

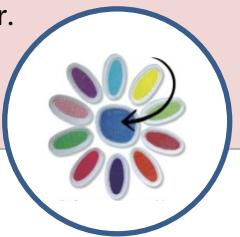
### Objectives:

1. Girls will learn the Girl Scout Promise and talk about what the Promise means, earning them their Promise Center
2. Girls and parents will do a Friendship Circle together at the end of the meeting

### About this meeting:

The following activities help girls learn the Girl Scout Promise, help the girls (and you!) get to know each other better, and they'll get to practice the Girl Scout rituals that take place during a troop meeting (Girl Scout Handshake, Friendship Circle, Promise and Law, Girl Scout Sign).

The Promise Center is the blue middle of the Daisy flower that's on a Daisy's uniform. By the end of this meeting, girls will have earned their Promise Center.



## Meeting Agenda

*As the girls arrive, have a craft ready to keep them engaged while the other girls arrive.*

### Opening:

- Review what activities you will be doing at the meeting. Explain that the meeting will be all about learning about The Girl Scout Promise.
- Recite the Girl Scout Promise while doing the Girl Scout Sign (10 min)
  - o *Remind the girls the Girl Scout Sign they learned the week before. Help them get ready to recite the Promise. Since you're focusing on the Promise in this meeting, go over it slowly and have them do it "repeat after me" style (maybe even a couple of times!).*
- Have any parents who are in attendance join their girls in the circle (*this is one of the steps to help them earn the Promise Center, as seen on p. 8 in the [Daisy Girl Guide to Girl Scouting](#).*)

*Ask the girls to think about what the word "Promise" means. Have them raise their hand quietly when they've thought of it, and tell them you'll call on someone with a quietly raised hand. Parents can help with the conversation, but you want it to be primarily girl-led. If you feel like this will work better for the girls at the end of the troop meeting, be flexible! This meeting's agenda items can be moved around to suit the moods of the girls.*

## Activities:

1. Ice breaker game – choose one option from below, [or visit our Pinterest page](#) for more Icebreaker ideas (20 min)

*\*\*\*Make sure you're actively trying to get to know the girls always, but it's especially important to do ice breaker games at the beginning of the year. Girls need to learn about each other early on to create the sense of sisterhood you aim for.*

- o Girl Scout Handshake Game
  - Remind the girls about the Girl Scout Handshake they learned in the last meeting.
  - Tell them to do the Girl Scout Handshake with three different girls and find out if the other girl is a cat person, dog person, or other.
  - Change the question and answer options, and have them do the Handshake and ask the question with three more girls.

- Create-Your-Own Handshake
  - Have girls work in groups of two or three
  - This is a great communication and team work activity!
  
- 2. Story About Promises (20 min)
  - Read a book about making promises, keeping promises, etc.  
See suggestions on book options below
  - Familiarize yourself with a few books, and bring them with you so the girls can choose the book.
    - *A Promise is a Promise* by Robert Munsch
    - *I Promise: A First Pet* by Debra Goode
    - *Keep Your Promise* by Sandra P. Mankus

Since you are possibly reading a book with them, it's good to give them options of books to choose from. **\*This is an example of how your meeting can be girl-led even in your very first meetings!\***

*\*\*If they're not interested in sitting and listening to a book, use the alternative activities provided below, or try the book at a different time during the meeting.*

#### Alternative Activities (20 Min)

*Sub these in if the girls aren't feeling a book, or if they are having trouble talking about the Promise in a group.*

1. Learn words of the Girl Scout Promise in American Sign Language, and show the girls! It'll help them remember the Promise better by having actions to accompany it when they say it.
2. Have the girls create their own Promise. Write it on chart paper and bring it with you to every meeting. Have the girls sign it.
3. Bring the banner the girls have started decorating, and have the girls work together on it. Add the Promise somewhere to the banner, and have the girls sign it. When they sign it, they are agreeing to follow the Promise during meetings.
4. Put each word of the Promise on LEGOs and have the girls put the LEGOs in order.

## Closing:

Clean up

Do the [Friendship Circle](#) for the first time

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