

Girl Scouts At Home

To support families staying home from school and work because of COVID-19, we have created Girl Scouts at Home activities. These hands-on activities for grades K-5 focus on daily themes based on the Girl Scout Leadership Experience.

These activities require minimal supplies and create maximum engagement!

Week 1

Meaningful Monday

Girl Scout traditions



For more than 100 years, Girl Scouts and their enthusiastic supporters have helped ensure the success of the iconic annual cookie sale — and had fun, developed valuable life skills and made their communities

better every step of the way.

Girl Scout Cookies had their beginning in the kitchens and ovens of our girl members, with moms volunteering as technical advisers. Selling cookies to finance troop activities began as early as 1917 — five years after Juliette Gordon Low started Girl Scouts — when the Mistletoe Troop in Muskogee, Oklahoma, baked cookies and sold them in the high school cafeteria as a service project.

In July 1922, The American Girl magazine published by Girl Scouts of the USA featured an article by Florence E. Neil, a director in Chicago. Miss Neil provided a cookie recipe that had been given to the council's 2,000 Girl Scouts. She estimated the cost of ingredients for six to seven dozen cookies to be 26 to 36 cents and suggested that troops could sell the cookies for 25 or 30 cents per dozen.

Throughout that decade, Girl Scouts in different parts of the country continued to bake simple sugar cookies with their mothers and help from the community. These cookies were packaged in wax paper bags, sealed with a sticker and sold door to door for 25 to 35 cents per dozen.

Try your hand at baking the original Girl Scout shortbread cookies.

Girl Scout shortbread cookies

This recipe makes six to seven dozen cookies.

1 cup of butter or substitute

1 cup of sugar

2 tablespoons of milk

2 eggs

1 teaspoon of vanilla

2 cups of flour

2 teaspoons of baking powder

Cream butter and sugar. Add well-beaten eggs, then milk, flavoring, flour and baking powder. Roll thin and bake in quick oven. (Sprinkle sugar on top.)

Modern-day tips that are not part of the original recipe: Refrigerate batter for at least an hour before rolling and cutting cookies. Bake in a 375° oven for 8 to 10 minutes or until the edges begin to brown.

STEM Tuesday

STEM = science, technology, engineering and math

Paper airplane challenge



Make a paper airplane that can carry a cargo and glide more than 10 feet (not be hurled, but actually glide). The cargo will be coins.

Research paper airplane designs online and decide which one will allow you to transport the most cargo.

For this activity, you will need construction paper, tape and coins. After you create your paper airplane, add a few coins at a time to see how much weight your plane can carry.

Wild and Wonderful Wednesday

Get outdoors



Head out to your backyard and explore. Are you able to identify any animal habitats? An animal habitat is a place that has everything an

animal needs to survive. What does an animal need to survive? (The main elements are food, water and shelter.) Can you create a model of an animal habitat with what you find outside?

Life Skills Thursday

Good in, good out: healthy snacks



It is important to know that what you eat is fuel to help your body do the work it needs to accomplish throughout the day. Can you identify five foods that are good for your body and five foods that should be eaten in moderation? Create a healthy snack with good-for-your-body foods. What are other things that you can do to help your body be healthy?

Community Friday

Reach out to neighbors or to family members



Right now, we are encouraged to practice social distancing. Think of your neighborhood or family. Are there people who might be alone right now? Draw a picture or write a letter. Deliver to their door, if it is safe to do so, to let them know you are thinking about them.

OR

Are there people in your community who are working extra hard right now? Think about doctors, nurses, paramedics, grocery clerks, police officers, firefighters, garbage collectors, mail carriers, etc. Write a thank you note or draw a picture letting them know that you appreciate the work they are doing.

Girl Scouts of the Commonwealth of Virginia

Activities like these are part of the Girl Scout Leadership Experience, which prepares girls for a lifetime of leadership, success and adventure. Girl Scouting empowers girls to discover, connect and take action.



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Founded in 1913, Girl Scouts of the Commonwealth of Virginia is 17,400 members strong — more than 12,000 girls in grades K-12 and 5,400 adults who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)TM to change the world. The mission of Girl Scouts is to build girls of courage, confidence, and character, who make the world a better place. As the preeminent leadership development organization for girls, Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure and success.