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Girl Scout Juniors

First Four Meeting Examples

To help you get started with your Girl Scout Junior troop, you'll find examples of how you and the girls can structure your first four meetings. Each example follows a typical troop-meeting format, and each incorporates the *Agent of Change* journey book. If you're using *Get Moving!*, you may be able, with a bit of creativity, to adapt these meetings to include that series of journey books.

Prior to your meetings with girls, be sure to let each girl's parent or guardian know where to get a copy of her own journey book. It is important that each girl have her own book, so she can journal and decorate her book.

In the adult guide that accompanies *Agent of Change*, you'll find seven flexible, customizable sample journey mini-sessions. You and the girls may decide to do all seven of these sample mini-sessions during one or two troop meetings (and that's perfectly okay), or you may decide to extend the sample mini-sessions over several troop meetings, which is what the enclosed example meetings reflect. Given that all your meetings will be girl-led, however, your meetings will probably go in a different direction than these examples, but these are a great place to start.

One final note: In the third meeting, girls plan and prepare for their Investiture Ceremony. New girls will receive their Girl Scout Junior pins and returning girls will use it as a rededication ceremony.

Ready to get started? Grab the girls' book and adult guide for *Agent of Change*, and get ready to have fun with your group of Girl Scout Juniors!

Girl Scout Juniors: Sample Meeting 1 (90 minutes or more)

Goal: The girls get to know their troop/group members, review or learn some Girl Scout basics, and discover their own values and individual powers.

Supplies needed:

- *Agent of Change*, girls' books and adult guide
- Markers, paper, scissors, small glitzy stickers, yarn for necklace, and a hole punch
- Long rope and large sheet of paper for mounting the rope and index cards (one per girl)
- Girl Scout Law written on easel paper
- Blank trefoil-shaped cardstock for nametags
- Snack or treat

Pre-meeting: Lay out the materials the girls will need to make their nametags.

Arrival activity: Girls make their trefoil name tags. Ask each girl to put her name on one side and three things about herself on the back, and then decorate it as she wishes. Punch a hole and use the yarn to drape this around her neck.

Snack/treat: You and the girls may decide to have the treat now or toward the end of your meeting.

Opening: Form a standing circle and introduce yourself and any co-volunteers. Introduce the Quiet Sign, which is used by Girl Scouts all over the world to quiet a group. (The right hand is raised with a flat hand. Be patient. When individuals see the hand raised, they also raise their hands. In just a few moments, the group will become quiet.) Discuss the importance of having an agreed-upon sign for quiet.

Introduce or review the Girl Scout Sign. Ask them what this sign represents. The three fingers represent the three parts of the Promise. Review the Girl Scout Promise.

Do the Rope Ceremony, a modification of the one described on page 46 of the adult guide. Use a rope long enough to go around a circle of the girls. Have a knot tied in it for each girl. You speak then pass the next knot to the next girl in the circle until every girl has had the chance to introduce herself and say three things about herself. She can refer to her trefoil nametag.

Sit down, staying in a circle. Show the paper with the Girl Scout Law. Talk about the journey they will go on together and the opportunity to discover the qualities of the Girl Scout Law in themselves along the journey. Give each girl an index card (see step 3 on page 46 of the adult guide).

Business: Assign a girl to take attendance and dues, with your guidance. (You and the girls may decide to collect dues as the girls arrive.)

Activity 1: Do Thinking About Power (page 47 of the adult guide and page 6 of the girls' book). Give an overview of *Agent of Change* and the awards they can earn along the way (page 7 of the girls' book). Next, do Your Daily Power (page 14 of the girls' book). Discuss what power means. Ask each unfinished sentence in the Did You... box, one by one, and ask who has an example.

Activity 2: Play a game, because they have been sitting for awhile. Let the game choice be theirs, or try People to People (or call it Junior to Junior), a high energy game that requires no equipment. When a quick or change of pace is needed, have the girls pair up, with one designated as the "caller." When the caller shouts out "Junior to Junior," the girls run to find a new partner to stand next to. The odd person out becomes the new caller. The caller may call different body parts, such as hand to hand, foot to foot, head to head, or back to back. Then the girls run for a new partner and touch head to head, foot to foot, or whatever body part the caller indicated.

Activity 3: Complete the Power Log (pages 48–49 of the adult guide). Ask the girls whether they would like to make individual power logs or create a big team power log. Discuss with the girls how they would like to do this as this is part of earning the first badge on their journey.

Clean-up: Note that Girl Scouts always leave places cleaner than they found them. Encourage all the girls to help.

Closing: Ask the girls to complete What Makes Me Me? (page 13 girl's book) at home, and to bring this with them for the next meeting. Conclude with the Friendship Circle (page 28 of the adult guide).

Girl Scout Juniors: Sample Meeting 2 (90 minutes or more)

Goal: Share What Makes Me Me? (page 13 in the girls' book) and their Power Logs. The girls create a Junior Agreement together. The girls also consider their heroines.

Supplies needed:

- *Agent of Change*, girls' books and adult guide (plus extra copies of page 13 of the girls' book)
- Easel paper with the Girl Scout Law on it
- Their rope with their index cards
- Snack or treat

Arrival activity: Have the first few girls who arrive early lead a game. Bring copies of What Makes Me Me? (page 13 in the girls' book), so that if any girl forgot to bring hers, she can create it here.

Snack/treat: Make it healthy and encourage girls to plan and bring snacks for their meetings.

Opening: In a standing circle, recite the Girl Scout Promise and Sign. Ask them to look at the Girl Scout Law and think of what they wrote on their index cards last week. Ask what quality they see in themselves since they met.

Business: Assign a girl to take attendance and dues, with your guidance.

Create a Junior Agreement. Share the purpose of this agreement, that it establishes how they will treat each other. Give them some prompts such as, "only one person will talk at a time." Broaden the discussion to talking about rights and responsibilities. Ask for a girl to volunteer to write down all their ideas. Suggest that at the next meeting they can decorate this agreement and sign it.

Remind them of the Rope Ceremony they did at their first meeting. Discuss initial plans for an Investiture Ceremony. Get their ideas and refer them to pages 29–30 in their book (and check out page 29 in the adult guide for ideas).

Activity 1: Sitting in a circle, have the girls share their pictures or collages they created of What Makes Me Me?

Activity 2: Follow up on what was done on the Power Log in the first meeting. If the girls decided to do this individually, have them share with a buddy everything they did for the day they chose. Wrap up the discussion with tips on page 49 of the adult guide.

Activity 3: Complete Herstory and Dream Team Trading Cards (pages 50–52 of the adult guide and pages 17–19 and 20–22 of the girls’ book). Make this girl-led, offering options listed in the adult guide and finding out how the girls would like to do Herstory. List all the options on an easel paper, ask for additional ideas, and then let the girls decide.

Clean-up: Encourage all the girls to help.

Closing: Get in the Friendship Circle. After a few meetings, encourage the girls to take the responsibility of planning the closing.

Girl Scout Juniors: Sample Meeting 3 (90 minutes or more)

Goal: The girls explore how powerful women have been throughout history by sharing their Herstory. They also determine how they are going to share the responsibility of running their troop meetings.

Supplies needed:

- *Agent of Change*, girls’ books and adult guide (plus photocopies of page 26 of the girls’ book)
- A small flag
- Long rope
- Obstacles for an obstacle course
- Cloths for blindfolds
- The Girl Scout Law written on easel paper
- Snack or treat

Arrival activity: The girls do the Power Skills, Power Words puzzle (page 26 of the girls’ book).

Snack/treat: Keep it healthy.

Opening: Hold a Flag Ceremony and include the Girl Scout Promise and Law. Stand in a horseshoe and have one girl holding the American flag at the front of the horseshoe. Ask the girls if they would like to sing a song. Try having each line of the Girl Scout Law read by a different girl, and then all of them end the last line together.

Business: Assign a girl to take attendance and dues, with your guidance.

Design a Kaper Chart, which is a job chart. Brainstorm what kapers need to be done within their meetings on a regular basis. Examples might include organizing and leading the opening, closing, snacks, and clean-up. Ask them how they would like to organize themselves in groups so everyone has a responsibility—perhaps in patrols, or they might just want to form small groups and come up with a name for each group. Check to see if there might be some designers in the group who would like to create the Kaper Chart.

Finalize plans for the Investiture Ceremony. When will it be, and what will the girls include?

Activity 1: Work on Herstory (page 56–57 in the adult guide). Have the girls read/share/show/trade Herstory. Remember, if the girls have decided in their previous discussion to do this in a different way, it may take more than one meeting to cover Herstory.

Activity 2: Play a game. The girls have been sharing and listening for awhile, so, change the pace. Ask the girls for game choices, and then let one of the girls lead it.

Activity 3: Complete Who Led the Way for You? (page 57 of the adult guide and page 28 of the girls' book). Add a little fun by trying the dissing in the What About Bad Qualities? box.

Clean-up: Always reinforce their clean-up efforts.

Closing: Tell the girls at the next meeting they will take the last step in earning the Power of One award. Ask them to start thinking about the celebration they might like to have to mark this achievement. Give any final reminders, and then close with the Friendship Circle.

Girl Scout Juniors: Sample Meeting 4 (90 minutes or more)

Goal: Girls complete their Power of One Award activities and plan for a way to celebrate this achievement.

Supplies needed:

- *Agent of Change*, girls' books and adult guide
- Small flag
- Materials for making invitations to their investiture/rededication ceremony
- Obstacle course materials (page 53 of the adult guide)
- Markers
- Kaper Chart
- Power of One awards for each girl
- Snack or treat

Pre-meeting: Set up the obstacle course.

Arrival activity: Each girl creates her own Investiture Ceremony invitation that she will take home. Girls who finish early can finish decorating the Kaper Chart.

Opening: Ask the girls how they would like to open their meetings.

Business: Assign a girl to take attendance and dues, with your guidance. Revisit the Kaper Chart. Decide with the girls how they will delegate responsibilities. Discuss final preparations for their Investiture Ceremony.

Activity 1: Complete Real Powers, Real Girl Scouts (page 58 in the adult guide and page 29 in the girls' book).

Activity 2: Play the Trust Me obstacle course (page 58 and 59 of the adult guide). Be sure to follow this with time for the girls to reflect and have a discussion on the value of teamwork. See the tip box on page 58 and the discussion questions on page 59.

Discussion: With the girls, determine how they would like to celebrate the completion of the first leg of their journey. You may want to break them up into smaller groups, and then come back together and make a total group plan. Get them to plan any prep work, such as decorations.

Clean-up: Encourage everyone to enthusiastically leave the space spotless.

Closing: Ask the girls if they want to close with singing “Make New Friends,” while in the Friendship Circle. Remind them of the kapers they have agreed to for the next meeting.