



## S.W.A.P.S. - GSKSMO in the Outdoors

**Outcomes:** Form and maintain healthy relationships. Develop a strong sense of self. Display positive values.

### What are S.W.A.P.S?

- **SWAPS**, stand for **S**pecial **W**hatchamacallits **A**ffectionately **P**inned **S**omewhere.
- **SWAP** can also stand for **S**hare **W**ith **A** Pal
- **SWAPS** are a perfect way for Girl Scouts to meet each other and promote friendship. Each one becomes a memory of a special event.

### The History of SWAPS

- **In Native American Culture**
  - The origins of Girl Scout SWAPS go all the way back to the Native American tribes of the Pacific Northwest of the United States.
  - Tribes like the Makah and Nuxalk, would gather yearly and host a large gift giving feast called a **Potlatch**.
  - A **Potlatch** involves the giving away of valuables in order to reaffirm and strengthen families, clans and improve international relationships with other tribes.
  - **Potlatches** often involved music, songs, games, storytelling, jokes, and games. Much like what we do every year at summer camp.
- **In Scouting History**
  - In 1924 the idea for SWAPS was originally started by Lord Baden-Powell. Lord Baden Powell gave beads from a sacred Zulu warrior necklace to graduates of the boy scout leadership course, thus creating the first official Scout SWAP.
- **Today in Girl Scouts**
  - We create SWAPS for several reasons at camp! We create SWAPS:
    - ? To promote friendship
    - ? To learn to talk to other people
    - ? To give and receive mementos of a good time
    - ? To share something about where we live and what we do

### Where do you wear them?

SWAPS can be pinned anywhere and everywhere!

Well... maybe not everywhere, but here are a few recommendations!!!

- Hats
- Backpacks
- Bandanas
- SWAP Flag or Banner
- On a Necklace or Lanyard



### S.W.A.P. – Etiquette and Mental Health



Not only does swapping promote friendship it also can teach Girl Scouts' of all ages the

## POWER OF GRATITUDE!



Gratitude is the quality of being thankful and readiness to show appreciation for and to return kindness.

Gratitude is an important quality that we often forget about, we often can forget to teach why it's important to say thank you out of gratitude.

Dr. Mayra Mendez is a program coordinator and psychotherapist for the Mental Health Service Center, at St. Johns Child and Family Center in California. She points out in an article about Gratitude that "Without the ability to say thank you comes, perhaps, the inability to recognize gratitude in others," she says. "And if they can't recognize that they're grateful for something somebody else did, chances are the foundation for empathy is not there, limited or damaged."

While modeling gratitude as a parent, volunteer or family member, is an unspoken way to teach a kid the power of a thank you, there are also more ways you can do it as a troop or with friends. For our youngest and oldest girl scouts, making and trading swaps is a way to roleplay gratitude where it really matters.

### Here is our Quick Guide to SWAP Etiquette

- Always say thank you!
- Even if you may not like the SWAP you are given remember that that other girl made it and worked hard on it to trade with YOU! So always accept a SWAP when it is given.
- Most SWAPS are 1"-2" in size
- Make a few extras for those people who do not have any to give
- SWAPS are traditionally hand made, but SWAPS can be bracelets, necklaces, council patches, event patches or any other small items
- SWAPS should not contain edible food.... Because this food could do bad or be snacked on by an opportunistic squirrel.
- Tags can be attached with the event name and date, troop number and/or council name, but not with the girls' last name or personal information.



## How are SWAPS made?

SWAPS can be made several different ways! The most important thing to remember is the level of SWAP making you are looking to get into.... Maybe starting with that SWAP that requires a hot glue gun is a little too much for a Daisy, but perfect for a Cadette or Sr. Girl Scout SWAP.

Here are some things to keep in mind before you make your S.W.A.P.S.:

- **For All Girl Scout Levels**

- Use Recycled Materials as much as possible!
  - This could be collecting bottle caps, lids, shells or even used k-cups just make sure you clean all these materials before crafting with them.
- The Number of SWAPS you make depends on who you are making them for
  - **Within your Family**
    - Each Family member would make - 10 Swaps
  - **For A Neighborhood or Local Area**
    - Make as many as there are houses or shops
  - **For a Troop or Group of Friends**
    - Each girl would make 15-25
  - **For Day Camp**
    - Each girl would make 75-100



- **For Daisies and Brownies**



- Make sure the SWAP that is chosen is age-appropriate, larger materials and paint may be easier to handle for tiny hands.
- Try one yourself first to see how difficult it is to make, maybe there is something that you as the parent or leader can prepare to help streamline.
- Pre-cut some parts for younger girls to save time.
- Be accepting of what your girls do, SWAPS do not have to all be perfect.
- If you are an individual girl work with your parent and go online
- Consider what tools you will need to complete (glue gun, sharp tools, drill, etc.) and make sure you have enough help, so everyone is supervised.
- When picking out the swap its ok to "pre-choose" 3-5 choices, have your girl or your troop pick which one or two they want to do

- **For Juniors and Up**

- As girl scouts get older its important that they start owning more of their girl scout experience. So instead of guiding the process for them, coach and encourage them to try following instructions on their own.
- Be accepting of what your girls do, even if they fail!
- Allow them room for creativity
- Make SWAPS sturdy enough to be around awhile
- Consider what tools you will need to complete (glue gun, sharp tools, drill, etc.) and provide adequate supervision.



## Supplies – Tips for what you may need!

- Basic crafting supplies: scissors, craft glue, low temp glue gun, glue sticks, ruler, pencils, safety pins, permanent markers and cord or twine
- Extension cord – because for some reason they ALWAYS make hot glue gun cords WAY TOO SHORT
- Zip closing baggies or recycled grocery store bags to hold the SWAPS
- Clothespins make good clamps
- Toenail clippers are great for cutting chenille stems, pipe cleaners or tie twists
- Dental floss is great for stringing, hanging or tying crafts
- Corn holders or pushpins can be used to punch holes
- Plastic tablecloths or newspapers for table covers

## Need supplies? ScrapsKC to the Rescue!

Our amazing community partner ScrapsKC is going to help everyone get in on the Summer Fun!!!

[Visit their shop!!](#) Customize a box of supplies for earning various badges! Kit includes supplies and instructions for completing activities based on the in-person workshops we offer.

You choose the kits you want to include in your box.

Price will vary based on customization. Instructions will be emailed as a PDF file unless otherwise selected. Items like basic scissors, tape, and glue may be necessary for certain projects and are not included.



Purchase a Gift Card



All Items

Support Our Mission

At Home Kits

Girl Scout Kits

SWAPS Kits

Badge Step Kits

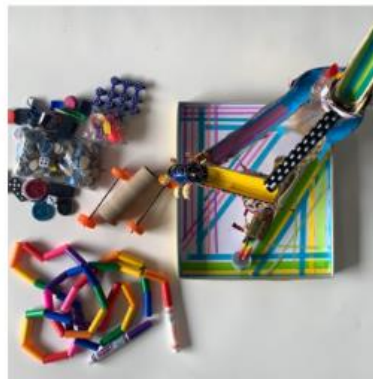
Textiles

Recycled Plastic

Toys & Games



Girl Scouts Brownie Badge Step Kits  
\$21.00



Girl Scouts Daisy Badge Step Kits  
\$20.00  
*Sold out*



Girl Scouts Junior Badge Step Kits  
\$20.00



## GSKSMO in the Outdoors SWAP Challenge

For this week of GSKSMO in the Outdoors we challenge you to participate in our Council Wide SWAP Challenge.

**For Daisies and Brownies** – We challenge you to create a swap for your family, troop, or neighborhood. Have a zoom party making swaps with your friends or have a family night making swaps for each other. Whatever you choose, just remember making swaps is about having fun and making friends.

**For Juniors and Up** – We challenge you to make SWAP for someone in the community that could use a little something special in their day:

- This could be girls from your troop you may have not talked to in a while
- An elderly neighbor or nursing home residents
- Any essential worker that works at a grocery store, restaurant workers, sanitation or custodial staff.
- Anyone who saves lives every day whether that is in a hospital, fire or police personnel.
- *Tips for Making SWAPS during times of Social Distancing*
  - o Make porch or mailbox drops to reduce social contact.
  - o Make sure you or a parent call a business and facility first to make sure that its ok to make the SWAPS and give them out.
  - o Ask how many staff or residents they have at their business, so you know how many to make.
  - o Make sure that you put the SWAPS in individual baggies upon delivering them.
- **Share your work** on the GSKSMO Virtual Art Show
  - [https://www.gsksmo.org/en/events/virtual\\_art\\_show.html](https://www.gsksmo.org/en/events/virtual_art_show.html)



## SWAP Ideas

We know we have so many incredibly creative Girl Scouts out there! If you have some trouble figuring out what kind of SWAP you want to make, ask yourself these three questions:

What do I like or enjoy?

What do I want others to know about me, about themselves, or about something I care about?

How can I make it into a SWAP?



If you still have some trouble thinking of an idea. Check out these ideas and a few examples below!

- GS Themed
  - [Girl Scout Promise Swap](#)
- Camp Themed
  - [Sleeping Bag Swap](#)
- Movie or Storybook Character
  - [Minion Swaps](#)
- Mental Health Awareness
  - [Positive Button Swaps](#)
- SWAPS with a Message
  - [World Thinking Day Swap](#)
- Thank You to Heroes
  - [Hero Pin Swap](#)
- Thinking of You
  - [Girl Scouts Sparkle Swap](#)
- My Favorite Thing
  - Outdoor Experience Manager MC's favorite Animal - [Shark SWAP](#)
- DIY Post Cards
  - Check out this super cool SWAP project from Senior and Ambassador Troop 7579 from Lawrence!



**When you're finished:** Congratulations, you have earned your SWAPS bar. You can purchase for \$2.00 at <https://gsksmo.doubleknot.com/event/patches/2747743>

