



## Junior Girl Scout Way Badge Activity Plan 1

**Badge Purpose:** When girls have earned this badge, they will better understand the sisterhood of women and girls to which they belong, and the traditions that are a part of it.

**Program Essentials Link:** Global Citizenship/ Girl Scout sisterhood

**Fun Patch Link:** Happy Birthday Juliette Gordon Low

**Activity Plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Badge Buddies:
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Buddies can assist adults with prep needed for activities.
  - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Junior Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can explain a sisterhood and describe the ways that Girl Scouts is a sisterhood.
- They understand the role that tradition plays within their Girl Scout sisterhood, and they try a couple of these traditions.

### Tips and Tools

- To find a troop willing to be pen pals, try posting a comment on the River Valleys Facebook page at [Facebook.com/GirlScoutsRV](https://www.facebook.com/GirlScoutsRV).
- Check out ways to stay safe using Safety-Wise at [GirlScoutsRV.org](https://www.GirlScoutsRV.org).
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

### Resources

- This activity plan has been adapted from the *Junior Girl's Guide to Girl Scouting* Junior Girl Scout Way Badge, which can be used for additional information and activities.

## Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

<b>Girl Scout Promise</b>	<b>Girl Scout Law</b>
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below, if needed.
  - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

### Activity #1: Sisterhood Pen Pals

Badge Connection: Step 3—Share Sisterhood

Time Allotment: 10 minutes

Prep Needed:

- Contact a Junior troop in River Valleys (or another council!) with a similar number of troop members.
- Arrange pen pals, pairing one girl from your troop with one girl from the other troop. Groups of three are also fine.

Materials Needed:

- Envelopes
- Stamps
- Lined paper
- Writing utensils

Steps:

1. Tell girls that “sisterhood” doesn’t mean just sisters in their families. All the girls and women who are Girl Scouts try to live by the Girl Scout Law. That’s what makes us a Girl Scout Sisterhood.
2. Use this pen pal activity to get closer to your Girl Scout sisters in other places.
3. Pass out the pre-arranged pen pal names to the girls.
4. Ask the girls to write a letter to their Girl Scout pen pal.
5. Suggestions for letter topics include:
  - Activities that girls are doing in their troops
  - Places that troops have visited or are planning to visit
  - Community service projects that the troops have undertaken
  - Friends that girls have made in Girl Scouts
6. Address and mail the envelopes.

## Activity #2: Song

Badge Connection: Step 1—Match Songs to an Occasion

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Large paper or whiteboard
- Writing utensils
- Large marker

Steps:

1. Singing brings us all together and helps us feel connected, strong and proud. Girl Scouts sing in special places or to mark special times—or sometimes just for the fun of it. There are songs for many different events and choosing the right ones can make an occasion more meaningful.
2. Ask the girls to choose a topic or an event about which they would like to create a song.
3. Have girls brainstorm words that come to mind when they think of the topic. Write all the words down on the large paper or whiteboard.
4. Ask girls to choose a song and change the words to fit the topic or occasion they chose.
5. Next, girls can perform the song, creating hand motions or actions to accompany the words.

## Activity #3: Take a Trash Walk

Badge Connection: Step 4: Leave A Place Better Than You Found It

Time Allotment: 20 minutes

Materials Needed:

- Garbage bags
- Plastic gloves
- Close-toed shoes

Steps:

1. Explain to girls that it's the Girl Scout way to care about the world around us, whether it's a room, a campground or the earth. In this activity, girls will have the chance to practice leaving a place in their community better than they found it.
2. Take a walk around your community or around the neighborhood/building in which your troop meets.
3. Have girls pick up all the trash they find along the way and put it in their bags. Remind girls not to touch anything sharp or dangerous. If they find anything like this, they should tell an adult.
4. Make it a friendly competition! Form teams of girls and see who can pick up the most trash in a set amount of time.

## Activity #4: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

1. While enjoying snack, here are some things for girls to talk about:
  - What does sisterhood mean?
  - How is our troop like a sisterhood?
  - Do girls in a sisterhood have to like all the same things and act the same way?
  - What is your favorite thing you have done with Girl Scouts?
  - What is your favorite song to sing?

## Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. One of today's Badge Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Badge Buddy who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### More to Explore:

- Field Trip Ideas:
  - Visit a local park and help the community by cleaning up the area.
- Speaker Ideas
  - Invite a Girl Scout Alumna to your meeting to talk about what Girl Scouts was like when she was a girl.

### Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [GirlProgram@girlscoutsrv.org](mailto:GirlProgram@girlscoutsrv.org).

### Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about our Girl Scout sisterhood, and are on our way to earning the Girl Scout Way Badge.

We had fun:

- Writing letters to pen pals within our Girl Scout Sisterhood.
- Creating a new song together and performing the song.
- Showing that we care about the world around us by leaving our meeting place better than we found it.

Continue the fun at home:

- Help your Girl Scout find ways she can leave a place better than she found it (at home, school, or elsewhere).
- Sing songs together. Songs are great for any mood, or any occasion.
- Look through the *Girls Guide to Girl Scouting* with your Junior to find other activities you could try at home.

Thank you for bringing your Junior to Girl Scouts!