

### Objectives:

1. Girls begin learning Girl Scout traditions
2. Girls learn more about each other

### About this meeting:

The girls will be introduced to the idea that they are part of a sisterhood of Girl Scouts, both as a member of their Troop, and as a member of a worldwide group of girls. The girls will get a chance to learn more about each other and you will have a chance to learn more about each girl.

## Meeting Agenda:

As girls arrive, girls can make a nametag. See nametag ideas on our [Pinterest](#) page.

### Opening:

1. Explain what Girl Scouts is (5 min)
  - Girl Scouts is a chance to meet new girls and learn new things while having fun. Our group of girls is called Troop xxxx. A troop is a group of Girl Scouts who meet together.
  - There are Girl Scouts all over the country and Girl Scouts and Girl Guides all over the world. We are part of a huge group of girls around the world who meet to learn, help others, and make new friends.
  - Show the girls pictures of Girl Scouts of different ages.
2. Introduce the Troop Banner (5 min)
  - A troop banner can be made out of butcher paper, poster board, construction paper, or anything that you have handy.
    - o The larger your troop, the larger you will want your banner to be.
  - Write your troop number in bubble letters in the middle of the banner. Girls can decorate the rest.
  - Girls can start by adding their names.
    - o Girls will continue to add more to the banner as they complete more activities.
  - This is a great resource to pull out when you want the girls to reflect on something they have done or you find yourself with extra time in a meeting.
  - By the end of the year your banner will be completely covered with amazing memories.
3. Review what activities you will be doing the rest of the meeting (1 min)
  - Explain the rest of the meeting they will be learning some of the Girl Scout basics, like the Girl Scout Sign, the Girl Scout handshake, and the Girl Scout Quiet Sign.
  - Girls will also play some games that will help them get to know the rest of the troop.

[See sample troop banners on our Pinterest Page](#)

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## Activities:

### 1. Teach the Girl Scout Sign (3 Min)

- Girls raise three fingers of the right hand with the thumb holding down the pinky—this is normally done when they say the Girl Scout Promise.
- The three fingers represent the three parts of the Promise.



### 2. Teach the Girl Scout Handshake (3 min)

- The handshake is made by shaking hands with the left hand and making the Girl Scout sign with the right.
- The left hand is nearest to the heart and signifies friendship. *Have the girls practice the handshake with each other.*



### 3. Teach the Girl Scout Quiet Sign (3 min)

- The Quiet Sign is a way to silence a crowd without shouting at anyone.
- The sign is made by holding up the right hand with all five fingers extended. It refers to the original Fifth Law of Girl Scouting: A Girl Scout is courteous.
- Have girls talk to each other and practice being quiet when the sign is raised - they should raise their hand when they see it so other girls will see and know to be quiet.



### 4. Play Simon says with Girl Scout Signs (10 min)

\*\*\*Depending on time, you can choose to do one or both of the activities below

### 5. Girl Scout Name Game (15-20 min)

- Girls stand in a circle.
- First girl says her name and does a dance move or funny face. All girls say her name and repeat move.
- Second girl says her name and adds a move.
- Now whole group says first girls name and does her move, second girls name and her move, continue adding until you make your way around the whole circle and do all the names and moves together.

### 6. All About Me (15-20 min)

- You will need pipe cleaners and a variety of pony beads.
- Each girl will get a pipe cleaner.
- Decide on categories for beads. Examples: take one blue bead for each brother you have, take one pink bead for each sister you have, take a white bead if vanilla is your favorite ice cream flavor, brown bead for chocolate, red bead for strawberry, take a green bead for every dog you own, take an orange bead for every cat.
- Girls can make their final project into a bracelet or a necklace.

## Closing:

- Clean Up
- Make New Friends song – (*You will normally end each meeting with a Friendship Circle.*) Start teaching the [Make New Friends song](#) to close the meeting.



*During the closing of your meeting, review what you worked on that day, and what they will be doing at the next meeting.*