

PROUD PARTNER OF

girl scouts 
nation's capital

ANY BADGE. YOUR TROOP.

Daisies to Ambassadors. We bring the instructors, the materials and the hands-on part the girls actually remember. One hour or a full day.



Taught by **certified teachers and registered nurses**

Serving troops across Maryland, DC and Virginia · 2026–2027 season

mindfulbeginnings.org

FOR TROOP LEADERS

HOW IT WORKS

You pick the badge. We show up with everything and teach it. Your scouts leave having done the work, not having watched a slideshow.

1

Tell us the badge and the date

Any level, any pillar. If you are not sure which badge fits what your troop wants to do, we will help you pick one.

2

We come to you

Your regular meeting space, a school day off, a service unit event or a weekend intensive. All we need is a room, a wall or screen, and your scouts. We bring the projector, laptop, supplies and every handout.

3

The scouts do the work

Bandaging, choking rescue practice, childproofing a room, running a station for younger scouts. Hands on their own hands, every session.

4

You get a completion summary

We send you a written list of exactly which badge steps were covered, so you can sign off and order badges with confidence.

BEFORE YOU BOOK

WHAT YOU CAN COUNT ON

How badge credit works

Mindful Beginnings delivers the instruction and hands-on practice that satisfies badge steps. The troop leader confirms completion and the troop purchases badges from the Girl Scout Shop, as always. Where a step has to happen outside our session, such as interviewing families or babysitting on the job, we tell you before the class so nothing is a surprise. Badge requirements are refreshed periodically by GSUSA, and we confirm the current steps for your level before every class.

What is included

- Instructor travel in Maryland, DC and Virginia
- All supplies, manikins and first aid materials
- Student handouts for every scout
- Projector and laptop
- Written badge step completion summary

Group size

- Bring your whole troop, whatever the size
- We staff a second instructor for larger groups at no extra charge per scout
- Multi-level troops and service unit events welcome

BEFORE YOU BOOK

BOOKING AND PAYMENT

Booking

- Three weeks notice is ideal; ask us about sooner
- Your date is held once we confirm it in writing
- Reschedule at no charge with one week notice

Payment

- Invoice the troop directly, or
- Use a private registration link so families pay individually
- Payment due on the day of the class

Service unit managers, start here

One session at a service unit meeting reaches every troop in your area at once instead of one troop at a time. It is the fastest way to introduce Mindful Beginnings to your leaders, and multi-troop days are quoted as a group.

SIGNATURE COURSES

BABYSITTING & INDEPENDENCE

Safe Sitter® Babysitting Certification

\$185

PER SCOUT

CADETTES • GRADES 6-8 • 5 HOURS

The full, nationally recognized Safe Sitter® course, taught by a certified instructor. Scouts learn child development and ages and stages, safe play and behavior management, diapering and feeding, choking rescue, injury assessment and first aid, and what to do in a home emergency. Every scout receives the Safe Sitter® student handbook and completion card. Run it in one day or split it into two after-school afternoons.

CADETTE BABYSITTER BADGE

CADETTE FIRST AID BADGE

Two badges from one class.

Intro to Safe Babysitting

\$45

PER SCOUT

CADETTES AND OLDER JUNIORS • 60 MINUTES

The child care heart of the Safe Sitter® program, sized for a single troop meeting. Ages and stages, safe play, handling a crying or defiant child, house rules and the sitter's own safety. The best way to try us out, and the natural step before the full certification.

CADETTE BABYSITTER BADGE, PARTIAL

HOME ALONE AND FIRST AID

THE TWO EVERY TROOP NEEDS

Safe@Home: First Steps to Independence

\$55

PER SCOUT

JUNIORS • GRADES 4–5 • 90 MINUTES

Maryland allows a child to be home alone at age eight, and this is the class that makes it feel manageable for everyone. Scouts practice preventing unsafe situations, answering the door and the phone, responding to an emergency, and using a first aid chart to assess and treat a basic injury.

JUNIOR INDEPENDENCE BADGE

MOST JUNIOR SAFETY AWARD STEPS

FIVE LEVELS, ONE CLASS

FIRST AID, TAUGHT BY A NURSE

First Aid Badge Workshop

**BROWNIE THROUGH AMBASSADOR VERSIONS •
60 MINUTES**

\$45

PER SCOUT

There is a First Aid badge at five levels and we teach a version for each one, led by a registered nurse with real supplies and a scenario station where scouts treat a staged injury start to finish. Brownies build a kit and practice bandaging and calling for help. Juniors add injury assessment and outdoor injuries. Cadettes add choking rescue and caring for young children. Seniors and Ambassadors add scene safety and teaching a younger troop.

FIRST AID BADGE, ALL FIVE LEVELS

Two-hour version, \$65 per scout, adds the full scenario circuit.

SAFETY AWARD PIN

A PIN EVERY LEVEL CAN EARN

Safety Award Pin Workshop

\$45–55

PER SCOUT

ALL SIX LEVELS • 45 TO 90 MINUTES

Every Girl Scout level has a national Safety Award pin, and the steps are specific enough that most troops never get around to them. We run the steps for your level as stations, so the pin is earned in one meeting instead of stretched across a year.

Daisy and Brownie sessions run 45 to 60 minutes at \$45.

Junior through Ambassador sessions run 90 minutes at \$55.

SAFETY AWARD PIN, ALL SIX LEVELS

SAFETY AWARD PIN

WHAT YOUR SCOUTS DO WITH US

LEVEL	COVERED IN THE SESSION	LENGTH
Daisy	Emergencies, choking signs and simple first aid, stop drop and roll	45 min
Brownie	School safety, emergency services, smoke alarms, trip safety, disaster preparedness	60 min
Junior	Common injuries, home safety, dangerous weather, bike and trail safety	90 min
Cadette	Childproofing a room, water safety, teaching younger scouts, emergency kit, bullying	90 min
Senior	Self-defense basics, distracted driving, conflict resolution, substance awareness	90 min
Ambassador	Senior content in a senior-year frame, leading into Campus Ready™	90 min

Safety Award steps vary slightly by council and are refreshed periodically. We confirm the current requirements for your level before every class, and we send you the completion summary afterward.

OLDER SCOUTS

LEADING AND GROWING UP

Leadership Track

JUNIORS THROUGH AMBASSADORS • THREE 2-HOUR SESSIONS

\$195

PER SCOUT

Built for scouts working toward Junior Aide, Program Aide, Counselor in Training or Volunteer in Training, and taught by a teacher who trains student teachers for a living. How younger children learn, giving an instruction that lands, running a station, managing a group, handling a crying or defiant child, and supervising safely. Each scout finishes by planning and running a real activity for a younger troop while we coach.

JUNIOR AIDE

PROGRAM AIDE

COUNSELOR IN TRAINING

VOLUNTEER IN TRAINING

Ready. Period.

BROWNIES THROUGH SENIORS • 2 HOURS

\$65

PER SCOUT

The badges nobody wants to teach, taught by a registered nurse who is completely comfortable with the questions. Straightforward, warm and age-appropriate: what is happening and why, what to expect and when, how to be prepared anywhere, and how to talk about bodies without shame. Scouts build and take home a period pouch stocked with the real supplies.

BROWNIE ME TIME

JUNIOR UNIQUELY US

CADETTE OUTSIDE THE MIRROR

SENIOR MIND, BODY, ME

MULTI-LEVEL AND ALMOST GROWN

TEACHING EACH OTHER AND HEADING OUT

Big Sister, Little Sister

MULTI-LEVEL TROOPS AND SERVICE UNITS • 2 HOURS

\$65

PER SCOUT

Your Cadettes teach your Brownies. We train the older scouts on how to run a safety station for younger children, then supervise them as they teach it. Two levels earn at once and your older girls discover they are leaders. This is the strongest format for a service unit day.

CADETTE SAFETY AWARD

BROWNIE SAFETY AWARD

Campus Ready™

SENIORS AND AMBASSADORS • 2 HOURS

\$75

PER SCOUT

The class every family wishes they had before move-in day. Living independently, roommate and conflict situations, party and substance realities, personal safety and looking out for a friend, and what to actually do when something goes wrong at 2 a.m. two hundred miles from home.

SENIOR AND AMBASSADOR SAFETY AWARD

FOR THE GROWN-UPS

TRAIN YOUR VOLUNTEERS

Troop Leader and Volunteer Training

\$40

PER ADULT

ADULTS • 2 HOURS • IDEAL FOR A SERVICE UNIT
MEETING

You are responsible for other people's children at every meeting, hike and overnight. This is the training that makes that feel manageable. Allergy and epinephrine response, asthma, choking, head injuries, an emergency action plan for your meeting space, a trip and overnight readiness checklist, and exactly what to say when you call 911.

NOT A BADGE. ARGUABLY MORE IMPORTANT.

FORMATS AND PRICING • 2026–2027 SEASON

PICK A SHAPE THAT FITS YOUR YEAR

FORMAT	LENGTH	PER SCOUT
Troop meeting workshop	60 minutes	\$45
Extended workshop	90 minutes	\$55
Two-hour workshop	2 hours	\$65
Campus Ready™	2 hours	\$75
Half day, two badges	2.5 hours	\$85
Full-day badge blitz	5 hours	\$150
Safe Sitter® certification	5 hours	\$185
Leadership track	3 × 2 hours	\$195
Adult volunteer training	2 hours	\$40
Custom program	You tell us	Quoted

Travel, materials and handouts are included. Pricing is for the 2026–2027 Girl Scout year. Service unit events and multi-troop days are quoted as a group.

CUSTOM PROGRAMS

TELL US THE BADGE. WE WILL WRITE IT.

Custom workshops, multi-week series, bridging weekends, camp programming, Silver and Gold Award support and service unit events are all on the table. Tell us the badge, the level, the time you have and what your scouts are actually excited about.

A few troops have asked us for

- A bridging weekend that closes out three badges at once
- Kitchen and household safety for Brownies
- A gentler home alone class for second and third graders
- Inclusion training for troops with a scout who has different needs
- An overnight and trip readiness session before camping
- A grandparents night alongside the scouts

BOOK A CLASS

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