

girl scouts



WORLD



Girl Scout Junior

•Handbook



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Welcome to Girl Scout Juniors!



**Have
you always
wanted to
be a star?
Now you
are.**

Think of what it means to be a star—it's more than acting in movies or singing onstage.

Centuries ago, people depended on stars to keep from getting lost. They navigated across seas and through wilderness using the constellations as their guide. The most important star was the North Star because it doesn't seem to move. Once people found it, they could be sure they were going in the right direction.

The North Star became a symbol for finding your way home safe and sound.

After awhile, it began to mean finding your way in life, too.

As a Girl Scout Junior, you're finding out who you are and which path is right for you. That's what makes you a leader, whether you're bold and adventurous or quiet and thoughtful. Or maybe you're all of those things, depending on the day.

In fact, now that you're a Junior, you're probably starting to feel like a shooting star blazing across the sky! And just like a shooting star, you have the power to inspire others and light up their lives. That can be part of being a leader, too.

So welcome to Girl Scout Juniors! In your own special way, you're making the world a better place—wherever your adventures take you.

The Girl Scout Promise and Law

Every Girl Scout makes the Girl Scout Promise and takes pride in doing her best to live by the Girl Scout Law—that's what people count on Girl Scouts to do!

The Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.





Ways to Belong

You get to choose how to be a Girl Scout! You can join a group that meets regularly if that's what you want. You can decide to focus on one aspect of Girl Scouting, like camping or attending a series with your friends. You can also choose special events to attend throughout the year. No matter who you are, where you live, or what kinds of fun you choose to have—you can belong to a sisterhood that lives its dreams!

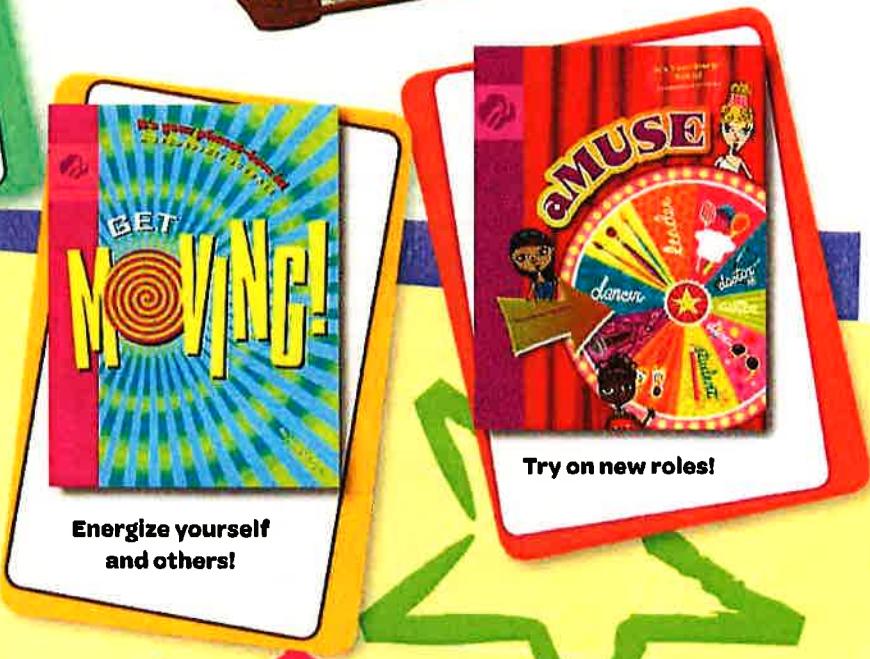
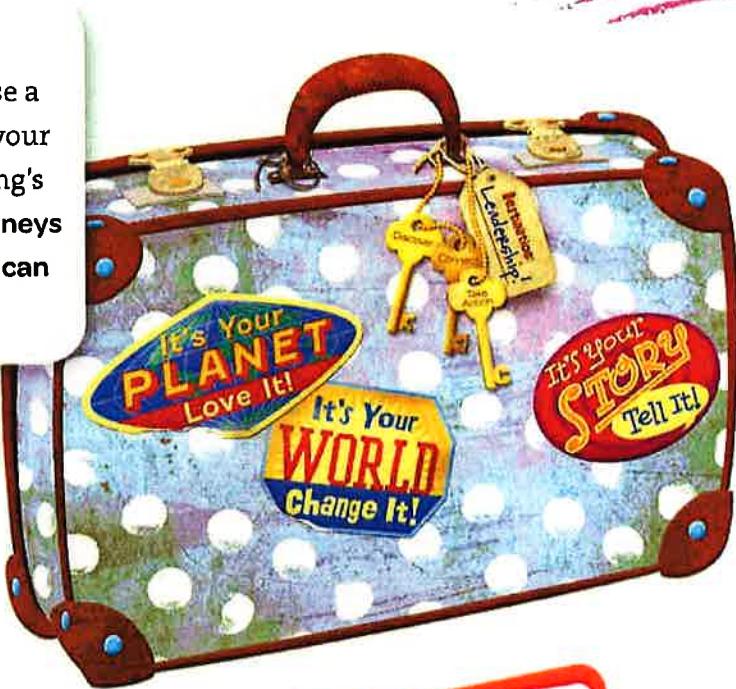
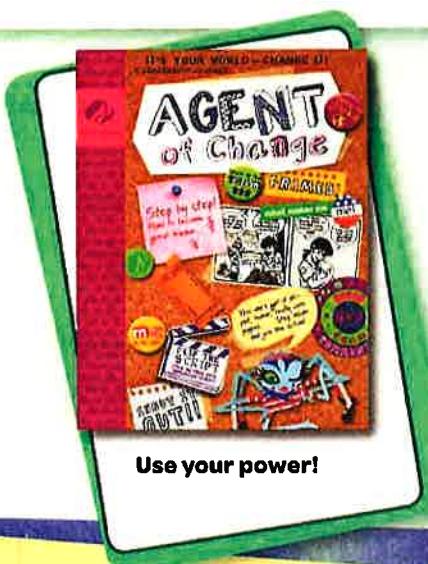
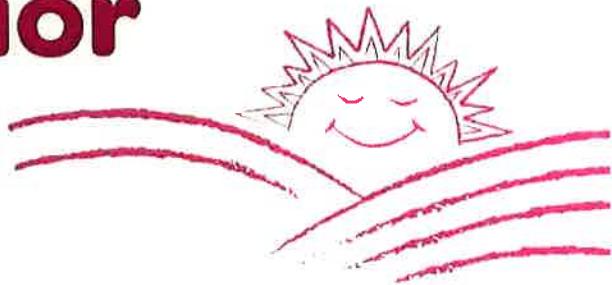
When you're a Girl Scout, you...

- ... know what you believe in and what you stand for
- ... dream big dreams and are confident you can make them come true
- ... take on challenges, even when you need to stretch a little to do so
- ... team up with others from all different cultures and countries
- ... inspire others to help their communities
- ... can change the world!

Start Your Junior Adventure!

So what will you do in Girl Scouting?

To start, you and your Junior friends will choose a big leadership adventure called a Journey. On your Journey, you'll find out more about Girl Scouting's Three Keys to Leadership. There are three Journeys to choose from. They're shown below, and you can find out more on page 26.





Girl Scouts is all about **leadership**, which we define in a special way. Leadership doesn't always mean being the head of a company or the mayor of a town. It means knowing who you are and what you stand for. It means making decisions every day that inspire others to make a positive change in the world.

When you stand up for someone who's being bullied, you're a leader. When you call attention to an issue in your community and suggest ways to solve it, you're a leader. When you take the time to help someone who's feeling left out or lonely, you're a leader. There are a million ways to show your leadership. And when you do, your actions blaze a path that people are inspired to follow—just like a shooting star!



The Three Keys to Leadership

All Girl Scouts use the Three Keys to Leadership as a way to live the Girl Scout Law and make a difference in the world. It's another part of Girl Scouting that unites all girls—and helps them do extraordinary things!



Discover your own values and what's important to you. That's part of being a leader—using your talents to make a difference in an area that means something to you.

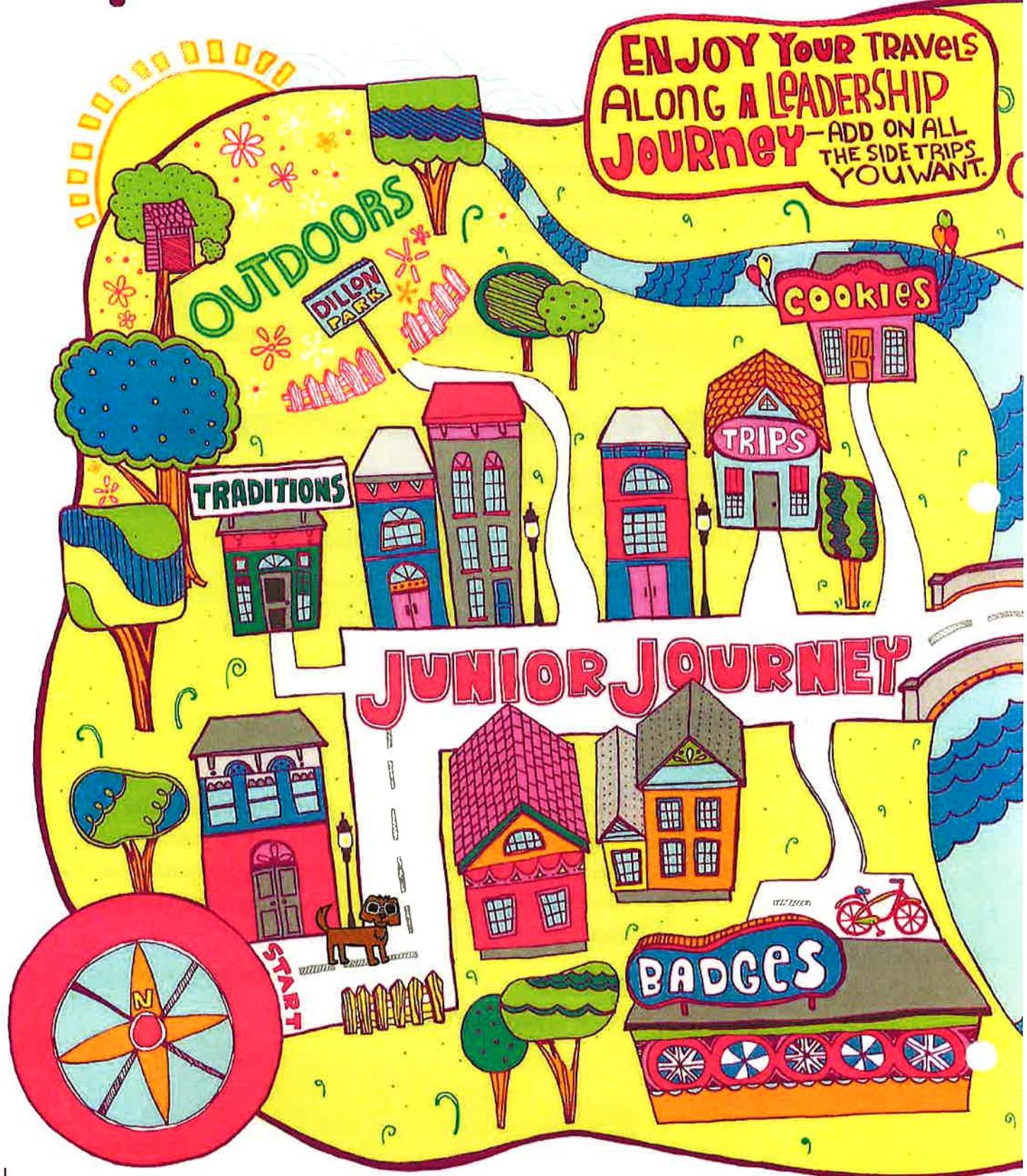


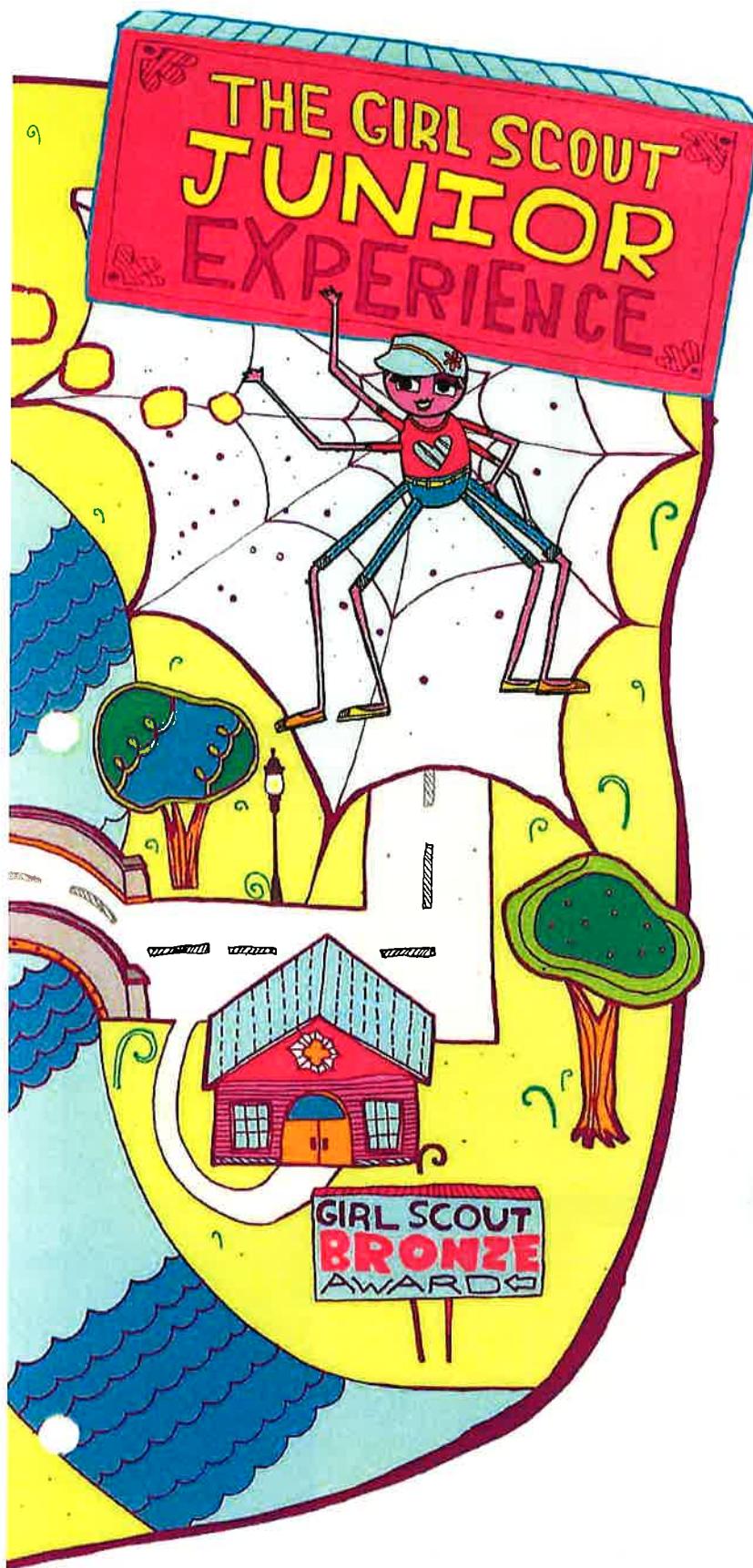
Connect with other Juniors, your family, your older and younger Girl Scout sisters, caring adults, and people in the community. Team members help and trust each other. You can often get more done working as a team than on your own—and you can have more fun, too.

Take Action to make the world a better place.



Map Your Adventure





***So much
excitement
awaits!***

On your Junior adventure, you'll visit new places, make new friends, and learn new things that will keep your Junior star shining bright.

OUTDOORS

Go on an outdoor adventure (maybe an overnight camping trip)

BADGES

Earn badges while learning how to make jewelry, going geocaching, or making simple meals

COOKIES

Run your own business as part of the Girl Scout Cookie Program

TRIPS

Have a party or two to celebrate what you've accomplished or mark a special occasion

TRADITIONS

Have tons of fun with your Girl Scout friends!

Make Your Plans

Use this space to imagine all the amazing things you'll do as a Girl Scout Junior. You can write all your ideas on your own, or fill it out with your Junior friends.

BADGES

OUTDOORS

TRIPS

TRADITIONS

cookies

Girl Scout Traditions

Traditions have brought Girl Scouts together for over a century. Now they're your traditions, too. Here are some to enjoy!

Girl Scouts make the **Girl Scout sign** when they say the Girl Scout Promise, when they are welcomed into Girl Scouting at an investiture ceremony, or when they greet other Girl Scouts or Girl Guides. The three fingers represent the three parts of the Promise.



When you meet another Girl Scout, you can greet her with the **Girl Scout handshake**. Shake hands with your left hand and make the Girl Scout sign with your right. It's a special way to remind us that we're all sisters because we belong to Girl Scouts!



The **Girl Scout motto** is "Be Prepared." Girl Scouts learn to do things well, so they're prepared to do them the right way at the right time.

The **Girl Scout slogan** is "Do a good turn daily." This means doing something for somebody else without being asked. It is fun to brighten someone's day by doing a good turn—and when you make other people happier, they often pass it on by doing a good turn for someone else.

The **friendship circle** stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world. Everyone stands in a circle, crosses their right arms over their left, and clasps hands with her friends on both sides. Everyone makes a silent wish as a **friendship squeeze** is passed from hand to hand.



Girl Scouts use the **quiet sign** to let people know it's time to stop talking. Someone raises her right hand high. As others see her hand in the air, they raise their right hands and stop talking, too.

Girl Scouts make a **kaper chart** to list jobs that need to be done and who will do them. You might have a kaper chart for when you get together with your Junior friends. The jobs might be getting the room ready for the meeting, getting supplies ready for an activity, and cleaning the room before leaving. You might also have a kaper chart for special Junior events, like parties or cookie booth sales.

KAPER CHART FOR SEPTEMBER TROOP MEETINGS			
	SEPT 7	SEPT 14	SEPT 21
CLOSING FOR TROOP MEETING (CHOOSE AND CARRY OUT)	*	6	1
PUT CHAIRS AND SUPPLIES AWAY AT END OF MEETING	1	*	6
GAME TO PLAY DURING MEETING	1	2	*
SURPRISE! YOU MAY BE ASKED TO HELP OR DO SOMETHING THIS WEEK OR YOU MAY HAVE A "FREE" WEEK.	6	1	*
* SHOOTING STAR 6 SNAPPY G	1	1	1
1 LIGHTNING 1 HORSESHOE	1	1	1

The Beginning of Girl Scouts

Girl Scouts was started in 1912 by a woman named Juliette Gordon Low.

She was born in Savannah, Georgia, on October 31, 1860, just a few months before the Civil War began.

Juliette Low had a large family who called her Daisy. The family liked to play and have fun together, and they had a lot of great stories. Her grandmother was captured by an American Indian tribe called the Senecas and grew up with the name "Little Ship Under Full Sail." Her grandfather was one of the founders of the great city of Chicago. Daisy fit right in because she was the source of many family stories, too.

A story that's often told is about the first club she founded, when she was your age. It was called "Helpful Hands," and its purpose was—of course—to help others. But everything went wrong from the start. Daisy wanted the club to sew clothes for a poor family, but she didn't know much about sewing: The clothes fell apart almost as soon as they were finished. "Helpful Hands" became known as "Helpless Hands"!

That didn't stop Daisy, for there were many things she was quite good at. She learned languages easily (although she never learned to spell well in any of them—including English) and she was good at literature. But her favorite subject was art, and she sometimes chose to draw in class instead of listening to her teacher. Still, Daisy managed to get good grades and her parents were very proud of her.



Daisy at age 18.

"Girl Scouting and Girl Guiding can be the magic thread that links the youth of the world together."

—Juliette Gordon Low

Daisy grew up and married an Englishman named Willy Low. At 26, she had already lost some of the hearing in one of her ears. When she was leaving her wedding ceremony a piece of rice landed in her good ear. The doctor who removed the grain of rice punctured her eardrum, and eventually she became almost totally deaf. Daisy wore hearing horns and, later, early versions of electronic hearing aids. But that didn't stop Daisy from what she was going to do next.

She was good friends with Robert Baden-Powell. In 1910, he and his sister Agnes founded the Boy Scouts and the Girl Guides in England. Baden-Powell told Daisy, "There are little stars that guide us on, although we do not realize it." She thought about this saying—about finding her star, just like you—and decided her direction was clear: She should start Girl Scouting in the United States.

In early 1912, she called her cousin Nina to share her idea.



**The Carnation basketball team,
circa 1914.**

**"Come right over!" Daisy said. "I've got something
for the girls of Savannah, and all America,
and all the world, and we're going to start it tonight!"**

The first two patrols (later called troops) had 18 members. The patrols were called the Carnation and the White Rose. The girls played sports, went camping, and learned to do lots of things for themselves—plenty of things that girls didn't usually do at that time.

Girl Scouts of the USA—National Historic Preservation Center. Used by Permission



Juliette Gordon Low hoped her wonderful idea—her organization that encouraged girls to shoot for any star they could imagine—would grow and grow. And she got her wish.

Today, girls in every state and many U.S. territories are Girl Scouts. And Girl Scouts of the USA is part of a group called the World Association of Girl Guides and Girl Scouts, or WAGGGS. Because you belong to WAGGGS, you have 10 million sisters shining brightly around the world. That's one powerful constellation!

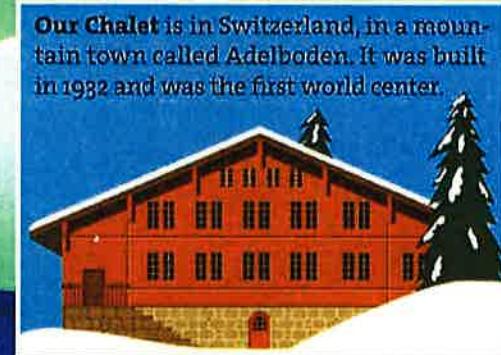
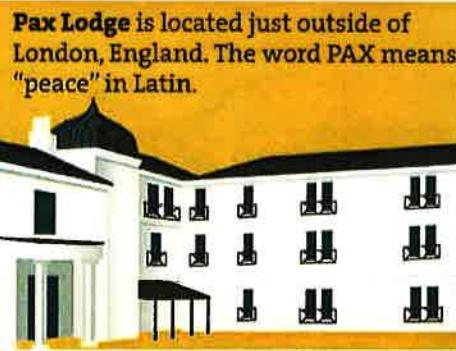
The Secret of SWAPS

When Girl Scouts travel to other places, they often make small tokens of friendship to exchange with the Girl Scouts they meet. These little gifts are called **SWAPS**—Special Whatchamacallits Affectionately Pinned Somewhere or Shared With A Pal.

A SWAP can be anything that shares who you are or where you're from with the person you give it to. If you live in Vermont, you might bake maple syrup squares for a SWAP. If you love to kayak, you might make a paddle out of toothpicks and art foam. If you love reading detective stories, you could decorate a bookmark with some fun puzzles for a new friend to solve.

Our Girl Scout World

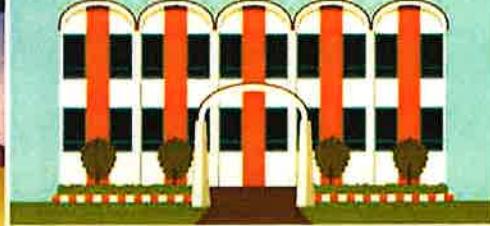
You have 10 million sisters all over the world! The red dots show the countries where they live. There are four world centers you can visit to make friends with your global sisters.



Our Cabaña is the largest world center. It is located in the historic city of Cuernavaca, Mexico.

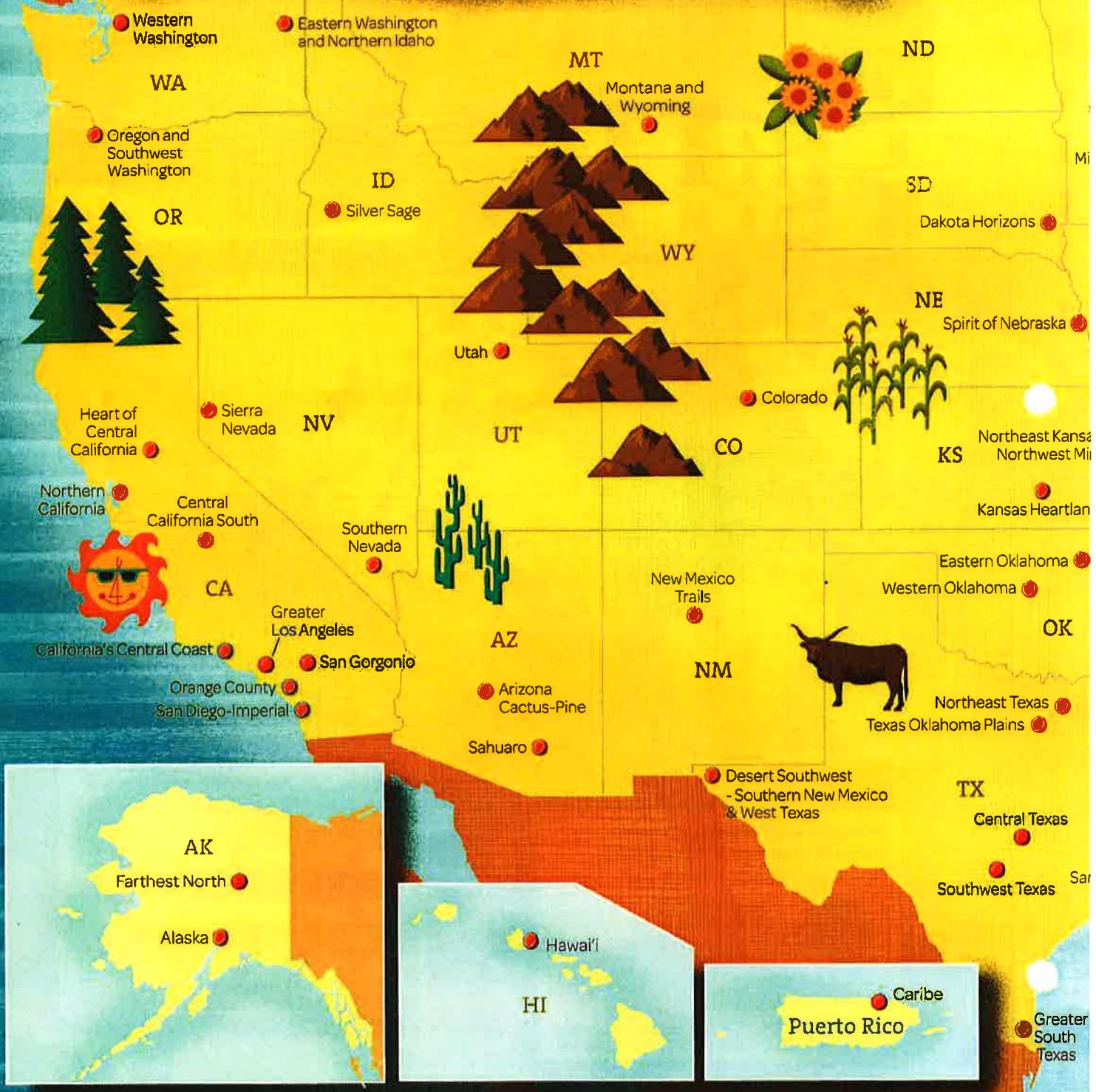


Sangam is in Pune, India, a town a few hours from Mumbai. SANGAM means "coming together" in Sanskrit.



Girl Scout Councils

There are over 100 Girl Scout councils. Councils are groups of Girl Scouts from different areas. Each council has its own name—which one is yours? Which councils are your Girl Scout friends or relatives part of?



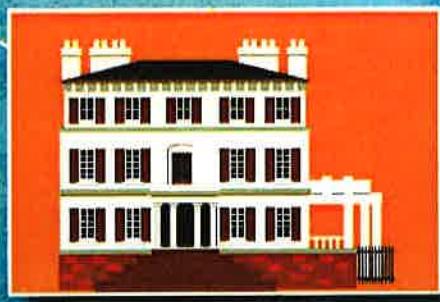
GSUSA National Headquarters

Girl Scouts of the USA is the national organization for the Girl Scouts. The GSUSA office is located in New York City. If you visit Manhattan, you can take a tour of the offices and the Girl Scout museum. What do the people who work at the national headquarters do? Well, we made this book for you!



The Juliette Gordon Low Birthplace

This is the elegant home in Savannah, Georgia, where Juliette Gordon Low was born. Her home is now a museum. It shows visitors all about Daisy's life.



Girl Scout Councils

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Ceremonies and Celebrations



Why do we celebrate?

There are so many reasons: It's the last day of school! It's my birthday! My team won! It's the first day of spring! I aced my math test!

As a Junior, you'll have fun holding ceremonies with your friends. Ceremonies make us feel connected—so you and other Junior stars know you're a part of the same constellation!

A ceremony can also celebrate an accomplishment, such as earning your Leadership Journey awards. You may want to create your own ceremony to celebrate the Girl Scout Birthday or Juliette Gordon Low's birthday.

Remember that what you do every day all through the year is what makes Girl Scouting special. You and your constellation of Junior friends will change the world day by day!



Making Ceremonies

You've probably celebrated countless holiday and birthday celebrations, but they may have been planned by others. So where do you start planning your own? Right here!

Most of the time, a ceremony has three parts—the opening, the middle, and the closing.

The **opening** can be used to welcome guests, tell the purpose of the ceremony, and set the mood for the occasion. It might be quiet, festive, or serious.

The **middle** of the ceremony focuses on the reason you have gathered people together. This part might include singing, reading poems, performing skits, or sharing candle lighting.

Mix and Match Chart

If you need a little help planning your ceremony, this chart might give you some ideas! Mix and match one idea from each column.

The **closing** may summarize the ceremony. It might include forming a friendship circle, saying good-bye or thank-you to special guests, or singing a closing song.

Setting	Opening	Middle	Closing	Refreshments
Park	Flag ceremony	Skit	Moment of silence	Tea and cookies
Mall	Greeting from volunteers and girls	Poetry or stories	Final moment of sharing	Fruit salad, cheese, and crackers
Playground	Thought for the day	Present membership pins	Light or put out candles	Sandwiches and juice
Living room	Form a circle	Present Take Action project or artwork	Girl Scout motto or slogan	Pizza
Backyard or patio	Song or dance	Personal thought	Special reading	S'mores

Special Girl Scout Ceremonies



The ceremony ideas and examples in your Leadership Journeys can help you make every gathering with your Girl Scout friends special! There are also ideas for holding celebrations each time you earn your Journey awards. Here are some other great Girl Scout ceremonies:

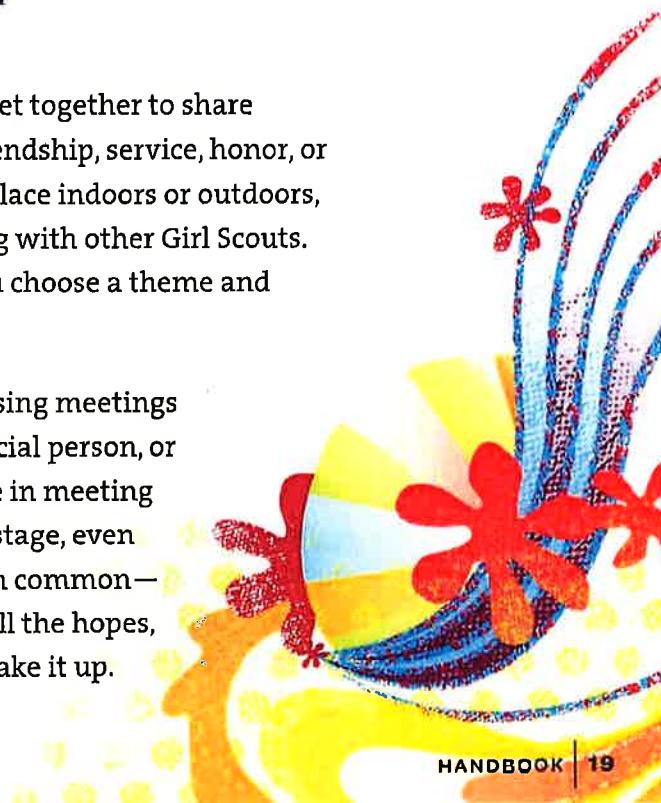
- An **investiture ceremony** welcomes someone into Girl Scouting for the first time.
- A **bridging ceremony** is held when you “cross the bridge” to the next level in Girl Scouting.
- A **rededication ceremony** is held when you want to renew your Girl Scout Promise and review what the Girl Scout Law means to you.
- A **Court of Awards ceremony** is where you receive awards you’ve earned, and celebrate your accomplishments!

“She carried that through like a Girl Scout”

ought to become a common saying.

—Scouting for Girls, 1920

- A **Scouts' Own** is a ceremony where Girl Scouts get together to share inspiration and celebration around a theme, like friendship, service, honor, or respect for the planet. The Scouts' Own might take place indoors or outdoors, at a group meeting, at camp, or during any gathering with other Girl Scouts. It's called a “Scouts' Own” because it's all yours—you choose a theme and decide how to share in the most meaningful way.
- A **flag ceremony** may be used for opening or closing meetings or special events, honoring a special occasion or special person, or retiring a worn flag. Flag ceremonies may take place in meeting rooms, in outdoor settings, in large auditoriums, onstage, even on horseback! All flag ceremonies share one thing in common—respect for the flag as a symbol of our country and all the hopes, dreams, and accomplishments of the people who make it up.



Special Girl Scout Days

what's
on your
calendar?

February

22

World Thinking Day

February 22 was chosen as World Thinking Day because it is the birthday of both Robert Baden-Powell and his wife, Olave. Baden-Powell started the Scouting movement. Every year on this day, Girl Scouts and Girl Guides around the world celebrate international friendships and honor their sisters in other countries.

March

12

The Girl Scout Birthday

On this date in 1912, the first 18 girls gathered to hold their first meeting as Girl Scouts in the United States. Some Girl Scouts wear their uniform to school on this day. You can celebrate by throwing a birthday party or by doing something Juliette Gordon Low loved to do—like making the world better for girls! Maybe you can have a special Junior meeting on March 12 to talk about what Take Action project you want to do. Or you could also give a special presentation on this day to tell your family and friends about how you took action to make a difference in your community.

Girl Scout

WEEK

The week in which March 12 falls is called Girl Scout Week. Some Girl Scout Juniors wear their uniforms if they go to a service at their place of worship on Girl Scout Sunday or Girl Scout Sabbath. If your family belongs to a place of worship, you may also decide to do something helpful there during this week.

April

22

Girl Scout Volunteer Day

This is a day when you can say thank you to your Girl Scout volunteers for all the hard work they do for you. You may want to make a card or gift, write a poem, or sing a special song.

October

31

Founder's Day

Juliette Gordon Low was born on October 31, so Girl Scouts honor her birthday as Founder's Day. Every year, Girl Scouts celebrate her birthday with parties and special projects to help others.

Write to the Future!



You may want to write a letter to yourself about what you're looking forward to doing as a Junior. You can keep it on the special page in the My Girl Scouts section.

Then, when you get ready to become a Cadette, you can open the envelope and read what you wrote to yourself at the very beginning of your Junior adventure.

If you really want to think ahead, write a letter that you'll open when you're 18 years old and ready to bridge from Girl Scout Ambassador. If you do this every time you move to a new level, you'll have a record of everything you hoped to do as a Girl Scout.

When you write down your dreams, you're much more likely to make them happen!

Showing You're a Junior



Place your first Journey awards at the bottom of your vest. As you earn additional Journey awards, work your way up.

If your Journey awards and badges don't fit on the front of your vest or sash, you can wear them on the back.

The official Girl Scout uniform is a white shirt, khaki pants, and your vest or sash. You can wear your uniform at special times, like when you attend a flag ceremony or walk in a parade!



Place your
Journey awards
above your
badges.

Showing You Belong

Here are some things you can put on your vest and sash that show you belong.



Girl Scout membership pin: The design of the traditional pin is based on the heritage trefoil design patented by Juliette Gordon Low in 1913. The contemporary pin is the official Girl Scout trefoil.



GSUSA strip: You can wear this strip to show that you're a member of Girl Scouts of the USA.

Council ID strip or USA Girl Scouts Overseas strip: This strip shows the name of your Girl Scout council, or that you are a member of USA Girl Scouts Overseas.



USA Girl Overseas pin: Girls who belong to USA Girl Scouts Overseas wear this pin.



Membership stars: Each star represents one year as a Girl Scout and is pinned on a disc. The color of the disc shows your Girl Scout level. Girl Scout Juniors get a yellow disc. The number of stars shows how many years you've been a member at each level.



World Trefoil pin: This pin shows that you are part of the World Association of Girl Guides and Girl Scouts (also known as WAGGGS). The golden trefoil on a blue background represents the sun shining over all the children of the world.



American Flag patch: This patch shows that you're an American Girl Scout.



Brownie Wings: If you were a Girl Scout Brownie, you got your Brownie Wings when you "flew up" and became a Girl Scout Junior. You wear the wings to show everyone that you were once a Brownie—which means you know a lot about Girl Scouts that you can share with girls who are Brownies right now.



Bridge to Girl Scout Junior award: You can wear this award to show you bridged from Girl Scout Brownie.

4 | 5 | 3

Troop numbers: Many Girl Scouts belong to troops and like showing their troop numbers.



Troop crest: Some families have crests that show what they stand for. Girl Scouts is like a family, too! You and your Girl Scout friends can choose a crest to wear on your uniform. Talk about the symbols on each one. Which one best shows the world what you want your group to stand for?

What Troop Crests Mean



Arrow: Arrows stand for action and moving forward.



Eagle: The eagle's excellent sight sees important details.



Shooting Star: Shooting stars are rare, unexpected, and beautiful!



Sun: The sun represents warmth and life, and helps plants and trees grow strong.



Bee: Bees symbolize hard work—and having fun while you're doing it!



Lei: The Hawaiian lei is a symbol for friendship, love, and peace.



Trumpet: When a trumpet sounds, it says that you're ready to march into action.



Bluebird: Bluebirds stand for happiness and good fortune.



Lightning: A bolt of lightning stands for good ideas and creative power.



Unicorn: The unicorn stands for courage and beauty.



Carnation: The carnation stands for health and energy.



Nautilus Shell: The nautilus is a symbol of growing on the inside and outside, too!



Waterfall: A waterfall is always in motion—steadily flowing toward its goal.



Crane: The crane represents strength, grace, and honor.



Pansy: Pansies stand for loving thoughts and special friendships.



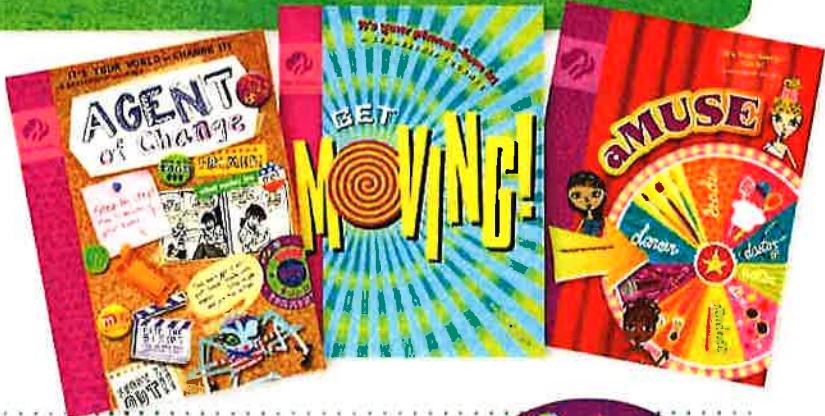
White Rose: The white rose stands for new beginnings.

Awards that Show What You've Learned

One of the best things about Girl Scouts is learning all kinds of new things! When you earn awards, you can put them on your uniform to show what you know.

Junior Leadership Journey Awards

There are three Journeys for Juniors: *Agent of Change*, *GET MOVING!*, and *aMUSE*. You and your Junior friends can choose to do them in any order you like.



It's Your World—Change It!

Agent of Change

As a Junior, you have the power to make change in the world. On the *Agent of Change* Journey, you'll meet new friends like Dez the spider, learn about teamwork and friendship, and earn awards along the way.



The Girl Scout Bronze Award

Date Earned _____

The Girl Scout Bronze Award

This is the highest award a Girl Scout Junior can achieve. To earn the award, you'll team up with your Junior friends. Together, you'll pick a project that you care about and that will make a difference in the world. As you complete the project, you'll meet new people, develop more confidence and also have a lot of fun. Find everything you need to know to get started on your Bronze Award project at the end of your handbook.



Power of One award

Date Earned _____



Power of Team award

Date Earned _____



Power of Community award

Date Earned _____

It's Your Planet—Love It!

GET MOVING!

As a Junior, you're full of energy—and you can use that energy to save the planet.

On this Journey, you'll find out how to **REDUCE** your energy use, make buildings energy **EFFICIENT**, and **CREATE** a plan to fix an energy problem in your community. And you'll earn awards, too!



It's Your Story—Tell It!

aMUSE

How will you change the world as you blaze your trail? There are so many possibilities! Stories are one of the best ways to explore the different roles you might play. The stories in this Journey will show you the many possibilities you could explore.



If you complete all three Junior Journeys, you'll earn the Journey Summit award. This is a very special achievement!



The Journey Summit Song

When you or one of your Junior friends earns her Journey Summit award, you may want to have an extra-special ceremony. After all, your Girl Scout Leadership Journeys show you how to be a leader in your own life and a girl who makes the world a better place! You could sing "The Journey Summit Song" for the girl being honored.

The Journey Summit Song

Words & Music by Sandy Thomas

Voice

Dis - cov-er con-nect - take ac-tion. Dis - cov-er con - neet take ac-tion.

5

These are your three lead-er-ship keys, you've been called to take the lead.

9

Cour-age con-fi - dence char-ac-ter, Cour-age con-fi - dence char-ac-ter.

13

Now you've reached this moun-tain peak There's a world for you to seek.

17

Join-ing your sis-ters for ev - er leav-ing your world - much bet - ter.

21

Tak-ing a jour-ney both near and far, a true girl scout is what you are.

National Proficiency Badges

Being “proficient” at a skill means that you’re good at it. So after you earn your badge, you’ll know enough to start giving service right away. (But you may want to continue practicing your new skills to keep getting better!)

When you add badges to your sash or vest, you’re telling people the skills you’ve built as a Girl Scout. Every badge tells a story—in fact, you may find that people ask you what you did to earn your badges. When you can tell them what you learned and how much fun you had, you’re letting people know what Girl Scouts is all about.

Juliette Gordon Low, the founder of Girls Scouts, is reported to have said,

“A badge is a symbol that you have done the thing it stands for often enough, thoroughly enough, and well enough to BE PREPARED to give service in it.”

Each badge ends with a few ideas about how you can help others by using your new skill. You can try one of those ideas or come up with your own. You’ll let everyone know that when a Junior earns a badge, it means that she’s ready to help others!

There are four kinds of National Proficiency badges: Legacy badges, Financial Literacy badges, Cookie Business badges, and Skill-Building badges. There’s a Make Your Own badge, too.

NATIONAL PROFICIENCY BADGES



Every National Proficiency badge includes a tip for tying the fun you're having in the badge to your Journeys. You can make your Junior adventure the best it can be when you see how everything fits together.



Financial Literacy

Your *Girl's Guide* also includes Financial Literacy badges. These badges help you learn about money—how to make it, how to spend it, how to save it, and how to share it with others.



The Legacy badges are based on activities that Girl Scouts have been doing since 1912! There are seven groups of Legacy badges: Artist, Athlete, Citizen, Cook, First Aid, Girl Scout Way, and Naturalist. The Legacy badges give you all kinds of activities to do. Having a variety is fun, because you get to try different things. Now that you're a Junior, your world is getting bigger, so you may want to try a badge just to see where it might take you. If you do, prepare to be surprised! You never know when you'll find a new interest or talent that you never knew you had.

The Legacy badges are offered all the way up to Ambassador. That means that you can keep earning badges in these categories each year. Take a look at the foldout Awards Log in your Badges section to see all the badges you can earn as a Junior—and what excitement lies ahead as you move up the ladder in Girl Scouting.

Legacy





Cookie Business

You can take the skills you've learned doing the Financial Literacy badges and use them during the cookie sale to earn your Cookie Business badges. Each year that you're a Junior, you can earn one Financial Literacy badge and one Cookie Business badge.



You can add more badges to your *Girl's Guide*, depending on what topics interest you and your friends. These additional badges come packaged in Skill-Building badge activity sets. Each set tells you how to earn five different badges.



Skill-Building



Make Your Own

If you have always wanted to learn a particular skill or find out more about an interesting topic, you can make a badge to teach you that skill! Turn to the Badges section to find out more.

Girl Scout Council Opportunities

Every Girl Scout around the country earns National Leadership Journey awards and National Proficiency badges. That means that you have something in common with other Juniors, no matter where they live! Your council may also have special awards you can earn. Talk to your Girl Scout volunteer about what's going on in your council!

The Girl Scout Honor Code

It's

great to earn awards and put them on your uniform. You deserve to feel a glow of accomplishment when you do that!

Awards mean so much more when you've earned them "on your honor." When you say those words from the Girl Scout Promise, you're acting in a way that makes you feel proud of yourself.

So when you start out on your Girl Scout Junior adventures, from going on a Journey and earning leadership awards to building new skills by earning badges, you have a decision to make.

You might do the least amount possible to earn the award—doing the choices you find the easiest and fastest to complete. Or, you could explore new topics and ideas. You could work a little harder to meet a challenge (even when you think you can't) ... go out and meet new people (even if you feel a little shy) ... and open your mind to reach for the stars!

You might end up adding awards to your uniform more slowly this way, but you'll treasure your awards all the more—because you earned them on your honor.

One thing is sure—you want to be proud of your badge and feel that you have accomplished something worth while.

—*Scouting for Girls, 1920*

Mentoring Awards

When you guide people or teach them something you know, you're acting as a mentor to them. Now that you're a Junior, you can help younger Girl Scouts by showing them what you've learned!

Junior Aide

JUNIOR AIDE



What could be more fun than working with Daisies or Brownies? You can earn your Junior Aide award by making and completing a plan to guide Girl Scout Daisies or Brownies on one of their Journeys. Follow these three steps to earn the award:

1. Get Ready: Talk with your adult volunteer or the person who is helping you in Girl Scouting about becoming a Junior Aide. With their help or with the help of your Girl Scout council, find a group of Girl Scout Daisies or Brownies you can work with.

2. Get Set: Talk to the adult volunteer who guides the group of younger Girl Scouts. Find out what you can do to help out. Arrange with the adult volunteer the times, dates, and places that you will get together with the younger girls. Discuss with her the activities you would like to help with for at least three meetings.

3. Go! Meet with the younger girls. Partner with an adult volunteer to guide the activities you chose.

Special Opportunity Awards

Here are some other Girl Scouting awards you may want to earn.

Cookie Activity pin: When you sell Girl Scout Cookies, you'll get better at all the skills involved in running a business. To earn this award, take part in the cookie sale—then wear the pin to remind you of all you've learned.

When you sell cookies, you're part of the largest girl-run business in the world! And you're helping to support Girl Scouting for you and millions of other girls.

World Thinking Day award: In honor of this day, Girl Scouts take part in special activities to honor their sisters around the world. Every year, girls think about something different. To find out how to earn this award, team up with an adult to visit www.girlscouts.org/world_thinking_day.

Global Action award: When you earn this award, you'll learn more about how girls live around the world. You'll also do an activity to help girls who need it. To find out more, team up with an adult to visit www.girlscouts.org/global_action_award.



International Friendship Recognition pin: American Girl Scouts who live overseas can earn this award by doing activities that encourage international friendships with girls in their host country.

Meritorious Service Awards

Every Girl Scout is prepared to do heroic things! When a girl receives one of these awards, she's being honored for doing something exceptional, like saving someone's life.



Medal of Honor: This award is given to a Girl Scout who has shown presence of mind (a clear and calm head) and true Girl Scout spirit in an emergency.



Bronze Cross: This award is given to a girl who has shown extraordinary heroism or risked her life to save another's.



Year 1



Year 2

My Promise, My Faith

Earning this pin helps you explore how Girl Scouting and your faith offer similar ideas about how to act—and how Girl Scouting can tie into your faith. You can earn this pin once a year, every year you are in Girl Scouts. Just choose a different line of the Law each year!

Complete these five steps to earn the pin:

- 1. Choose one line from the Girl Scout Law.** Find a story, song, or poem from your faith with the same ideas. Talk with your family or friends about what that line of the Law and the story, song, or poem have in common.
- 2. Find a woman in your own or another faith community.** Ask her how she tries to use that line of the Law in her life.
- 3. Gather three inspirational quotes** by women that fit with that line of the Girl Scout Law. Put them where you can see them every day!
- 4. Make something to remind you of what you've learned.** It might be a drawing, painting, or poster. You could also make up a story or a skit.
- 5. Make a commitment to live what you've learned.** You may want to talk to your friends, family, or a group in your faith community about how you plan to keep the connection between your faith and the Law strong. Maybe you'd enjoy performing your skit or showing them what you just made! Or you can choose to make a personal commitment to yourself, by writing a commitment statement that you keep private.



Safety award

Know how you and your friends can stay safe on your Junior adventures!

Complete these five steps to earn this award:

- 1. Find out what the most common injuries are for kids your age.** Make a list of how you can prevent them. Then do a home safety audit to check for dangers around the house.
- 2. Conduct an emergency evacuation drill** of your home or the place your Girl Scout group meets. In the case of fire, know where your main exit is located, and plan an alternate way to get out if the first exit is blocked.
- 3. Find out how to read weather signs** so you know when to head indoors and get to safety.
- 4. Learn about bicycle safety.** Research why bike helmets are important and how to check if a helmet fits you properly.
- 5. Go on a hazard-identification walk** along a local hiking trail, bike trail, or horse trail.

THINKER

Now you're ready to expand your horizons, take on new challenges, and change the world—and have lots of fun! Keep shining bright, and others will follow you.

Bridging to Girl Scout Cadette

As your years as a Girl Scout Junior come to a close, celebrate how you've learned and grown—by finding out what excitement is in store as a Girl Scout Cadette.

A Girl Scout Cadette, you can lead in all kinds of fun ways. You'll have three different Journeys to choose from: *aMAZE! The Twists and Turns of Getting Along*, *Breathe*, and *MEdia*.

Once you've done a Journey, you can embrace an issue you care deeply about and complete a project to earn your Girl Scout Silver Award—the highest award a Cadette can earn.

Celebrate Your Accomplishments!

If you wrote a letter to yourself when you first became a Junior, you may want to open it now. What's it like to read those words? How have you learned and grown as a leader since you wrote that letter?

What else can you do to help others? You may want to organize a basketball league for girls in your community, help plan a Performance badge workshop for younger Girl Scouts, or volunteer with Habitat for Humanity. And if you enjoy working with younger girls, you can help your Brownie sisters on Journeys and earn LiA (Leadership in Action) awards.

Plus, you'll have even more opportunities to travel as a Cadette. You could go on a *destinations* trip, explore a majestic national park, or hike the Appalachian Trail.

There's so much to look forward to!

To earn the award, complete the two bridging steps.

STEP
1

Pass It On

Share your talents and skills by teaching younger Girl Scouts something you learned to do as a Junior.

This list has a few ideas to get you started. You only have to do one of these—or something like it—to complete the step.

IDEAS

- **Invite Brownies to attend one of your meetings**, and share something that will make them look forward to being a Girl Scout Junior. For example, you could show them photos from a mystery hunt you went on for your



Detective badge, demonstrate how to pack for an overnight camping trip, or show a video of everyone in your group talking about their favorite Junior memories.

- **Invite girls your age who aren't Girl Scouts to join you in a fun activity**—doing martial arts, learning sign language, or building a parade float. If you're doing a Take Action project, ask your buddies to tag along! Maybe you'll inspire them to pitch in.
- **Team up with the girls in your group who earned a Bronze Award**, and hold a question-and-answer session for interested Brownies. Describe how you chose your project, planned it, and overcame obstacles along the way. Inspire them to go for the Bronze, too!



STEP 2

Look Ahead

As a Cadette, you'll set your sights on the world outside your local area. There's no better way to find out what you have to look forward to than by talking with your Cadette sisters.

This list has a few ideas to get you started. You only have to do one of these—or something like it—to complete the step.

IDEAS

- **Ask a Girl Scout Cadette to talk to you about her experiences.** What was her favorite activity as a Cadette? What new skills did she learn?
- **Do you want to work on your Girl Scout Silver Award?** Find Cadettes who have earned this honor, and ask them for tips. Find out how they formed their teams, how they selected a project, and what they learned along the way. If you have some ideas for your own project, ask them for advice.
- **Talk to Cadettes about which Journeys they went on.** What did they enjoy about the experience? How did they make their community better? Ask them to share their best moments from their Journey with you.

Congratulations!

You've earned your Bridge to Girl Scout Cadette Award! Celebrate with a favorite ceremony you learned on your Junior adventure—or make up a new one. Then add your award to your Cadette sash or vest.

The Girl Scout Ladder of Leadership

As you take National Leadership Journeys and earn their awards, you're climbing a ladder that lets you be a leader in your own life and in the world! See what you've accomplished, and what's in store:

It's Your World— Change It!

In *Your Voice, Your World*, raise your voice to advocate for issues you care about.



In *GIRLtopia*, lead the world closer to your vision for it.



In *aMAZE!*, lead yourself and others through the twists and turns of relationships.



Use your own, your team's, and your community's leadership power to be an *Agent of Change*.



It's Your Story— Tell It!

Move dreams forward in *Bliss!*



AMBASSADOR

Use *MISSION: SISTERHOOD!* to better yourself and the world.

SENIOR

Put the *ME* in *MEdia*.



CADETTE

In *aMUSE*, try on roles and realize your limitless opportunities.



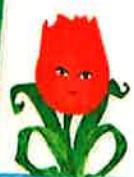
JUNIOR

Explore your place in the wide world in *A World of Girls*.



BROWNIE

Care for animals and themselves in *5 Flowers, 4 Stories, 3 Cheers for Animals!*



DAISY

Go on a *Brownie Quest* to find the Three Keys to Leadership!



Help leadership blossom in *Welcome to the Daisy Flower Garden*.



It's Your Planet— Love It!

In *Justice*, create your own equation for a just world.



Take Action to benefit Earth in *Sow What?*



Become a leader in clearing the air in *Breathe!*



In *GET MOVING!*, bring energy solutions to your life and the world.



Take the lead in saving Earth's water in *WOW! Wonders of Water*.



Learn to protect Earth's treasure in *Between Earth and Sky*.

The Girl Scout

Bronze Award

Guidelines for Girl Scout

Juniors



Step 1

Girl Guidelines

Welcome to the Girl Scout Bronze Award, a leadership adventure for you and more than half a million other Girl Scout Juniors across the country and around the world. Imagine what you can accomplish when you team up with others and use your special skills and interests to take action and make a difference in the world!

As you can tell, this Girl Scout Bronze Award adventure is big—in fact, this award is the highest honor a Girl Scout Junior can achieve. As you and your team plan and complete your project, you'll develop more confidence, meet new people, and have the kind of fun that happens when you work with other Girl Scouts to make a difference.

Here are the steps you'll take to earn your Girl Scout Bronze Award:

1. Go on a Girl Scout Junior Journey.
2. Build your Girl Scout Junior team.
3. Explore your community.
4. Choose your Girl Scout Bronze Award project.
5. Make a plan.
6. Put your plan in motion.
7. Spread the word.

When you go for the Bronze Award, you represent what Girl Scouts can achieve in their communities. And, of course, you want to do that in a way that's fun for you—and for everyone else involved, too! Earning the Girl Scout Bronze Award involves the time to complete a Journey, and then a suggested minimum of 20 hours building your team, exploring your community, choosing your project, planning it, putting your plan in motion, and spreading the word about your project. The suggested hours help you think about your commitment to doing your very best with each step. That's different for every Girl Scout, so these hours aren't a rule, just a friendly reminder. You're a Girl Scout, which means you will earn your award with courage, confidence, and character and make a difference in the world around you!

Step 1: Go on a Girl Scout Junior Journey

The first requirement for earning the Girl Scout Bronze Award is completing a Girl Scout Journey. If you haven't done one yet, now's the time! Most girls say they spend three or four months on a Journey, but that's not a rule: Take all the time you need. When you've finished your Journey, you'll have earned three special leadership awards. Set aside some time to think about all you learned and accomplished.

Here are some questions you might want to think about:

- **How did you use the values of the Girl Scout Law during your Girl Scout Junior Journey?**
- **What did you Discover about yourself?**
- **Who did you Connect with?**
- **How did you Take Action, and what did you learn?**

Then take your next step:

Creating your very own Girl Scout Bronze Award adventure.

Step 2

The Girl Scout Bronze Award

Step 2: Build Your Girl Scout Junior Team

What's a Girl Scout Junior team? That's you and other Girl Scout Juniors who are on this adventure together, plus your troop/group volunteer. If there are no other Girl Scout Juniors in your neighborhood, seek out some friends your age—they can even join Girl Scouts and earn the award with you! More girls equal more friends, more ideas, and more ways to make a difference.

After you've built your team, hold a meeting, and spend some time getting to know each other. After all, making new friends is one of the fun parts of being a Girl Scout! You could start by playing a game, perhaps one that you played on your Girl Scout Junior Journey, at summer camp, or at school. Of course, if you're working with other girls in your troop, you already know each other quite well. Even so, you probably don't know everything about each other. You might be surprised at what you learn about girls you've known since kindergarten!

It's also a good idea to think about what you each enjoy doing the most. Soon, your team will explore and choose an idea for a Take Action project. Keep handy your team's list of what each member loves to do; it will help you in a few ways:

- You'll know the special talents each of you can bring to the project you choose.
- You'll learn more about each team member so that you can be a great Take Action team.
- You may even touch on something that becomes the beginning of an idea for a Take Action project!

Here are some questions to help you pinpoint your interests:

- Do you read everything you can get your hands on—even the back of the cereal box?
- Do you love playing with your pets?
- Do you spend hours painting, singing, or dancing?
- Are you always in motion—riding your bike, surfing, or playing soccer?

Really spend some time thinking about all the things you love to do, from conducting science experiments to taking care of younger kids to whipping up fruit smoothies for your friends!

At the end of your first meeting, talk about what everyone thinks the group should do to be a great team, like "listen to others without interrupting" or "help out at each meeting." Write the suggestions on a large piece of paper, and post it on the wall whenever you have team meetings.

Step 3

Girl Guidelines

Step 3: Explore Your Community

There are many ways to make a difference, so what's the best project idea for your team? One that you come up with yourselves, of course! How can you do that? The first step is to take a close look at what's going on right around you. Maybe you have ideas from when you did your Girl Scout Junior Journey—was there a project you didn't have time for that you could work on now?

Start by exploring your community: your block, your neighborhood, or your school. As you walk or bike around town, keep your eyes open for ways you can make a positive change. As you take a bus to school or ride in the car with your parents, look for problems that should be fixed. (You might even spot something that could make everyone's daily ride on the school bus a little bit better!) As you spend the day in school, take note of how things could be improved.

Here are a few tips:

- **In addition to observing on your own, you can make this a team activity. Get together as a group to walk around your school or your block, talking about what you see.**
- **Keep a notebook handy to jot down what you see, plus any ideas about possible projects.**
- **Keep an open mind as you look around! Sometimes, ideas come from seeing a problem that needs to be fixed, such as people wasting paper in your school. Sometimes they come from seeing a chance for improvement, such as painting a wall mural that celebrates your neighborhood's history.**
- **Feeling stuck? Think about something that would make your life better; chances are, other people have that same idea! For example, maybe you'd like to exercise more because you know it will make you healthier, but you don't know how to get started. Other people might feel the same way. How about creating a "Let's Move It!" club that meets once a week after school? You can jump rope, play hopscotch, run races—anything that keeps you active!**

The following Observation List is a great way to keep track of your observations. Write your observations in the left-hand column, and then write your possible solutions in the right-hand column. A few examples are listed to get you started. After you have filled in your chart, circle the three ideas that matter most to you. But don't worry if you don't have many "Maybe We Could" ideas yet. The important thing is to identify what you care about and want to take action on.

The Girl Scout **Bronze** Award

Observation List

Observation <i>What do you see and hear around you? Here are ideas for what to look out for.</i>	Maybe We Could... <i>Possible project ideas to make a difference.</i>
Our Girl Scout meeting space isn't very "green," and we'd also like to make the space more fun for younger Girl Scouts.	Add fun decorations that are also "green," and figure out how much energy we use during our meetings.
A recent flood damaged more than 100 homes in town.	Find out how people prepare for floods; think of ways to share what we learned.
Add your own... what else do you observe in the course of a day in your life?	

Girl Guidelines

Here are a couple of examples to show how an observation led to a Take Action project (Steps 4–6 will give you more tips about how to do the same thing yourself):

Example #1

Lucia and her Junior team were going after their Girl Scout Bronze Award, so they all agreed to be extra observant of everything going on around them. Here's what Lucia observed and how it turned into their Take Action project:

1. First, Lucia noticed that cars whizzed down the street near their school. This happened a few days in a row—it seemed to be a real problem.
2. Then, she heard on the news that in the last year there had actually been several accidents in that same area.
3. The Junior team asked their troop/group volunteer to help them find out how people in their community decided where stop signs were needed.
4. After a visit to both the police station and a local government office, here's what the Juniors did: They wrote a petition asking for a new stop sign on the road near their school, got local residents to sign it, and then presented it to their local government officials. Result: A new stop sign, slower traffic, fewer accidents, and safer kids! Plus, a stop sign is a permanent solution!

Example #2

Tanya and her Junior team also decided to be extra observant for a week or two. When they got together to share what they observed, Tanya asked her friends, "Have you ever noticed how hard it is for older people or people with disabilities to get around the grocery store?" The team agreed that this was a problem that no one seemed to be addressing. It seemed like a good challenge for their team! Here's what they did:

1. First, they decided to visit the store together and just watch as people shopped. This convinced them that some people could use a little extra help.
2. Then they met as a team and brainstormed how they could help and how they could explain their project idea to the store manager.
3. Next, they met with the store manager. Here's what happened next: The girls got permission to team up during the peak holiday season and offer their assistance to shoppers. Sometimes they would take a person's grocery list and go up and down the aisles to get products. Other times, they would walk around the store with people and help them fill their baskets. In both cases, they helped people get through the checkout line and out to their cars. To keep this project going, they wrote a tip sheet about how other youth and volunteer groups can do the same thing.

Step **4**

Step 4: Choose Your Girl Scout Bronze Award Project

Now that you've observed what's going on in your community, here are some steps to take in order to choose your Girl Scout Bronze Award project:

1. Meet with your team to share what you've seen. You might find that many of you noted the same problems or ideas. Your troop/group volunteer can help you make a list of the top observations from all the girls on the team.
2. Brainstorm ideas about where you can make a difference, based on what you've seen. Once you have a list that everyone likes, work together to choose the top three topics that interest everyone the most.
3. Now that you've come up with your top ideas, you need to get more information so you can understand how you can best help make a difference. Here are a few tips to get you started on your fact-finding mission:
 - **To really understand a problem, you need to get information from many places—talking to different people, reading newspaper and magazine articles, and doing research at the library and on the Internet. (Remember to first sign the Girl Scout Internet Safety Pledge in the Badges section of your Girl's Guide.) This may seem like a lot of work, but don't worry, you can share the jobs—after all, that's what teams are for! One person can go online to read newspaper articles, someone else can volunteer to check out books from the library, and so on.**
 - **Brainstorm with your team and your troop/group volunteer about where to get more information. You can also visit the library and talk to the librarian. That's a great way to get suggestions of who to talk to—and get ideas for a great project.**
 - **It can be hard to talk to adults, especially if you don't already know them! Talk about your ideas with your teachers and neighbors first—you'll start to feel more confident about asking questions of other adults. And remember that you'll be with other members of your team as you talk to adults, and that always helps!**
 - **Take notes about what you learn as you do your research. A blank Project Idea Chart is included at the end of this guide for you to write down who you talked to, what you learned, and your ideas for the kind of project you can create. Here are a few project ideas—take a look, and then add your own in the blank Project Idea Chart at the end of this guide!**

The Girl Scout Bronze Award

Girl Guidelines

Project Idea Chart

Observation	Who We Talked To	What We Learned	Maybe We Could...
Our Girl Scout meeting space isn't very "green," and we'd also like to make the space more fun for younger Girl Scouts.	Other Girl Scouts and their families, including younger Girl Scouts The owner of a local hardware store	We can turn down the air conditioner and add plants to make our space "greener." Younger Girl Scouts would like to help decorate our space. Everyone's interested in seeing what girls in other countries look like.	Have a family workday when everyone can come together to clean and paint. Post photos of Girl Guides and Girl Scouts from around the world. Turn down the air conditioner or use fans. Work with younger Girl Scouts to create a colorful paper mural.
A recent flood damaged more than 100 homes in town.	An emergency medical technician (EMT) A firefighter A Red Cross official Families who had damaged homes	Many families aren't prepared for disasters such as floods, hurricanes, and tornados. Everyone should be aware of the steps to take in order to stay safe.	Do presentations on disaster preparedness at school and places of worship. Include a simple first-aid-skills session and a discussion about the impact of natural disasters around the world. Hand out flyers that list what families should include in home emergency kits.

The Girl Scout **Bronze** Award

Use the Project Idea Chart at the back of this guide to explore your top ideas. Once the chart is complete, it's time to choose your project.

Look at how much you've already learned! Now your Girl Scout Junior team can start narrowing your three ideas to one. Before you decide, answer these all-important questions about each of your ideas:

- **Why does this idea matter?**
- **Who will this idea help?**
- **What can we do to make a difference? Is that realistic?**

Write down your final choice here: _____

As a Girl Scout, you're a member of the worldwide community. Once your team has chosen a project idea, take some time to talk about how people in other parts of the world might address the same problem. This doesn't mean that you have to solve a worldwide problem! However, when you've finished your project, you may want to think of ways to tell your story to people in other places so they can learn about what you did.

Step 5

Girl Guidelines

Step 5: Make a Plan

Now that you've chosen an idea, it's time to make a plan. It's always good to think before you take action. That way, you can aim for success! The following questions help you think through your plan before you get started. Also, remember to go back to your Journey(s) for other great tips on project planning!

As a team, answer these questions:

- **What is our goal for the project? (If you're tackling a big issue, narrow your focus to just one part of the problem. That will make your goal easier to achieve.)**
- **What steps do we need to take to reach our goal?**
- **What special talents can each girl use to help make the project a success?**
- **What did we learn when we did our Girl Scout Junior Journey that will help make this project run smoothly?**
- **Who can we ask for help?**
- **How can we get other people involved?**
- **What supplies will we need?**
- **Do we need to earn money for our project or can we get donations from people? If we do need money, how can we earn it—or how can we change the project so that it doesn't cost anything? Can we use the money from our cookie sales to fund our project?**
- **How much time do we need to finish our project? Is that realistic?**

Once you have some idea of your plan, ask yourselves if there's anything you can add or adjust that will help make a difference even after your project ends. For example, if your project helps your school, maybe a teacher, principal, or PTA member would agree to do it again next year.

Here's an example of how a team made sure their project lasted: Alina and her team wanted to make new students feel more at home at her school, so they organized a "Get to Know You" day. It was a success, but it won't help students who came to the school after "Get to Know You" day. To make their plan last longer, Alina and her team decided to start a student-run "What a Pal!" buddy program for new students. They ran the program until they graduated, and then they asked the principal to continue the program after they left the school. That way, new students will always have a friend, no matter when they move to the school.

Now that you've answered these questions, take a step back. Does it sound like you have a good plan? How do you know? Don't worry, you'll have plenty of help. Your troop/group volunteer is always there to help you and answer questions.

Tip: You and your team may want to sit down with your troop/group volunteer and go over your plan one last time before you begin, just to make sure your plan is realistic. You may need to adjust it slightly before you start. That will make reaching your goal a little smoother.

Step 6

The Girl Scout **Bronze** Award

Before you move on to the next step, fill in the following sentences. This will help you talk about your project to other people as you start putting your plan into motion.

We will make a difference by _____

We hope our project will help _____

When we're done, we'll know we made a difference because _____

Step 6: Put Your Plan in Motion

Now that you have an overall plan, it's time to create a list of tasks and deadlines and figure out who will be doing what. Remember, you're a team, so one or more girls can volunteer for each task. Decide when each task needs to be finished. Then write all the information in a Planning Chart like the one that follows. (There is a blank Planning Chart at the end of this guide for you to use.)

Planning Chart

What Is the Task?	How Will the Task Be Done?	When Should This Task Be Finished?	Which Team Member(s) Will Complete the Task?
Gather information about preparing for a flood, tornado, or hurricane.	Do research on the Internet or at the library. Interview emergency workers.	October 17	Alina and Leah Mariah, Carole, Anna
Create sample home emergency kits.	Use research to make a list of what should be in the kit; get donations from families or the local hardware store.	November 14	Tasha, Orna, Michelle, Patrice

Step 7

Girl Guidelines

When your list is complete, it's time to get started. Talk as a team about your progress. You might have to be flexible and switch assignments around or add more tasks—that's good teamwork.

Keep a record of what you're doing! Take photos, shoot video, or draw pictures along the way. These will help you share your story when you're done.

Step 7: Spread the Word

Congratulations! You and the Girl Scout Junior team have created and carried out a project that makes a difference in the world around you! Great job! Now it's time to think about what you did, why it mattered, and what you learned.

First, thank everyone who helped you. They'll be glad to hear what you were able to accomplish with their help!

Second, put your story together so that you can share it. You'll be able to show what you learned, and your story may help others! Here are a few tips for capturing and sharing your story:

- **Organize your story by answering these questions:**
 - **How did you decide what was needed in your community?**
 - **What did you discover about yourself from this experience?**
 - **How did your team work together?**
 - **What problems came up? How did you solve them?**
 - **What leadership skills did you use?**
 - **What did you do to inspire others to act?**
 - **How do you feel you and your team have made the world a better place?**
 - **How did you live out the Girl Scout Promise and Law?**
- **Be creative in the way you tell your story!** Make a photo collage, put together a scrapbook, create a short film, or write a play about what you did and what you learned.
- **Think about who you can inspire to make a difference—maybe younger Girl Scouts, students at your school, or other girls around the world.** Then decide how you want to tell your story. Maybe you can post your collage or film online with the help of your troop/group volunteer. Perhaps you could present your project at the community meeting, perform your play at school, or donate your team scrapbook to the local library.

Finally, be sure to celebrate what you've done. Not only have you had a great adventure, but you've helped create a better world!

The Girl Scout **Bronze** Award

Project Idea Chart

Observation	Who We Talked To	What We Learned	Maybe We Could...

Girl Guidelines

Planning Chart

What Is the Task?	How Will the Task Be Done?	When Should This Task Be Finished?	Which Team Member(s) Will Complete the Task?

Girl Scout National Proficiency Badges

Your Junior badges are filled with exciting ways to learn new skills—or dig deeper into the topics you're already interested in.

This chart shows *all* the National Proficiency badges. Which badges do you want to earn now? Which ones do you want to do later? There's so much fun at every level!

The chart also shows how your badge skills build on each other as you grow in Girl Scouting. When you earn Junior badges, you'll use skills you learned if you were a Brownie. And when you become a Cadette, you'll use everything you're learning now. For example, if you earned your Brownie Pets badge, your animal knowledge will help you explore Junior Animal Habitats. And the talent you develop for solving mysteries as a Junior Detective will prepare you to go undercover as a Cadette Special Agent. Every badge at every level works just this way—it's what makes the national program so exciting.

Flip this chart over for your Awards Log, which shows every award you can earn as a Girl Scout Junior. Shoot for the stars!

Daisy

Amazing Daisy
Promise Center

Lupe
Honest and Fair

Sunny
Friendly and Helpful

Zinni
Considerate and Caring

Tula
Courageous and Strong

Mari
Responsible for What I Say and Do

Gloria
Respect Myself and Others

Gerri
Respect Authority

Clover
Use Resources Wisely

Rosie
Make the World a Better Place

Vi
Be a Sister to Every Girl Scout

Financial Literacy

Making Choices

Count It Up

Talk It Up

Legacy

Skill Building

Petals

Leaves

Financial
Literacy

Cookie
Business

Cookie
Financial

Badge Category	Brownie	Junior
Artist	Painting	Drawing
Athlete	Fair Play	Practice with Purpose
Citizen	Celebrating Community	Inside Government
Cook	Snacks	Simple Meals
First Aid	Brownie First Aid	Junior First Aid
Girl Scout Way	Brownie Girl Scout Way	Junior Girl Scout Way
Naturalist	Bugs	Flowers
Digital Arts	Computer Expert	Digital Photographer
Healthy Living	My Best Self	Staying Fit
Performance	Dancer	Musician
Science & Technology	Home Scientist	Entertainment Technology
Storytelling	My Family Story	Scribe
Craft	Potter	Jeweler
Do It Yourself	Household Elf	Gardener
Investigation	Senses	Detective
Outdoors	Hiker	Camper
Practical Life Skills	My Great Day	Independence
Adventure	Letterboxer	Geocacher
Animals	Pets	Animal Habitats
Creative Play	Making Games	Playing the Past
Innovation	Inventor	Product Designer
Manners	Making Friends	Social Butterfly
Cookie Business I	Meet My Customers	Cookie CEO
Cookie Business II	Give Back	Customer Insights
Cookie Business III		
Financial Literacy I	Money Manager	Business Owner
Financial Literacy II	Philanthropist	Savvy Shopper
Financial Literacy III		
Make Your Own		

Cadette**Senior****Ambassador**

Comic Artist

Collage

Photographer

Good Sportsmanship

Cross-Training

Coaching

Finding Common Ground

Behind the Ballot

Public Policy

New Cuisines

Locavore

Dinner Party

Cadette First Aid

Senior First Aid

Ambassador First Aid

Cadette Girl Scout Way

Senior Girl Scout Way

Ambassador Girl Scout Way

Trees

Sky

Water

Digital Movie Maker

Website Designer

Eating for Beauty

Women's Health

Public Speaker

Troupe Performer

Science of Happiness

Science of Style

Screenwriter

Novelist

Book Artist

Textile Artist

Woodworker

Room Makeover

Special Agent

Truth Seeker

Trailblazing

Adventurer

Babysitter

Car Care

Night Owl

Traveler

Animal Helpers

Voice for Animals

Field Day

Game Visionary

Entrepreneur

Social Innovator

Netiquette

Business Etiquette

Business Plan

My Portfolio

Research & Development

Marketing

Customer Loyalty

P & L

Think Big

Budgeting

Financing My Future

On My Own

Comparison Shopping

Buying Power

Good Credit

Financing My Dreams



Junior Awards Log

Girl Scout
Bronze Award
Date Earned



It's Your World—Change It! Agent of Change



Power
of Community

Date Earned

Power
of Team

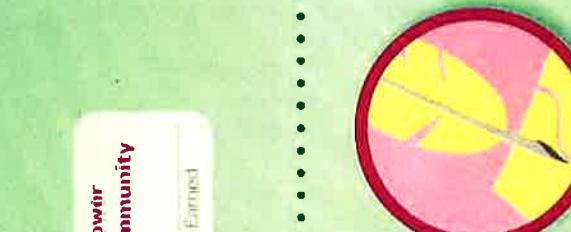
Date Earned

Power
of One

Date Earned

Power
of One

Date Earned



Scribe

Date Earned



Entertainment
Technology

Date Earned



Musician

Date Earned



Staying Fit

Date Earned



Digital
Photographer

Date Earned

It's Your Planet—Love It! GET MOVING!



Innovate

Date Earned



Investigate

Date Earned



Energize

Date Earned



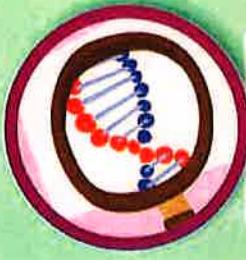
Independence

Date Earned _____



Camper

Date Earned _____



Detective

Date Earned _____



Gardener

Date Earned _____



Jeweler

Date Earned _____

It's Your Story—Tell it in MUSIC



Try Out!

Date Earned _____



Speak Out!

Date Earned _____



Reach Out!

Date Earned _____



Social Butterfly

Date Earned _____



Product Designer

Date Earned _____



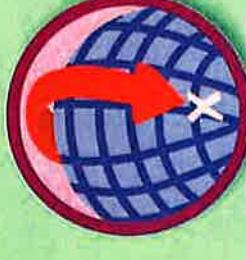
Playing the Past

Date Earned _____



Animal Habitats

Date Earned _____



Geocacher

Date Earned _____

Legacy Badges



Flowers

Date Earned _____



Junior Girl Scout Way

Date Earned _____



Junior First Aid

Date Earned _____



Simple Meals

Date Earned _____



Inside Government

Date Earned _____



Practice with Purpose

Date Earned _____



Drawing

Date Earned _____

Make Your Own



Make Your Own

Date Earned _____

Financial Literacy • Cookie Business Badges



Customer Insights

Date Earned _____



Cookie CEO

Date Earned _____



Savvy Shopper

Date Earned _____



Business Owner

Date Earned _____

Additional Awards



Global Action



Cookie Activity pin

Date Earned _____

World Thinking Day

Date Earned _____



Safety

Date Earned _____



International Friendship pin

Date Earned _____



Junior Aide

Date Earned _____



Bridge to Girl Scout Cadette

Date Earned _____

Ca
Comi
Good
Findi
New C
Cade
Cade
Trees
Digit
Eatin
Publi
Scien
Scree
Book
Wood
Speci
Traili
Baby
Night
Anim
Field
Entre
Netiq
Busin
Mark
Think
Budge
Comp
Finan

Your Junior Badges

Let's get started!

There are so many amazing skills to learn—and lots of badges to inspire you.

When you earn a badge, you can start new hobbies and find out incredible things. You can do the activities on your own or with your friends. You can let people know what you've learned by wearing the badge on your uniform. But what's the best part of doing badges? You'll have lots of fun!

You don't have to do all the activities perfectly. After all, you're learning something new. Do the best you can, and you'll soon find that you can do things you never thought you could do.

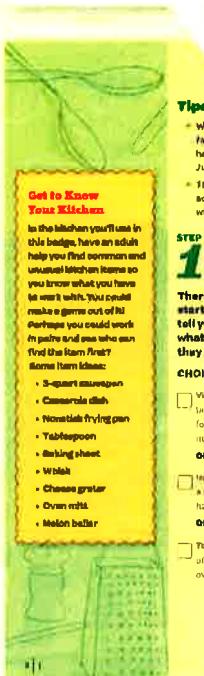
Choosing a Badge

Pick badges that sound fun, interesting, or give you the chance to build a skill you've always wanted to have. Here's how each badge is set up:



TIPS BEFORE TAKEOFF:

These important tips help you understand how the badge is set up. They might also include things you need to think about before you start. Read them carefully!



Tips Before Takeoff

- When you cook, do it with an adult (a family member or Girl Scout volunteer should help you in every step toward earning your Junior Cook badge).
- The kitchen is full of fun, but there can also be lots of accidents. Stay safe! Never turn on the stove or oven without a parent's permission.

1 Step up your skills with a pro

There are lots of important skills to learn before you start cooking up a masterpiece. Ask a great cook to tell you about cooking tools, safety, and cleanliness; what makes a nutritionally balanced meal; and how they present food to look nice on a plate.

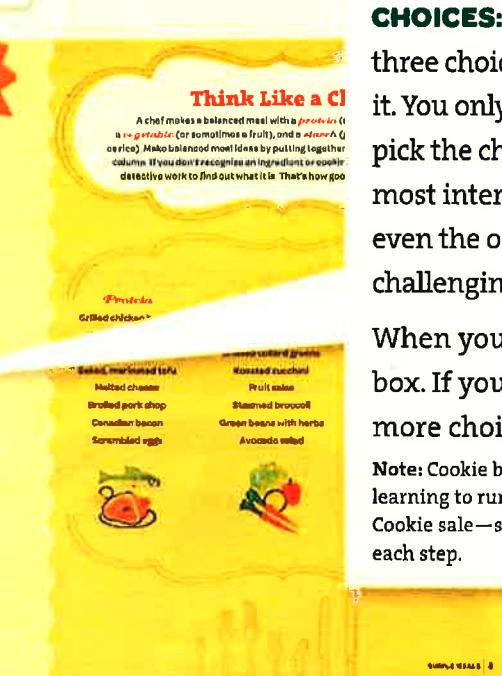
CHOICES - DO ONE:

- Visit a restaurant. Get a tour of a professional kitchen and talk to the chefs there. You might also visit the prepared foods section of a grocery store and talk to the staff who make those foods.
- OR
- Invite a great cook to your Girl Scout meeting. It might be a chef, a restaurant cook, a parent, or a Girl Scout adult. If you have the space, ask for a demonstration!
- OR
- Tour a kitchen. With a knowledgeable adult, tour the kitchen of a friend or neighbor, a relative, your school, or your own kitchen.



STEPS: Each badge has five steps. You need to complete all five to earn the badge.

PURPOSE: This tells you what you'll be able to do once you've earned the badge.



CHOICES: Each step includes three choices for how to complete it. You only need to do ONE, so pick the choice that sounds the most interesting, the most fun, or even the one that will be the most challenging. It's all up to you!

When you're finished, check the box. If you're inspired, you can do more choices!

Note: Cookie badges are focused on one thing—learning to run a business during the Girl Scout Cookie sale—so they offer just one choice for each step.

Take time to read through the whole badge before you start! You'll see which activities sound like the most fun, and you'll know how all the steps fit together, so you can do the choices that make the most sense for you.



ADD THE BADGE TO YOUR JOURNEYS: When you go on a National Leadership Journey, you develop your leadership skills, learn new things, and have fun with your friends. It's easy to make the experience your own and add in a few badges along the way! To help you come up with ideas, each badge includes a tip. Have fun using your imagination to find even more ways that badges and Journeys go together.

GIVING SERVICE: It's Girl Scout tradition to learn skills so we can use them to help others. On the last page of each badge, you'll find three ways you could give service with your new skill. These are *not* required.

STEP 4 Create a delicious dessert

Desert is a fun treat for ending special meals. Try making one of these sweet treats to share with friends and family on a special occasion.

CHOICES – DO ONE:

- Make a dessert you've never tried before. Have you always wanted to make your own ice cream cake, or to try a recipe for a French éclair full of frosting and covered in chocolate?
- For **More FUN!** Make it from another country. What about that sticky rice pudding with sweet coconut milk and mango?
- Make a **favorite dessert** healthier. For instance, alter a favorite recipe by using whole-wheat flour instead of white, or boost nutrition by adding dried fruit or raisins. In some packaged muffin or cake mix, you can see applesauce in place of oil.
- For **More FUN!** Make the original version, then have a taste test. If your new version doesn't measure up, try again with different substitutions.
- Make a **holiday dessert**. Desserts really take center stage around holiday time. Try a recipe for a family holiday, or, for a holiday from another culture. For example, during Mardi Gras in the American South, they make a cake and bake a tiny doll inside. The person who finds the doll is said to have good luck—and gets to make the next year's cake.

More to Explore

Followed you're a success in eating healthy and making healthy choices? Here's what you did to earn that cool badge:

This is over a spring tag to make decorations. You make paper bags, fill a plastic bag with flour, and roll out 1/2 of the contents. Then invert the bag and hold it upright.

STEP 5 Make your own meal

Now that you've followed other people's recipes, come up with your own healthful meal. Create a meal (it's okay to get a help from an adult for this step). Then share your meal with friends and family.

CHOICES – DO ONE:

- Make a **salad** that's meatless, a vegetable, and a starch. Try adding meat to a salad, and then adding crunchy noodles or potatoes. Or serve bread as a side—and bake it yourself!
- Make a **soup, stew, or other one-pot meal**. You might want to make this with a slow cooker—a big electric pot that can be set to cook things for a long time at a low temperature. Hint: Add flavored broth to some meal veggies and noodles.
- Make three **options for one meal**. Make a separate protein, vegetable, and starch. Hint: The special attention here is to keep things like to cook. To get everything out at the same time, you'll have to be good at using a timer!

More to Explore

Breakfast is a great place to start when you're trying to eat healthy and make choices that reflect your nutritional needs. Here are a few ideas for adding to the meal:

MORE TO EXPLORE and FOR MORE FUN: These boxes offer extra activities. They *aren't* ways to complete the steps—just more ideas about how to make your badge activities the most exciting they can be.

Add the Badge to Your Journeys

Your Leadership Journeys invite you to get really good at teamwork. Try teaming up with your Junior friends to make a meal you can enjoy as a celebration on your Journey. Hint: What kind meal can you dream up to go with the theme of your Journey award? Do you want to invite some of the community members who helped with your Take Action project to share it with you?

Now that I've earned this badge, I can give service by:

- Making my family breakfast in bed
- Cooking a delicious dish for a holiday or celebration
- Making a coko for a friend's birthday

I'm inspired to:

Tips for Staying Safe

Whenever you're doing a badge activity, **work with an adult** you know and trust. Always talk to an adult about your plans before starting any activity.

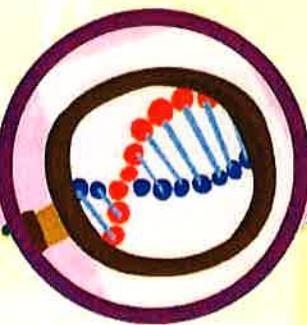


Some badges suggest getting more information from an expert. For example, you may talk to a pet store owner about how to take care of dogs and cats—sounds like fun! But **never talk to a stranger by yourself**. Tell a trusted adult about your plans first, and have that adult with you when you meet the expert.



You might choose a badge that says you can go online to find out more information. In those cases, it's important that you **follow the Internet Safety Pledge** and work with an adult. Be sure to sign the pledge before going online!





If you choose a badge that involves **cooking**, talk to an adult before you start! **Ask for help** with anything to do with a stove or oven, hot pots and pans, or knives and other sharp tools.

Talk about ways to know when something is completely cooked.



When you're working on craft projects, be careful when using scissors or other sharp tools. Use nontoxic paints, glues, and markers, and make sure your work area is well ventilated. Avoid using old or unlabeled materials, since you don't know how safe they are.

When you're working on science experiments, protect your eyes with a pair of safety goggles!





girl Scout Internet Safety Pledge

- I will not give out personal information such as my address, telephone number(s), parents' or guardian's work address or telephone number(s), and the name and location of my school without the permission of my parents or guardian.
- I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.
- I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.
- I will never agree to get together with someone I "meet" online without first checking with my parents or guardian. If my parents or guardian agree to a meeting, I will arrange for it to occur in a public place, and I will bring a parent or guardian along.
- I will never send a person my picture or anything else without first checking with my parents or guardian.
- I will talk with my parents or guardian so that we can set up family rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- I will not use the Internet to collect money for Girl Scout products, and I will follow all safety guidelines related to Girl Scout product sales.
- I will practice online "netiquette" (good manners) at all times when online.
- I won't spam others.
- I will not bully nor will I tolerate bullying (and I will always tell a trusted adult if this is a problem).
- I won't use bad language.
- I will be guided by the Girl Scout Promise and Law in all that I do online.

Signed,

My name

Date

Parent or guardian

Date

*The GSUSA Internet Safety Pledge is based upon the Online Safety Pledge developed by the National Center for Missing and Exploited Children.