meetings, or at formal community events.

Girl Scouts of Central Texas Acronym Glossary

- ▲ ATA: Activity and travel application a form that is needed any time your troop travels overnight or participates in a day trip with a high-risk activity.
- ▲ BAR: Bank account request form a form that is needed when a troop or service unit needs to open a new bank account, change a signer on an existing bank account, or close a bank account.
- ▲ CBC: Criminal background check required of all volunteers, staff, and adults who will be traveling with a troop or responsible for supervising youth who are not part of their household.
- ▲ FA or FP: Financial aid or financial partnership assistance available to help defray the costs of being a Girl Scout member and attending Girl Scout Camp and activities.
- ▲ GSCTX: Girl Scouts of Central Texas our council, which serves Girl Scouts in 46 counties across Central Texas.
- ▲ GSLE: Girl Scout Leadership Experience Girl Scout's model of program delivery encompassing the principles of girl-led, learning by doing, and cooperative learning.
- ▲ GSUSA: Girl Scouts of the United States of America, also referred to as Girl Scouts of the USA, our national organization.
- ▲ MY (typically followed by two numbers):

 Membership year this designates which Girl
 Scout year is being referred to; the Girl Scout
 year spans from October 1 to September 30
 with the membership year referring to the year
 encompassing January through September.
- ▲ PC: Program Credits credits earned by Girl Scouts through the cookie program for meeting certain goals; credits can be used for summer camp, council events, troop and service unit travel, and purchases in the council shop.
- ▲ STEM: Science, technology, engineering, and math one of the four pillars of the Girl Scout program.
- ▲ SU: Service unit a group of troops in a small geographic area bounded by specified zip codes; service unit leadership are all volunteers.
- ▲ SUCM: Service unit cookie manager a volunteer who facilitates the service unit's participation in the Girl Scout Cookie Program and mentors troops through the process.
- ▲ SUD*: Service unit director a volunteer who helps lead the service unit.

- ▲ SUFPM: Service unit fall product manager a volunteer who facilitates the service unit's participation in the fall product program.
- ▲ SUR*: Service unit registrar a volunteer who helps with recruitment and connecting new Girl Scouts with troops.
- ▲ SUT*: Service unit treasurer or service unit lead for operations a volunteer who helps with service unit finances and troop banking.
- ▲ TCC: Troop cookie coordinator a volunteer who leads the troop through the Girl Scout Cookie Program.
- ▲ TFPC: Troop fall product coordinator a volunteer who leads the troop through the fall product program.
- ▲ TL: Troop leader a volunteer who leads a troop of Girl Scouts through the Girl Scout experience.
- ▲ TUF: Troop update form a form that should be filled out annually or when you want to make changes to your troop such as changes to the meeting location or number of open spots.
- ▲ VSS: Volunteer support staff staff members who are there to support volunteers in any way needed; a liaison between volunteers and the council.
- ▲ VTK: Volunteer Toolkit a resource available to all leaders that includes meeting plans, year plans, handouts, and other helpful documents.
- ▲ WAGGGS: World Association of Girl Guides and Girl Scouts the worldwide collaborative organization that GSUSA is a part of, connecting Girl Scouts and Girl Guides across the world.
- ▲ WTD: World Thinking Day a day of international friendship and learning about other cultures celebrated by Girl Scouts each February.
- ▲ YPT: Youth protection training a training required for all volunteers and staff.

*Your service unit may not have a SUD, SUT, or SUR. Some service units divide the roles differently and have a service unit lead for operations, a service unit lead for membership, and a service unit lead for programs.

Quick Links

Frequently used resources and forms.





RESOURCES QUICK LINKS

Leader









gsLearn



Log in and look for link in the left navigation!







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Financial Aid

0

Select "Adult Training" filter in By Category section Click "OR use the Advanced Search"

Click "View Results"



Volunteer Toolkit



Log in and look for link in the left navigation!



Safety Activity Checkpoints

Troop Volunteer Roles



•

•

Essentials Volunteer

Contact Us



Sample

Sample Girl Scout

Experience Box

Girl Scout

(for Daisy Leaders)

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•

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Year Plans Troop

Agreement

Girl Scout Uniform

Information



•

•



Girl Scout Caregiver Agreement

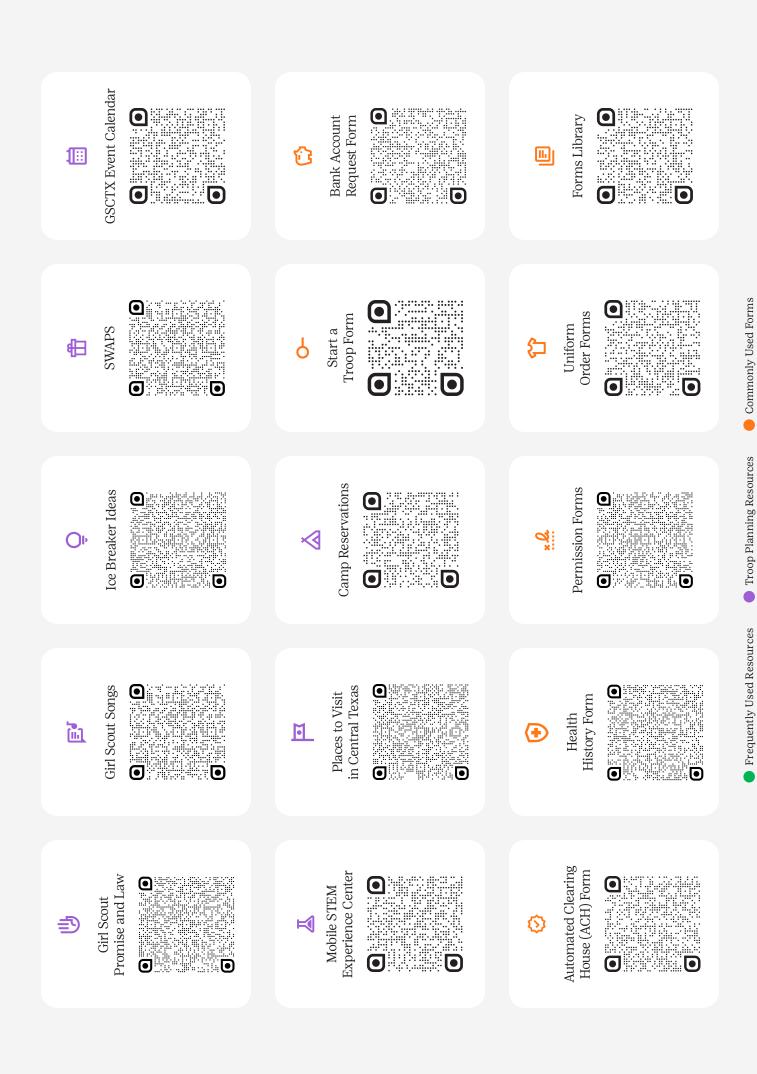


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Frequently Used Resources

Troop Planning Resources

Commonly Used Forms





Frequently used troop management documents.







Girl or Adult Health History Record

Both pages must be completed & signed by the custodial parent/guardian of girls; *or* by adult members for themselves. This record will be retained by the adult leader for one year and accompany the adult in charge at all meetings and other activities (i.e. field trips, camping, SU events, etc.). This form will be shredded after a new form is received. If the individual listed on the form leaves the troop, this form will be immediately shredded. All information on this form will be kept confidential and stored in a place where others may not view the information contained on this form. For adults: complete the information that is necessary for the Girl Scout troop or event.

Full Legal Name:				Nickname:			Troop	#:	
DOB: Age:			ge:			Girl		Adult	
Address:									
					Post Dhomo #				
Custodial Parent/Guard					Dest Fhone #:				
Address (if different tha	an girl's address):								
Emergency Contact:					Best Phone #:				
	I	Iealth Condi	tions: Past	and Present [C	Check all that ap	ply]			
Arthritis				Hernia					
Asthma				Hypertension/High Blood Pressure					
Bedwetting					isorders/Cons	tipation			
Bleeding disorder				Kidney/blac					
Convulsions/Epil	lepsy/Seizures			Menstrual cramps					
Diabetes				+	eletal Disorder				
	ar or Ear Infections				chological disc	order			
·	(Anorexia, Bulimia, etc	.)		Nosebleeds		`			
Eyesight Impairment				nus Infections)				
	Fainting/dizzy spells			Sleep Distur					
Headaches/Migraines				Speech Imp		ad in the last	5 vears		
Hearing Impairment Heart Defects/Disease				Had surgery or hospitalized in the last 5 years Currently under doctor or psychologist's care					
Other:	sease			Currently u	naci aoctor o	psychologis	t 3 care		
Date of last health exam	nination:		W	ere any complica	ting medical r	problems note	d in the la	st health exan	 n?
				Yes					
Please explain in detail	any items checked abov	e:							
Since last health exam, h	nas participant had:								
A serious injury requiri	ng medical attention?	☐ Yes	☐ No	Treatment in a	a hospital or e	mergency roo	m?	☐ Yes	☐ No
A surgical procedure or	fracture?	Yes	□ No	Any exposure	to a contagio	ıs disease?		☐ Yes	☐ No
Does your child have ar	ny restrictions concernir	ng physical acti	vities?	☐ Yes ☐ N	lo Exp	lain:			
A 11	•	D (1		lergies	m /			. (1 (D	
Allerg	gies	Reactio	n/ Severity		Treatme	nt	D	ate of last Re	action
Does she/you suffer fro	om Anaphylaxis?*	☐ Yes ☐	No	•					
*A severe allergic reaction				es, and trouble b	oreathing.				
Does she/you carry an l		☐ No		es she/you carry	_	☐ Yes	☐ No		
•	Phy	sician/Denti	st, Hospita	ıl, and Insuran	ce Informat	ion			
Physician's name:				Phone #:					
Medical Insurance Carri	ier name:				Insurance nur	nber:			
Preferred hospital:									
Dentist's name:				Phone #:					
Dental Insurance Carrier name: Insurance number:									

Attach picture of individual here.

Girl Scouts of Central Texas

Girl or Adult Health History Record

Full Legal Name:			Nickname:	DOB:	DOB:		
Record of Immunization [Must be completed in detail)]							
Immunization	Date Series Completed	Year of Last Booster	Immunization	Date Series Completed	Year of Last Booster		
Hepatitis B			Hepatitis A				
Diphtheria, Tetanus, Pertussis (DTap/Tdap)			Inactivated Poliovirus (IPV)				
Measles, Mumps, Rubella MMR)			Influenza				
Rotavirus (RV)			Varicella				
Haemophilus influenzae (type b Hib)			Meningococcal (MCV)				
Pneumococcal (PCV)			Human Papillomavirus (HPV)				
Tuberculin Test: Result	Date		Other:				
List any medications including dosage schedul Medication Purpo	e and specific in	structions for u	• •	ginal container with ap	propriate label.		
_							
Parent/Guardian of Minors:			er Medications: take the following medications in case	of accident or injury:			
Tylenol/Acetaminophen			Pepto Bismol				
Aspirin (fever reducer)			Imodium (anti-diarrhea)				
Ibuprofen (pain/swelling)			Dramamine (motion sickness p	revention)			
Benadryl/Antihistamine			Tums/antacid	ie vention,			
			,				
Robitussin/expectorant			Sudafed/decongestant				
Skin Ointments (in case of rash, antibac	terial, athlete's fo	oot, etc.)					
Other:							
Special considerations or notes:							
•							
I have reviewed the GSCTX policy on ad adult in charge.	ministering m	edication to a	minor and submitted the appropertly taking any prescribed or ove	riate permission forn r the counter medica	ns to the tions.		
My child has the following dietary restri			9 71				
My child has the following thetary restri	cuoris:						
			77(0)				
For Custodial Parents/Guardians: I kno	w of no reason	SIGNATUI		form, why my daug	hter should		
not participate in prescribed activities ex		(3), calci ala					
	r						
Signature of Custodial Parent or Guardian Today's Date							
For Adults: This health history is correct	et, and I am abl	le to participa	te in all prescribed activities excep	ot as noted.			
Signature of Adult			Today's Date				



Girl Scout Agreement

Creating a Girl Agreement List for Your Troop

A troop agreement list is a great way to prevent conflict and create a safe and happy troop environment. This list aims to set clear expectations for acceptable Girl Scout behavior. Girls and adults alike are more likely to follow these agreements if they are written down and signed, especially if they are allowed to be part of the process!

Some typical items to include are:

Follow the Girl Scout Promise and Law Listen, do not interrupt Avoid gossiping Let go of mistakes Troop meetings should be electronic-free Be a sister to every Girl Scout

We encourage you to involve the girls in this process! For younger girls, this may mean you have to prompt them and encourage them to offer appropriate rules. Older girls who are more confident leaders may need less help in creating an agreed-upon list.

Feel free to break out the art supplies for this!! Younger girls may want to use fingerprints to sign the agreement, if they are still learning to write and sign their name.

A great time to do this is the first meeting of the year – pull out a big piece of paper and write down everyone's ideas, then decide on which agreements to keep and transfer them to the "official" paper. The girls can then decorate that paper and sign their names. You can hang that paper up at every meeting – that way, if someone is not following the agreements, it is easy to refer back to the agreement list.

It is a good idea to revisit this at every year. You will want the language to reflect the girls age, plus you will want to include any new girls who have joined you on your Girl Scout journey!

See the following page for one example of a Girl Agreement! There are plenty of other examples to be found on the internet if you want to be more creative.



Troop _____ Girl Scout Agreement

As a Girl Scout, I pledge to follow the Girl Scout Promise and Law to the best of my ability:

The Girl Scout Promise

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.

The Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

As a member of Girl Scout Troop _____ I, _____, will do my best to:

- Leave a place better than I found it. I will clean up after myself and the troop we're a team!
- Use resources wisely. I will not waste food, drink, or supplies. I will not waste time by not paying attention to instructions.
- I will listen to my leader or adults in charge and respond respectfully to their directions.
- I will always use the buddy system and will notify the leader or other adult before leaving the designated meeting or event area with my buddy (example: to go to the rest room).
- I will learn to think and act for the good of the troop, not only for myself. We work as a team, and we help each other!
- Every Girl Scout is a sister to every other Girl Scout. During meetings and events, we are all friends, and no one is to be excluded or be treated disrespectfully.

Girl Scout Signature	Date
 Caregiver Signature	Date



Girl Scout Caregiver Agreement

Creating a Caregiver Agreement List for Your Troop

Girl Scouts learn by example. GSCTX volunteers endeavor to follow and teach the Girl Scout Promise and Law. It is expected that caregivers will also support those values in all Girl Scout activities. This list aims to set clear expectations for acceptable Girl Scout caregiver behavior. Girls and adults alike are more likely to follow troop agreements if they are written down and signed, especially if they are allowed to be part of the process!

Some typical items to include are:

Follow the Girl Scout Promise and Law Allow the troop to be girl-led Volunteer support Participation in GSCTX Product Programs expectations Meeting attendance expectations Communicate in a timely manner Follow all safety guidelines

We encourage you to involve the caregivers in this process! A great time to do this is the first meeting of the year – pull out a big piece of paper and write down everyone's ideas, then decide on which agreements to keep. A troop agreement list is a great way to prevent conflict and create a safe and happy troop environment.

It is a good idea to revisit this at every year. You will want the language to reflect the program level of the troop, plus you will want to include any new Girl Scouts and caregivers who have joined you on your Girl Scout journey!

See the following page for one example of a Caregiver Agreement! There are plenty of other examples to be found on the internet if you want to be more creative.



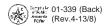
Troop	Caregiver	Agreement
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The Girl Scout mission builds girls of courage, confidence, and character, as outlined by the Promise and Law. As caregivers and volunteers, we strive to exemplify these values to be Girl Scout role models for our troop. This document intends to set expectations for all adults in our troop to ensure smooth operations.

As an adult associated with Troo	p I,	will do my best to
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- Demonstrate a genuine interest in my Girl Scout's participation in Girl Scouts.
- Follow the Girl Scout Promise and Law to the best of my abilities so that I am a positive role model for the members of the troop.
- Recognize that Girl Scouts is girl-led, so I will demonstrate positive support and respect for the opinions and goals of the troop.
- Support my Girl Scout's participation in product program to the best of my ability and follow all GSCTX requirements and rules.
- Have a clear understanding of troop expectations for Girl Scout behavior while representing the troop at meetings, events, trips, or ceremonies and ensure my Girl Scout's behavior follows those expectations.
- Support the volunteers (to the extent that I am able) who are working with the troop by attending required caregiver meetings and adhering to deadlines. This encourages a positive Girl Scout Leadership Experience for the entire troop.
- Ensure that all permission slips, dues, and materials are submitted on time, making sure
 my Girl Scout is prepared for Girl Scout activities. I will also ensure my Girl Scout is
 dropped off and picked up on time.
- Communicate in a timely manner when outside factors influence my ability to volunteer. I will work with the troop leaders to make other arrangements, if necessary.
- Communicate privately any concerns that I have directly to the volunteer responsible, rather than in the presence of other Girl Scout youth and adults. I will follow GSCTX processes for conflict resolution. I will involve a GSCTX membership staff member if I would prefer to have a moderator help with resolution. I will not initiate or participate in gossip or negative statements about Girl Scouting and will refrain from behavior that undermines leadership of the activity.
- Follow safety guidelines for all activities and guarantee a high-quality environment for our troop that is free from drugs, tobacco, and alcohol. I will refrain from their use at all Girl Scout events.
- Support the Girl Scout efforts to provide an environment of acceptance for all Girl Scouts and their families by asking my Girl Scout to treat others with respect.

I understand that my behavior directly impacts a Scout activities. I will honor this agreement so the quality Girl Scout experience. Finally, I agree to the other members of the troop!	nat the Girl Scouts in our troop can have a high-
Caregiver Signature	Date



Texas Sales and Use Tax Exemption Certification

This certificate does not require a number to be valid.

Name of purchaser, firm or agency			
Address (Street & number, P.O. Box or Route number)		Phone (Area code and n	umber)
City, State, ZIP code			
only, state, 211 code			
I, the purchaser named above, claim an exemption from items described below or on the attached order or involved.		se taxes (for the p	urchase of taxable
Seller:			
Street address:	City, State, ZIP (code:	
Description of items to be purchased or on the attached or	der or invoice:		
Purchaser claims this exemption for the following reason:			
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NOTE: This certificate cannot be issued for the purchase, lease, or rental of a motor vehicle.

THIS CERTIFICATE DOES NOT REQUIRE A NUMBER TO BE VALID.

Sales and Use Tax "Exemption Numbers" or "Tax Exempt" Numbers do not exist.

This certificate should be furnished to the supplier.

Do <u>not</u> send the completed certificate to the Comptroller of Public Accounts.





\$ 23.00 Tunic

\$ 23.00

Vest

American Flag Patch

\$ 2.75

\$ 7.00

Central Texas ID Set

Troop Numerals

\$1.95

\$ 4.00 Daisy Insignia Tab

\$ 3.00 Daisy Pin

World Trefoil Pin

\$3.00

vest or tunic, you can wear them on the back. If your awards and badges don't fit on the front of your

Daisy Uniform

Daisy Insignia Tab World Trefoil Pin Girl Scout Daisy Membership Pin

American Flag Patch

Girl Scout Council Identification Set

Cookie Entrepreneur Family Pins

My Promise, My Faith Pins

Safety Award Pin-

Membership Stars and Discs

Troop Numerals

Journey Summit Award Pin

World Thinking Day Award Global Action Award Year 1 Girl Scout Daisy Badges

Journey Award Badges

Petal and Promise Center Set

Girl Scout Daisy Badges

Place your first Journey awards at the bottom of your vest. As you earn additional awards,

work your way up.

National Program Badges & Journeys



STEM

Automotive Engineering







Automotive Automotive Engineering Manufacturing





Coding For Good

App Development



Digital Game Design



Math In Nature

Cookie Goal Setter**

Entrepreneurship





Money Explorer*



Cybersecurity

Robotics













It's Your Story — Tell It:

It's Your World - Change It! It's Your Planet - Love It!

Journey Awards



Welcome to the Daisy Flower Garden Set











Digital Model Car Roller Coaster Leadership Design Challenge Design Challenge

Board Game Design Challenge

Life Skills







Computer Science

Engineering





Take

Think Like a Programmer

Think Like Take an Engineer Action

Daisy Petals*

Democracy for Daisies**

Create and Innovate

Craft and Tinker

Art and Design



Take Action



Buddy Camper





Additional Awards

*Troop Plan Year 1

5 Flowers, 4 Stories, 3 Cheers for Animals! Set

Between Earth and Sky Set











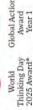
Outdoors







Outdoor Art Maker**



Global Action Global Action Award Award Year 1 Year 2

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Girl Scout Brownie



Brownie Uniform

Sash \$ 10.50

\$ 24.00

Vest

American Flag Patch \$ 2.75

Brownie Insignia Tab

American Flag Patch Girl Scout Council Identification Set

World Trefoil Pin

Girl Scout Brownie Membership Pin

Journey Summit Award Pins

731

Bridge to Girl Scout Brownie Award

My Promise, My Faith Pins

Membership Stars and Discs

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Troop Numerals

Cookie Entrepreneur Family Pins

World Thinking Day Award

Global Action Award Year 1

Girl Scout Brownie Badges

Safety Award Pin-

Central Texas ID Set \$ 7.00

Troop Numerals \$1.95

Brownie Insignia Tab \$ 4.00

Journey Award Badges

Brownie Pin \$ 3.00

World Trefoil Pin \$

Place your first
Journey awards at
the bottom of your
vest. As you earn
additional Journey
awards, work your



National Program Badges & Journeys



STEM

Automotive Engineering





Engineering Manufacturing Automotive Automotive Design

Digital

Coding For Good





Development





Outdoors







Eco

Brownie Snow Brownie or Climbing Trail Adventure Adventure





Outdoor Outdoor Adventurer Art Creator*

Cybersecurity









Math In Nature

Robotics



Entrepreneurship







Budding Entrepreneur



My Cookie Customers*



My Own Budget

Journey Awards

It's Your World - Change It! It's Your Planet - Love It! It's Your Story - Tell It!

Space STEM Science Career Adventurer Exploration

Race Car Senses** Design Challenge*

Home Leap Bot Scientist Design Challenge

Fling Flyer
Design S
Challenge**

Digital

Computer

1



Brownie Quest Set



WOW! Wonders of Water Set





A World of Girls Set

Outdoor

Outdoor STEM

Computer Science

Engineering

Think Like a Citizen Scientist





Think Like a Take Programmer Action

Take

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Democracy for Brownies

Create and

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Community**

Brownie Girl Scout Way* (

Brownie First Aid**

Life Skills

Additional Awards



World C Thinking Day 2025 Award*



*Troop Plan Year 1

Snacks*

My Great Day

My Family Story

My Best Self

Making Games

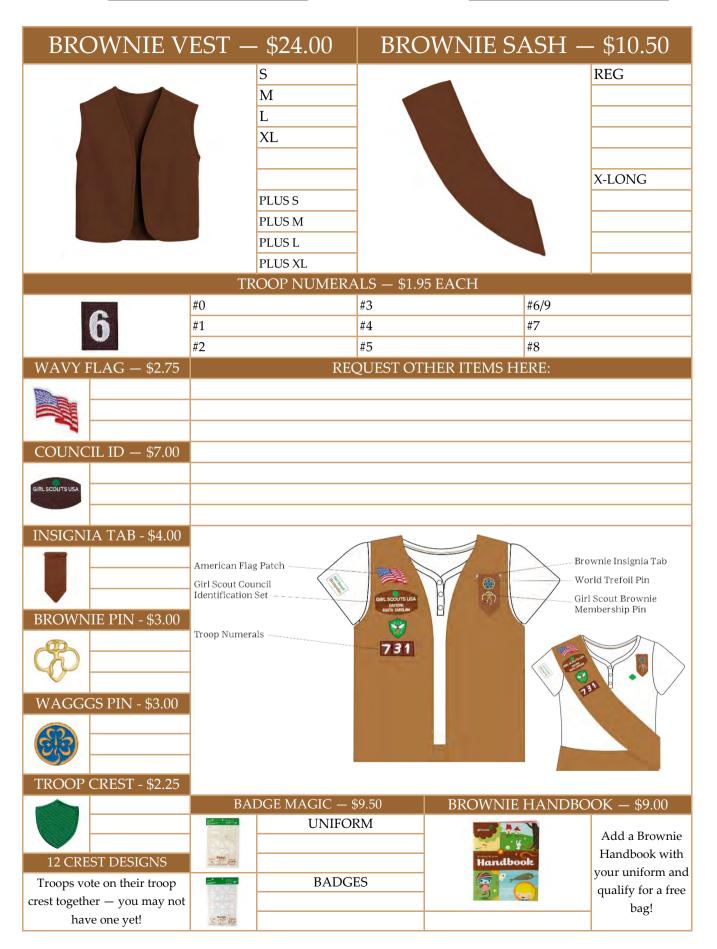
Making Friends**

Household Elf

Global Action Award Year I

Global Action Award Year 2

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Junior Uniform

\$ 10.50

\$ 25.00

Vest

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American Flag Patch

\$ 7.00 Central Texas ID Set

\$ 1.95 Troop Numerals

\$ 4.00 Junior Insignia Tab

\$3/3.50

\$ 3.00 Membership Pin World Trefoil Pin

Journey Award Badges



National Program Badges & Journeys



STEM

Automotive Engineering









Automotive Automotive Automotive Design Engineering Manufacturing

Coding For Good















Outdoors









Cybersecurity

















Cybersecurity Cybersecurity Cybersecurity Programming Designing Showcasing Shapes in Numbers Design with Basics Safeguards Investigator Robots Robots Robots Robots Nature in Nature Nature





Entrepreneurship

Math In Nature

Robotics











Journey Awards

It's Your World — Change It! It's Your Planet — Love It! It's Your Story — Tell It!



Agent of Change Set

Engineering

Entertainment Paddle spore Career Technology Boat Design Science Career Challenge Investigator* Exploration







Outdoor STEM







aMUSE Set

GET MOVING! Set



Life Skills

Create and Democracy Innovate for Juniors

Craft and

















Additional Awards









Scribe

Practice with Purpose*

Musician

Junior Girl Scout Way





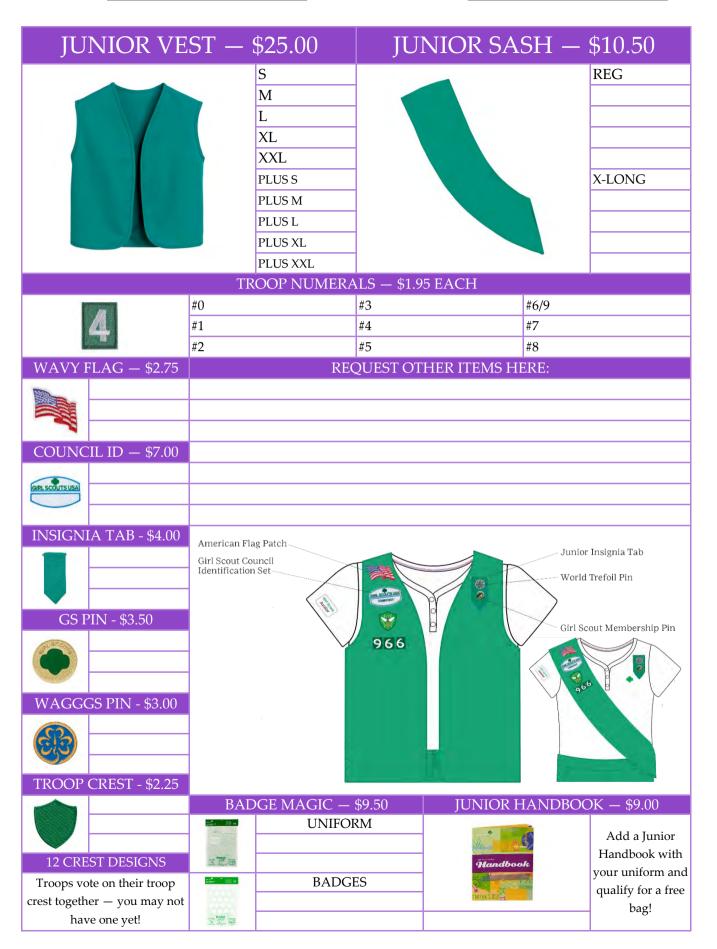




Global Action Global Action Award Award Year 1 Year 2

World Thinking Day 2025 Award*

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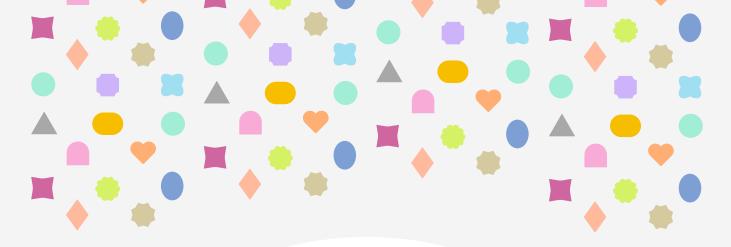
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Name:	Phone:

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Resources and documents for short trips.









Permission for Meetings, Media, Day Trips & Treatment

Page must be completed & signed by custodial parent/guardian of girl. Health history form must be completed and attached to form. Girl's Full Legal Name:___ Nickname: **Safety Agreement for Meeting** Will your daughter be walking home from meetings? ☐ Yes ■ No ☐ Yes Will someone be driving her home from meetings? My daughter is allowed to use the following modes of transportation:

Public transportation ☐ Drive herself home What is the name and phone number of the person(s) who will drive her home? Will anyone else have your permission to walk, drive, or accompany her home? Name & phone number: Is there anyone who is NOT permitted to pick up your child? I understand that if my daughter is to have a ride or walk home, I am responsible for seeing that the person I named in questions 3 or 4 above is there __p.m. to pick her up. (I understand that neither the leader nor Girl Scouts is responsible for driving her home or walking with her.) I shall indemnify, hold free and harmless, assume liability for, and defend the Girl Scouts of Central Texas, its chartered affiliates, agents, servants, employees, officers, and directors from any and all costs and expenses including but not limited to doctor's fees, emergency room fees, reasonable attorney's fees, investigative, and discovery costs, court costs, and all other sums which the Girl Scouts of Central Texas, its chartered affiliates, agents, servants, employees, officers, and directors may become obligated to pay on account of any, all and every demand for, claim arising or assertion of liability, or any claim or action founded thereon, arising or alleged to have arisen out of the negligence, gross negligence or intentional misconduct relating to the event hosted by the Girl Scouts of Central Texas, its chartered affiliates, agents, servants, employees, officers, and directors. Signature of Custodial Parent or Guardian Today's Date **Media Permission** I grant permission OR deny permission for my daughter to be interviewed, photographed, videotaped, or electronically imaged for purposes of promotional materials, news releases, sharing on social media, or other published formats for my Girl Scout troop. Signature of Custodial Parent or Guardian Today's Date Permission for All One Day Trips for the Year Throughout the year, there will be meetings and field trips held outside the normal meeting space. Your signature will give permission for all of our group's local activities, including any field trips of one day or less. You will be informed in writing (handout or email) at least two weeks in advance of each field trip so you can let the leader know if you do NOT want your daughter to participate. If the leader does not hear from you, she/he will assume based on your signature below that your daughter has your permission to participate. You will need to complete individual permission slips for any activities over one day in length. I agree to the Day Trip permission statement above. Signature of Custodial Parent or Guardian Today's Date **Consent for Emergency Medical/Dental Treatment** I am the parent or guardian having legal custody of the child named above. I authorize all medical, surgical, diagnostic, and hospital care, or procedures which may be performed or prescribed for my child by a licensed physician, dentist or hospital, when efforts to contact me are unsuccessful and when deemed immediately necessary or advisable by the physician to safeguard my child's health. I waive my right of informed consent to such treatment. Visit www.gsctx.org/forms to complete a Girl Scout Health History Record. Signature of Custodial Parent or Guardian **Emergency Contact Information** Custodial Parent/Guardian if Under 18: Address (if different than girl's address): ____ Emergency Contact Name: ____ Best Phone #: Alternate person(s) to contact in emergency: Best Phone #: City Relationship Name



Emergency Action Procedures

Minor Illness, Accident, or Incident

In the event of a minor illness:

- Call a primary caregiver to come for the child.
- If an adult takes a child home, ensure that someone is home to care for the child.
- Do not leave a child unattended.

In the event of a minor accident or injury:

- Immediately give first aid treatment, telephone caregiver, and transport to an emergency room or doctor's office.
- Ask the caregiver to come to the site of treatment. If caregiver(s) cannot be reached, call the person designated to act in an emergency.
- Continue to try to reach the caregiver(s) so they may assume responsibility for medical decisions.

In the event of an incident:

- For a behavioral incident that has escalated, seek appropriate assistance, including contacting 911 if you feel a situation may be dangerous.
- For an incident or suspected incident of child abuse or mistreatment, you are a mandated reporter under Texas law. Make a report to the Texas Department of Family and Protective Services (DFPS) by calling the abuse hotline at 1-800-252-5400 or by visiting www.txabusehotline.org.

Record in writing:

- Time and location of accident or incident; conditions existing at the time of the accident or incident; name, address, and phone number of any witnesses; order of events leading up to and following the accident or incident; and any medical attention, opinion, or instructions received from caregivers or emergency/medical personnel.
- Notify GSCTX as soon as possible, but within 24 hours, by filling out an Accident and Incident Report Form: www.gsctx.org/accident
- When an Accident and Incident form is submitted, GSCTX Customer Care contacts the caregiver and/or reporter to verify the need for medical care and if applicable, will send out the required insurance forms to apply for secondary insurance coverage.

GSCTX Facility-Related Emergency

Facility emergencies include plumbing, electrical, vandalism, etc.

- If you have an on-site point of contact, such as Camp Manager, reach out to them first for assistance.
- If you are unable to reach the facility point of contact, reach out to GSCTX at 1-800-733-0011.
 - o If you reach a GSCTX Customer Care staff member during business hours, explain the situation.
 - o After hours or when you don't reach a GSCTX staff member, follow the directions on the phone menu to reach the emergency paging services.
- When explaining the facility emergency, please supply the following information:
 - o State the type of emergency.
 - o Provide your name and a phone number where you can be called back, if applicable.



Emergency Action Procedures

Serious Accident, Emergency, or Fatality

CHECK - CALL - CARE

- <u>Check</u> the scene for safety. Check the victim(s) for consciousness, breathing, signs of circulation, and bleeding.
- Call 911 or the local emergency number.
- <u>Care</u> for the conditions you find. Give priority attention to providing all possible care for the injured person(s).
- In the event of a fatality or serious accident, notify the police.
- Retain a responsible adult at the scene of the accident. See that no disturbance of the victim(s) or surroundings is permitted until the police have assumed authority.
- Ensure the safety of any other children at the scene and initiate crowd control.
- Call Girl Scouts of Central Texas emergency paging at 1-800-733-0011 and follow the directions on the phone menu to reach the emergency paging services.
 - o State the emergency.
 - o Provide your name and a phone number where you can be called back.
 - o Monitor your phone for calls and wait to be contacted by a council representative.
- Do not make any statements, either orally or in writing, which could be interpreted either as an assumption or rejection of responsibility for the accident.
- Make no statements to the media.
 - Say, "The safety and well-being of our members is our top priority. We are currently gathering facts and working with the proper authorities. A spokesperson for Girl Scouts of Central Texas has been contacted and will be able to provide more information shortly."
- Notification of kin is the responsibility of the designated GSCTX spokesperson.
- Prepare a written report of the occurrence which includes filling out the Accident and Incident Report Form: www.gsctx.org/accident and participate in any other follow-up as requested by GSCTX staff or authorities.

Travel Progression

Field Trip

Plan an all-day trip. Try a council event or local attraction.

Day Trip

Visit a nearby spot, possibly during meeting time. your regular

Recommended for: Daisy, Brownie

Minimum age:

Overnight

region, up to a six-

nights in your

hour drive away

maybe at a council nearby attraction. single overnight— Help Girl Scouts event, camp, or plan their first

Recommended for:

Junior, Cadette

Minimum age: Brownie (with Overnight

Recommended for: Brownie, Junior

Recommended for:

Daisy, Brownie,

Junior

Trip experience in Girl Scouting) Minimum age: Daisy (with Day

Minimum age:

Daisy

experience in Girl Scouting)

Extended

Travel the country! Extended trips last place more than a nights OR take six-hour drive four or more

Recommended for: Cadette, Senior,

from home. Girl Scouts plan budget

and schedule.

Minimum age:

experience in Girl

Scouting)

Extended Trip

Scouts can sign up opportunities or for independent travel and meet new Girl Scout friends through council-offered Individual Girl Destinations GSUSA's travel

Individual

Irave

International

Trip

Ambassador

for: Senior,

Minimum age: Ambassador

When moving up to the next experience with cultures step, consider each Girl Scout's independence, groups, flexibility, and ability to work well in other than their own.

Through progression, Girl Scouts build skills to become lifelong travelers and global citizens. Girl Scouts take the lead in planning a new adventure at every level.

from home.

Spend two to three

Short Trip

Ambassador

Minimum age: Cadette (with

> Junior (with Short Trip experience in Girl Scouting)

Scouting)

Recommended program.

> plan, and prepare.

take two to three years to save for,

life-changing world! These

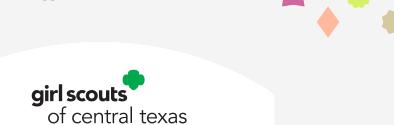
Travel the

trips usually

experience in Girl **Extended Trip** Cadette (with



Helpful tip sheets for troop meetings.





Girl Scout Promise

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.

Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

^{*}Members may substitute for the word God in accordance with their own spiritual beliefs.



10 Awesome Ice Breaker Activities for Elementary School Girl Scouts

Content credit: Girl Scouts of Western Ohio

Just like you warm up before singing or exercising, sometimes you need to warm up in social groups, like troop meetings, to get the party started!

Ice breaker activities help integrate everyone involved to a group environment, which can sometimes be a little uncertain at first. By starting your group with a short, simple activity, everyone can ease in and feel more comfortable participating.

Ice breakers also help break up cliques and get everyone talking together. They build rapport with leaders and youth, and they can set the tone for Girl Scouts feeling safe to have fun with the group.

Here are 10 ice breakers that are fun to do with elementary-aged Girl Scouts.

Common Ground

Everyone gets in a circle and sits down. The leader can start by standing and saying a few things about themselves, such as, "I have a dog." When someone hears something they have in common with them, they stand up and take the leader's place. Maybe they say, "I have blue eyes." This continues until everyone has had a chance to share.

My Name Is?

Everyone stands or sits in a circle. The leader can start by saying a word that describes them with the same letter as their name, example "Super Steve." The next person in line reintroduces "Super Steve" then introduces themselves. This continues until the last person in the circle's turn, where they have to introduce the entire circle!

Two Truths and a Wish

Everyone goes around one at a time and says two true things about themselves and one thing they wish was true. Before moving to the next person, everyone else has to try and guess which one is the wish.



Desert Island

The group imagines they got stuck on a deserted island. Feel free to set the scene as elaborately as you wish. Then go around and ask everyone what two or three things they would want to have with them. To make it even more thought-provoking for slightly older girls, you can add criteria like "one thing you love, something you want to read, and your favorite food," etc.

Would You Rather?

Put masking tape down the center of the room and have all the Girl Scouts straddle the line facing you. One at a time, list off fun questions and have them go right or left to indicate their answer. Examples of quirky questions that can be used are:

- Would you rather visit the doctor or dentist?
- Would you rather eat celery or broccoli?
- Would you rather fight an alligator or a shark?
- Would you rather pet a snake or a tarantula?

The quirkier the questions the more giggles you'll hear!

Supermarket

Have everyone sit in a circle. The leader will start by saying, "I went to the supermarket to buy...." and name an item that starts with letter A. The next person will say "I went to the supermarket to buy..." and lists the A item and adds an item that starts with the letter B. Everyone keeps going until you get to Z! You can also just go until you reach the end of the circle, depending on the age group to simplify.

Tall Tales

Everyone gets in a circle and sits down. The leader starts the story by stating the first line of the fictional improvised story and ends the line with, "then suddenly!" The next person adds what happens next and ends the same way. Go all the way around the circle as many times as you wish building the story as you go.



Girl Scout to Girl Scout

Ask all the Girl Scouts to pair up. If there is an odd number, a group of three is fine, too! The leader will call out two body parts, such as, hand to foot. Each girl will put their hand on the other girl's foot. Everyone holds until the leader says "Girl Scout to Girl Scout!" again, then calls out a new pairing. With each new pairing, the girls switch to a new partner so they are moving the whole time. Best to use common sense with this one and avoid anything too invasive of personal space, like face to face or head to head.

Sit Down If

Everyone gets in a circle. The leader will ask a quirky yes or no question. The yes's will sit down. Keep going with another question for the remaining girls standing. Keep going until only one girl is left.

A Great Wind Blows

Put a chair for each girl in a circle facing inward. Everyone will sit down in a chair. The leader will say "a great wind blows for everyone who…" and then names a qualifier. For example, everyone who has red hair, ate cereal for breakfast, has a brother, etc. The Girl Scouts who this applies to will stand up and blow dramatically to another chair not directly next to them. To add more excitement, a chair can be removed each time like musical chairs until someone wins!

Enjoy these ideas or let them inspire your own creations. As always, make ice breakers age appropriate, short, easy, enjoyable, and comfortable for all. If everyone feels good with the opening ice breaker activity, they will be loosened up and feel safer and more engaged to move on to the next task at hand!



Songs

Love to sing, but not sure how to start teaching others? Here are some great guidelines for the emerging song leader – no matter what age you are.

Choosing Songs:

- Know the group that you will be working with. How old are they? How many girls are there? Have they sung in a group before? What are their song interests? How long is their attention span?
- Begin with simple songs or songs that the girls know. Choose songs that are short rounds, songs with tra-la-la choruses, call-and-repeat songs, or those that include repetition. Know the song words and the melody. Practice. Use note cards if you need them. Make a list of the songs you will sing, and know the order you will sing them in.
- If you are choosing songs for an evening program, start out with the rowdy songs and end up with the quiet songs to set the tone for bedtime.

Leading Songs:

- Be enthusiastic.
- Sing the song through for the group. Sing the first verse and the chorus, so group members know how it sounds. Have those who know it sing with you.
- Teach the song phrase by phrase. Sing a phrase, and have the group sing back to you. Then join phrases and sing the verse and chorus. If there is a lot to memorize, teach a few verses, then repeat. Repeat once or twice.
- Sing the song all together.
- You give the starting note. Hum the melody or use a musical instrument. If you get it wrong, stop and start over. Avoid pitching too high or too low for girls.
- Make sure that girls follow your hand motions. Let them know that hand motions are
 used to keep the group together in the right tempo, and the motions will help them
 know where you are in the song.
- Choose a variety of songs. Do songs that are fast and slow, songs that include hand motions, and songs that lend themselves to simple harmony, as well as funny songs.
- Avoid songs that might be offensive to religious or ethnic groups.

More Resources:

- YouTube has a wealth of GS song videos that will assist you in getting the tune to some of the songs listed below.
- Visit the GSCTX Shop in-person or online to find CDs's of Girl Scout songs.

- Register for a Volunteer Enrichment course at the Volunteer Enrichment Conference (July) or Trailblazers (September) to take a workshop on GS Songs!
- To help your troop learn more songs reach out to older girls in your service unit and invite them to visit your meeting to teach songs. They will benefit from service hours helping the girls and your troop will benefit from learning new songs <u>and</u> gaining a role model for your girls!

Girl Scout Greetings and Standards Songs:

Make New Friends (Four-part round)
Make new friends, but keep the old;
One is silver and the other gold.
A circle is round; it has no end.
That's how long I want to be your friend.

Brownie Smile Song

I've got something in my pocket, That belongs across my face. I keep it very close to me, In a most convenient place. I'm sure you couldn't guess it, If you guessed a long, long while. So I'll take it out and put it on. It's a great big Brownie Smile!

Buddies & Friends

You and me, we're gonna be partners. You and be, we're gonna be friends. You and me, we're gonna be partners. Buddies and friends, buddies and friends.

You and me, we started as strangers. You and me, we came from afar. You and me, we started as strangers. Now we are friends, now we are friends.

From now on, we're going to be partners. From now on, we're going to be friends From now on, we're going to be partners. Buddies and friends, buddies and friends.

'Til the end, we're going to be partners. 'Til the end, we're going to be friends 'Til the end, we're going to be partners.

Buddies and friends, buddies and friends. Buddies and friends, buddies and friends.

"G" For Generosity

Hooray for Girl Scouts, Hooray for Girl Scouts.
Someone's in the stands yelling, Hooray for Girl Scouts.
One, two, three, four, who you gonna yell for?
Girl Scouts! That's us!
She wears a G for generosity
She wears an I for interest, too.
She wears an R for real live sportsmanship,
She wears an L for loyalty, for loyalty.
She wears an S for her sincerity.
She wears a C for courtesy, for courtesy,
She wears an O-U-T for outdoor life, outdoor life,
And that Girl Scout is ME.

Girl Scouts Together

Girl Scouts together, that is our song, Winding the old trails, rocky and long. Learning our motto, living our creed. Girl Scouts together, in every good deed.

Girl Scouts together, happy are we Friendly to neighbors, for o'er the sea Faithful to country, loyal to home Known as true Girl Scouts wherever we roam.

Whene'er You Make a Promise (Two-part round) Whene'er you make a promise, Consider well its importance.
And when made, engrave it upon your heart.

Silly Songs

Grey Squirrel
Grey squirrel, Grey squirrel,
Swish your bushy tail.
Grey squirrel, Grey squirrel,
Swish your bushy tail.
Wrinkle up your funny nose;
put a nut between your toes.
Grey squirrel, Grey squirrel,
Swish your bushy tail.

Boom Chicka Boom (Repeat-After-Me song)

I said boom chick-a-boom!

I said boom chick-a-boom!

I said boom-chick-a-rock-a-chick-a-rock-a-chick-a-boom!

Uh huh!

Oh yeah!

One more time,

- 2. Underwater Style
- 3. Baby Style
- 4. Opera Style
- 5. Valley Girl Style
- 6. Your Own Style

(Make up your own styles and have fun!)

A Ram Sam Sam (Two-part round)

A ram sam sam, a ram sam sam

Guli, guli, guli, guli, ram sam sam

A ram sam sam, a ram sam sam

Guli, guli, guli, guli, ram sam sam

A rafi, A rafi, guli, guli, guli, guli, guli

Ram sam sam

A rafi, A rafi, guli, guli, guli, guli, guli

Ram sam sam.

Daisy On My Toe

I've got a Daisy on my toe, it's not alive it doesn't grow.

It's just a tattoo of a flower, so I look purty in the shower.

It's on the second toe of my left foot, just stem and flower ain't got no root.

Cuz that wouldn't look good.

I've got a Daisy on my toe, my right foot loves my left foot so.

Restful Songs

On My Honor

On my honor I will try

There's a duty to be done, and I say "aye",

There's a reason here, for a reason above

My honor is to try, and my duty is to love

People don't need to know my name

If I hurt someone, then I'm to blame

If I help someone, then I've helped me

And that's the way that it should be

I've tucked away a song or two
If you're feeling low, there's one for you
If you need a friend, then I will come
There's plenty more where I come from

Come with me where a fire burns bright You can see much better by its own light You can find more meaning in a campfire's glow Than you'll ever find in a year or so

Softly Falls

Softly falls the light of day
As our campfire fades away
Silently each Scout should ask
Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?

I have done my daily task
I have kept my honor bright
I have done and I have dared +everything to be prepared.

Linger (please note: "Linger" is a slow song)
Hmmm, I want to linger
Hmmm, a little longer
Hmmm, a little longer here with you
Hmmm, it's such a perfect night
Hmmm, it doesn't seem quite right
Hmmm, that this should be my last with you
Hmmm, and come September
Hmmm, I will remember
Hmmm, our camping days and friendships true
Hmmm, and as the years go by
Hmmm, I'll think of you and sigh
Hmmm, it's just good-night and not good-bye

Green Trees

Green trees around us Blue skies above Friends all around us
In a world filled with love
Taps sounding softly
Hearts beating true
As we all say,
Goodnight to you.

<u>Taps</u>

Day is done
Gone the sun
From the lake
From the hills
From the sky
All is well
Safely rest
God is nigh



SWAPS



SWAPS, the tradition of Girl Scouts exchanging keepsakes, started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making new friends. SWAPS were widely exchanged at national Girl Scout Senior Roundups in the 1950's and 1960's. In more recent years, some Girl Scouts describe the types of objects now preferred as SWAPS by calling them: Special Whatchamacallits Affectionately Pinned Somewhere.

SWAPS are still the perfect way for Girl Scouts to meet each other and promote friendship. Each one is a memory of a special event or Girl Scout Sister.

SWAPS Basics:

- SWAPS should tell something about the givers or their group. (Girls may include their address or e-mail information so others can write to them.)
- SWAPS should represent the givers' country, community, or local Girl Scout council.

Tips for SWAPS Givers:

Girls should:

- Think about the kind of swap they would like to receive from someone else.
- Try not to spend a lot of money. Consider making something from donated or recycled material.
- Be creative, and take time to make hand-crafted SWAPS. (Include directions for making the swap if it is a craft project that can be replicated.)
- Try to have one swap for each event participant and staff member.
- Plan ahead so there's time to make the SWAPS.
- Make SWAPS that can be worn, used, or displayed.
- Ask their group or service unit for help, if needed, in putting SWAPS together.
- Make SWAPS portable. Remember: SWAPS must be carried or shipped ahead to the event, where other girls will be carrying them away.

What to Do with SWAPS:

- Include SWAPS with thank-you letters to sponsors and those who helped them go to a travel or destinations event.
- Make a display or scrapbook for travel night or troop visits.
- Keep SWAPS in a memory box or shadow box.
- Make a quilt, using SWAPS.
- Put pins and patches on a hat or jacket, backpack or bulletin board.
- Start a council, service unit, or troop best-of-SWAPS collection.

Safety and Etiquette:

- Never refuse to swap with another person.
- Never say anything negative about a swap you are receiving.
- Never refuse to give a swap to someone because they don't have a swap to give you back.
- Swap face-to-face, especially if exchanging addresses or e-mail information.
- Avoid using glass and sharp objects in SWAPS.
- Follow all Safety Activity Checkpoints guidelines.
- Avoid using food products. SWAPS are saved for years, and you don't want to encourage bugs.

Step one: Come up with a theme.

The theme should have something to do with the event.

Step two: Do some research.

If you are going to make fish-related SWAPS, try to be unique. Chances are, other troops will have plain, boring fish, but you can do much better. When you are researching, you may come across some information above overfishing. You may decide to make fishhooks out of wire or pipe cleaners with a label that says "Save our Fish!"

Decide what you will make.

It is best to have a couple different kinds of SWAPS per troop, just in case another troop has similar SWAPS or another troop gets tired of the same SWAPS over and over. In addition to the fishhook idea, for example, your troop may also want to make jellyfish out of coffee filters or starfish out of construction paper.

Find cheap materials.

Since you will be making 20+ SWAPS per girl, you don't want to spend tons of money on materials. SWAPS are supposed to be little handmade trinkets, not professional-quality souvenirs. It's okay if your SWAPS are made of less-than-perfect materials or look like they were made by children, which they were.

- All SWAPS are supposed to have a safety pin attached to them so they can be pinned to clothes, bags, hats, uniforms, etc.
- Make sure that when your Girl Scout troop goes somewhere they have SWAPS at the ready!
- Make sure that the safety pin is secure and will not fall off.
- If you are attaching pieces to other pieces, use the most secure material possible. Instead of a glue stick, use super glue, or better still, double-stick tape or hot glue.
- If you are Swap Crazy, you can just look around the house for loose stuff and pin!
- The girl scouts can carry their SWAPS in a plastic Ziplock bag with their name on it. Then they can put the ones they receive in that bag or a different bag. They can also pin their SWAPS on a hat or lanyard and just take them off to "swap" with a new one.
- SWAP (without the final "S") means "Share With A Pal". Have fun, make friends, and share!

There are many websites where you can find ideas or pictures of someone's display. There are also websites where you can order a kit that has all the parts there for you to put together. If you look at these ideas you can probably find a way to put them together without purchasing the kit.

I would suggest that you start with very simple ideas. Then as the fun of trading and as other people's ideas are looked at the girls may decide to make more and more detailed SWAPS.

You can just make one swap for your troop to trade with another troop but if you have 10 girls and the other troop has 10 girls that all made a different swap each girl in the other troop will end up with 10 of the SWAPS that your troop made. If you have each girl make a different idea then the girls can swap with each other as well as with other troops.

Ideas can be simple.

Camping ideas can include: Sleeping bag made by tying a roll of felt with some twine. A flashlight can be made by gluing a pompom on a golf tee. This one will require you to hot glue a flat back pin on the golf tee. A tent can be made by cutting a tent out of felt and using a sharpie or fabric paint to detail the tent. A compass or a shovel can be made out of foam paper and use a sharpie to draw the details.

Daisy ideas can be beads tied to together to look like a daisy. You can purchase buttons that look like flowers or bugs and just put a pin on it.