



What do I do with my girls?

A planning guide for troops with girls ages 11 – 17

**To be honest, if you are reading this,
your girls need to be telling you what
they want to do.**

**Enclosed are some tips for working
with them to make their
plans for the year.**

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Girl Scouts: Who We Are

Girl Scouts is the world's preeminent organization dedicated solely to girls. All girls, everywhere, are welcome to participate. We give girls an accepting and nurturing environment where they build character and skills for success in the real world. In partnership with caring, committed adults, girls develop qualities that will serve them all their lives like strong values, a social conscience, and conviction about their own potential and self-worth.

The Girl Scout Mission

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

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.

*Individuals may substitute alternative wording



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.

Information on Juliette Gordon Low and Girl Scouts:

- Juliette was born on Oct. 31, 1860—Halloween.
- She was born in Savannah, Georgia.
- Her uncle gave her the nickname “Daisy”
- Daisy loved to write but often misspelled words.
- Juliette married Willie Gordon Low in 1886. Some of the rice thrown at their wedding became lodged in Juliette’s left ear, causing her to become deaf in that ear.
- After Willie died, Juliette met Lord Baden-Powell, the founder of Boy Scouts.
- Juliette started the first Girl Scout troop on March 12, 1912.
- As with all Girl Scout troops, money was needed to keep the program running, so Juliette sold her pearl necklace that Willie had given her as a wedding present.
- Juliette died of breast cancer in 1927.

Characteristics of Teens

Ages 11-13

Early adolescence marks a time of rapid changes. The early adolescent begins a journey of developing her own identity and begins to become more independent from parents.

Below are some common characteristics of early adolescence.

- May grow a lot, seemingly overnight
- Increased need for privacy
- Increased importance of close friends
- Concern with body changes
- May spend extra time in front of the mirror
- Often dresses exactly like friends
- May spend hours on the phone
- Very sensitive to teasing
- May not want to join family on outings
- May not want parents around
- Can rapidly shift moods
- Often wonders, "Am I normal?"
- Everything is boring

Ages 14-15

- Can reach full adult size
- More interest in dating and romantic relationships
- Less interest in family activities
- May spend much time, money and energy trying to improve body image.
- Thinks others are constantly looking at and thinking about them.
- May disagree more about everyday issues
- Often challenging the limits
- Can consider facts and make good decisions; analytical
- Sensitive to criticism
- More food is eaten away from home

Ages 16-18

- Busy thinking about the future
- Exploring long term relationships
- High moral standards
- May get involved in causes
- Has an opinion on EVERYTHING
- Less self-conscious about body
- Independent, more self reliant
- Adult thinking capacity
- Less influenced by peer group.

Generalized Adolescent Characteristics

- Rebellion against adults and values, yet still seeks guidance.
- Discovering sexual identity and the opposite sex.
- Has unquenchable need for peer approval and being with the "in group."
- Constant emphasis on appearance.
- Jekyll/Hyde syndrome (giggling one minute, crying the next).
- Adoration of, or obsession with, popular actors and musicians.
- More able to sustain interest in religion, ethics, and possible careers.



Tips for Talking with Teens

“I just can’t talk to them,” is a lament often heard from adults who work with teens. Though there is no one way or right way to keep the lines of communication open, these are some tips that can help. In any situation, just remember:

Be yourself.
Keep it honest.
Show you care.

Listen with full attention.

Put down what you are doing, stand or sit so you are at eye level with the girl(s) and establish eye contact. Make neutral comments to indicate you are continuing to listen.

Don’t trivialize. What looks like puppy love to you may be intense emotional upheaval for a teenager. Avoid pat answers like, “You’ll get over it.” Avoid telling a teen not to worry. When was the last time someone told you not to worry and you stopped?

Respect confidences. Keep private matters private, but encourage the girl(s) to talk to appropriate people. If the information given you is such that you feel you *must* share it with an appropriate person, tell the girl(s) what you are going to do with the information and why. For example, if a girl tells you she is being abused, you are morally *and* legally responsible to report this. Don’t make promises of silence that you can’t keep.

Be honest. Be willing to risk a little and say what you are feeling. Start with “I feel . . .,” not “I think . . .” since that indicates to the girl(s) that it’s okay for her to feel differently. If you are uncomfortable with a conversation, or it is not a good time to talk because of other circumstances, say so. Teenagers want to be treated like adults. They appreciate adults who talk to them that way.

Give “I” messages.

“I” messages state the problem and make it the girl’s responsibility to do something about it. When you say, “I am offended when you use that kind of language,” then you let the girl know she can choose to keep offending you or she will have to live with the consequences of her behavior. Teens are very tuned into feelings themselves and are sensitive to the feelings of others. They don’t always recognize the fact that adults have feelings, too.

Be brief. Adults tend to lecture teens, and teens tend to tune out. If you need to correct or remind, try saying it in one or two words. For example, say: “Mary, the trash please.” Rather than: “Mary, I’ve told you again and again to get that trash picked up. Why don’t you ever listen to me?” Give your opinion in short, simple terms. Avoid all the philosophy and background information.

Avoid sarcasm. Though teens use sarcasm and put-downs a lot as defense mechanisms, their defenses against them are pretty thin. You may be teasing, but she is taking it all seriously, and her feelings are hurt. Let girls know when their sarcasm hurts you.

Act as you speak. Teenagers who are in the process of developing their own values can be very judgmental about adults. They are interested in knowing what you believe in and expect you to act accordingly.

Phrases guaranteed to turn teens off.

If you want to have a serious talk with a teenager, avoid starting with any of these phrases:

“When I was your age . . .”

“It’s about time you . . .”

“That’s not your idea, it is . . .”

“Wipe that smile off your face . . .”

“After all I’ve done for you . . .”

“What will _____ say . . .”

“Are you telling me the truth . . .”

“Act your age . . .”

“As long as I don’t know about it . . .”

“Get off it . . .”

Source: *When Living Hurts*, Sol Gordon

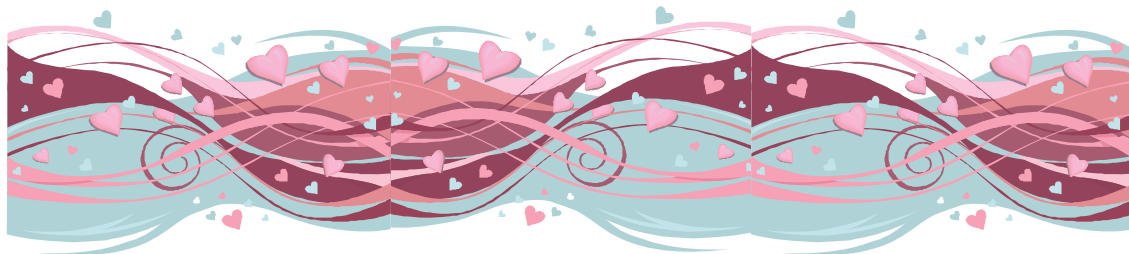
Practice active listening.

Active listening is a skill used to open up communication. After someone expresses a feeling or idea, ask yourself, “What seems to be going on with the person I am talking to?” Take some time to think about what you might say. Then respond by expressing your understanding of what the person has said. Active listening gives the other person an invitation to say more, and makes her or him less afraid of “bad feelings.”

Your Role As An Advisor

You are in partnership with Girl Scouts 11-17. As an Advisor, you are there to guide them and to teach them... not to do things for them. The most important thing you have to give to girls is yourself.

LISTEN and LET GO	LEARN and DO
Adult Advisors	Girl Scouts 11-17
Acknowledge and respect what the girls want to do – suggest an alternative when request cannot be met.	Propose ideas without criticism.
Provide some structure – guide girls in maintaining a balanced program – options, options, options. Help girls stay up-to-date on council and area activities, and program resources.	Decide on activities that are suitable, realistic and interesting for them.
Empower the girls to plan and lead. Be a resource when asked and needed.	Have support to bring their ideas into reality.
Counsel and support by focusing on resolving mistakes with a positive attitude.	Can make mistakes without feeling of failure.
Guide by asking the right question at the right time, be a consultant, and encourage the girls.	Take ownership of their troop – govern the group and run the meetings.
Communicate with the girls and stay informed on all group activities and plans.	Communicate with your advisors and help keep everyone informed of troop information.
Are ultimately responsible to the GS Council for group activities, girl safety, and money.	Follow procedures and consult <i>Safety-Wise</i> . Develop budgets for the troop activities.
Manage the logistical details and paperwork (permission slip, health history forms, trip permission forms, and all other required forms). Make sure all girls and adult are registered with GSUSA.	Take responsibility for completing and delivering forms to your advisor on time
Have FUN and help the girls have FUN!	Have FUN.



TIPS ON PLANNING/DECISION MAKING WITH GIRL SCOUTS

STEP 1: Gather Ideas – Try Doing This!

- Idea box: A box into which Girl Scouts put pictures or drawings or the names of things they would like to do.
- Collage: Make a group collage of pictures drawn or cut from magazines or a word collage of the activities the girls would like
- Unfinished statements: Ask open-ended questions that girls could complete. "When I go outside, I like to..." "When I play, I like to..."
- Brainstorm: Make a list on the chalkboard or flip chart. Carefully review brainstorming rules first (All ideas are ok. Be careful about interrupting).
- Handbook Hunt: Search the handbook for ideas.



GROUP PROCESS HINT: HELP GIRLS TO LISTEN TO OTHERS.

Use a talking object (a speaking stone, shell, stick, or ball.) A Girl Scout may speak only when holding the talking object. Girls may hand it to the Leaders and to each other, too.

STEP 2: Make choices and prioritize

- Each Girl Scout thinks about the things she likes from the Idea Box or "What We Like To Do" collage.
- The group decides what they want to do "Now", "Soon", or "Later".
- From each list of "Now", "Soon", and "Later", the group decides which activities are best.



GROUP PROCESS HINTS: COMING TO CONSENSUS RATHER THAN A FORCED VOTE.

- Making a list of good and bad points about each idea helps everyone make better choices.
- Use value voting about each activity by setting up to three stations around the room. Label one NOW, another SOON, and the third LATER. For each activity, each girl does to that station.

Resources Available

GO! magazine

This sub-publication of the *Program Resource Guide* showcases The Council's opportunities for girls 11-17: trips, trainings, sports events, patch programs, science activities, museum adventures, outdoor activities, career exploration, and much more.

Interest Project Awards are badge-earning projects that cover a variety of topics – everything from fashion to fitness to communications to camping. IPs have specific guidelines for activities, Girls can earn patches for completing IPs, but can also opt to each certificates instead. Charms are available for a few of the new IPs. You can find them in the Interest Project book and online at www.studio2b.org.

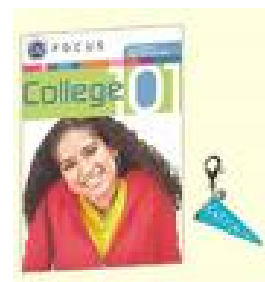
Focus Books

A variety of Studio 2B books are available, appealing to girls 11-17. Review the booklets to determine if all are appropriate for girls at each age – some have more mature material that should be offered at the appropriate ages. Some are required to earn the Silver or Gold Award. Some might be more meaningful

The Girl Scout Challenge 3: Girl Scouts 11-17

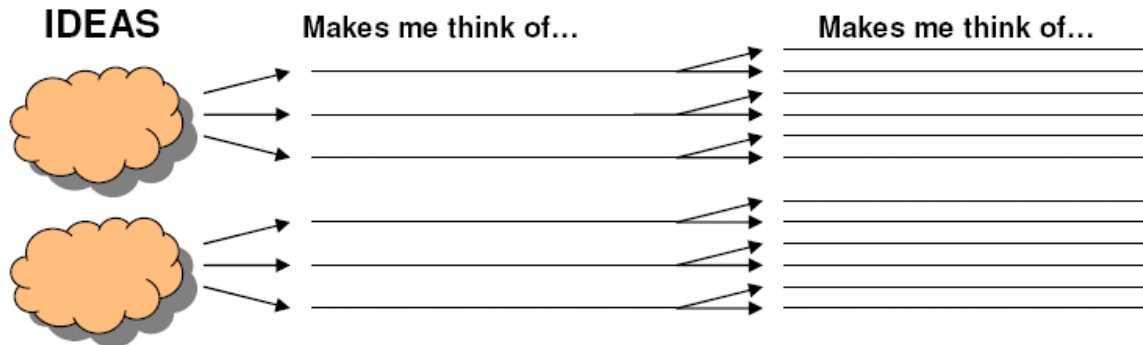
This award is earned as girls learn about courage, character, and confidence. This challenge is located at www.studio2b.org.

The Bronze, Silver and Gold Awards are the highest awards earned by girls 11-17. The steps girls need to complete to earn these prestigious awards is in packets that are updated annually by the Girl Scouts – North Carolina Coastal Pines. The Silver and Gold awards have a “Go For It” insert packet (for the STUDIO 2B binder) that outlines requirements. Contact the program team for more information about these awards.



Part 1: Brainstorming

Everyone has heard of brainstorming: a group gets together to generate ideas. Sometimes a group can get stuck on only one type of idea. Here is a model that can help you make brainstorming more productive by encouraging more variety and creativity. As with any brainstorming activity, remember—**no criticism!** Judgment is suspended until later evaluation. **Anything goes!** Wild and crazy ideas are encouraged. Even seemingly impractical ideas may trigger something the group might not otherwise think of. Combining and refining earlier ideas can add to those already listed.



Another brainstorming technique: Have the girls determine categories for the types of activities they would like to carry out, like “Trips” or “Service Projects.” Then write each category on a large sheet of paper and post around the room. Girls could write ideas on post-it notes and then put them on the appropriate category.

At this point, you have many ideas, some of them crazy. Now you should choose which ideas could become goals.

Ask yourself questions.

- 1) Are you really interested enough in this to spend your time, energy, and money on it?
- 2) Will you have the support you will need (parent, Girl Scout council, school consultants)?
- 3) What difficulties or obstacles will you need to overcome? Can you? Are you ready to?
- 4) Which ideas do you like the best?

Think of questions specific to each idea which will help you make a good choice.

Questions

1. _____
2. _____
3. _____
4. _____

ACTIVITIES BY THE MONTH

AUGUST

- National Inventor's Month
- Family Fun Month
- August 3—National Watermelon Day
- August 5—Sister's Day
- August 10—National S'mores Day
- August 19—National Aviation Day
- August 21 – National Senior Citizen's Day
- August 26—Women's Equality Day (granting women the right to vote)

National Inventor's Month

In August we celebrate all of those creative individuals who came up with an idea to make the world a little better by thinking up a traffic light, a new medicine or a computer and everything in-between.

- Have girls do projects on famous inventors and their inventions
- Advise the girls to look around the world around them and document every invention they can think of
- Ask the girls what they would invent given unlimited resources

Family Fun Month

With the summer winding down, August is the perfect time to plan family activities and how better to spend a lazy Saturday than by hosting a family picnic?

August 5—Sister's Day

Use this day to appreciate the blessing that is sisterhood. Whether the sister is part of your family, or part of the Girl Scout family, show them your appreciation

- As part of the Girl Scout promise is to "be a sister to every girl scout," ask the girls to define sisterhood

August 10—National S'mores Day

- Arrange a S'mores cookout at a private home or in the park
- Have the girls write S'mores cookout stories and/or poems and share them with the media.

August 26—Women's Equality Day (granting women the right to vote)

- Ask girls to talk about women they admire and why?
- Talk about the importance of voting
- Have girls create posters, collages, poems and essays about important events in women's history. Share with local newspaper feature reporters

August 19—National Aviation Day

Orville Wright; the [American Co-Inventor of the First Successful Airplane](#) was born on this day in 1871

- Find a pilot to tell the girls about a career in aviation
- Go somewhere to watch planes take off and land
- Read about the Wright brothers, and learn more about [aviation!](#)
- Teach girls about the history of the space program
- Seek out engineers and pilots who work for the military, an airline or the space program

August 21—National Senior Citizen’s Day

National Senior Citizens Day honors our elderly population.

- Encourage girls to recognize and show appreciation for the value and contribution of elderly people to home, family and society.
- Encourage girls to spend time with their grandparents and other senior citizens in their lives
- Do volunteer work with elderly neighbors or at a retirement community

SEPTEMBER

- **National “5-a-Day” Month**
- **National Hispanic Heritage Month**
- **National Sewing Day**
- **September 1—Labor Day**
- **September 7--Grandparents Day**
- **September 11—Remembering 9/11**
- **September 17—Citizenship Day**
- **September 23—First Day of Autumn**
- **September 26—Native American Day**
- **September 28 – Good Neighbor Day**

National “5-a-Day” Month

Experts now say that you should have at least five servings of fruits and vegetables a day. In order to help promote healthy eating, September has been named Five-A-Day Month.

- Have girls look for newspaper ads for fruits and vegetables.
- Draw a chart that shows fruits and vegetables in these color categories: orange, yellow, green, purple, and blue.
- Ask girls to list all of the vegetables and fruit they can think of
- Encourage girls to collect recipes that will help them eat the recommended five servings of fruits and vegetables necessary to help them grow up strong.

National Hispanic Heritage Month

Celebrate the contributions of the American Hispanic population. Hispanic Heritage Month begins on September 15 because this day marks the anniversary of independence for five Hispanic countries — Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico achieved independence on September 16, and Chile on September 18.

- Have girls come up with a list of famous Hispanic Americans
- Host a Latin-flair party with food from all Spanish Speaking Nations
- Ask prominent Latina professionals to talk to the girls.

National Sewing Month

September recognizes the important handicraft of sewing, a skill that is useful for all to learn.

- Have someone teach the girls how to sew on a button and perform basic mending
- Tour a garment factory
- Do a craft project with fabric such as:
Tote Bags – for school, for sports, and even for trick-or-treating.
Fleece headbands and whimsical hats – colorful, easy-to-sew and fun-to-wear.
Alphabet Pillows – have girls sew their own initials.
Room Accessories – have girls make something for their room.
- Teach the girls about quilting and other handicrafts
- Look at an old Girl Scout handbook and learn what it took to get a sewing badge in Juliette Gordon Low's day

September 1—Labor Day

Labor Day is when we honor the working people of this country. It became a federal holiday when legislation was passed by Congress in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day.

- Have the girls look in the classified section the newspaper and pick out jobs they would like. Figure out what kind of education and experience they would need to qualify for their job.
- Practice writing a job application letter that tells why they would be good for the job

September 7—Grandparents' Day

We celebrate Grandparents' Day to honor grandparents, give grandparents a chance to honor grandchildren and to make children aware of the great source of knowledge that can be gained from the elderly.

- Encourage girls to spend time with their grandparents if they can
- Have the girls write letters and poems honoring their grandparents
- Suggest that the girls visit people at a nursing home or help out elderly neighbors
- Ask the girls to talk to their parents and learn stories about their great-grandparents

September 11—Remembering 9/11

On September 11, 2001 the United States was attacked by terrorists. We use this day to remember the thousands of people who lost their lives and celebrate the thousands of others who showed true heroism.

- Have the girls create a poster that helps people to remember and honor those who lost their lives that day and the families they left behind.
- Encourage the girls to write thank you cards for police officers and firefighters in their own communities who help keep the neighborhood safe

September 26—Native American Day

Celebrate the beauty and richness of Native American Culture on the fourth Friday in September, September 26.

- Ask a Native American come to a troop meeting to teach the girls about his/her culture
- Have the girls use the Internet to look up different tribes

September 28—Good Neighbor Day

Thank a good neighbor and be one yourself on the fourth Sunday in September

- Help your neighbors in some way.
- Offer a smile and friendly hello to your neighbor
- Have your neighbor over for a meal
- Get to know your neighbor a little better [with adult supervision, of course]

OCTOBER

October 31—Juliette Gordon Low's Birthday

Girl Scout Founder Juliette Gordon Low was born October 31, 1860 in Savannah, GA

- Host a commemorative birthday party that features the way lifestyle initiatives – particularly sports and technology – have changed. Invite prominent women and alumnae in the community, and encourage local media to cover.
- Identify an alumna and invite her to talk to a local troop about her experiences in Girl Scouting as part of a discussion on how Girl Scouting has changed. Write a bylined article and submit to local print media or create a video interview and submit to TV station.

- Computer Learning Month
- National Animal Safety and Protection Month
- National Breast Cancer Awareness Month
- National Disability Employment Awareness Month
- October 5-11--Fire Prevention Week
- October 13--Columbus Day
- October 15—Hispanic Heritage Month ends
- October 25 - Make a Difference Day

Computer Learning Month

Computer Learning Month is a time to focus our attention on the importance technology has to learning and recognizes the significance computers have in our lives.

- Have computer professionals come to speak to the girls about new technology
- Find a computer class that interests the girls
- Ask the girls to list all the ways computers help them out
- Visit a graphic artist or digital filmmaker and have him/her show the girls how computers can be used for art

National Animal Safety and Protection Month

Be kind to our non-human friends and help keep them safe this month

- Encourage girls to volunteer at an animal shelter
- Visit a zoo and adopt an animal
- Learn about endangered species (especially ones from our local area)
- Get the girls to volunteer to walk the dogs of the elderly
- Have the girls draw pictures or write stories about their favorite animals—Share results with local media

National Breast Cancer Awareness Month

National Breast Cancer Awareness Month exists to educate women and girls about early breast cancer detection, diagnosis and treatment

- Encourage girls to do online research on breast cancer
- Have a nurse come in to speak to the girls about health issues unique to them
- Volunteer with a local breast cancer awareness group

October 5 - 11—Fire Prevention Week

- Get a firefighter to come and talk to the girls about fire safety and prevention
- Arrange for a woman firefighter to talk girls about her career choice and employment opportunities
- Arrange a tour of the local firehouse
- Have the girls write thank you notes to firepersons

October 13—Columbus Day

On the second Monday in October, schools and various organizations celebrate Columbus Day. This holiday honors Christopher Columbus' arrival in America on Oct. 12, 1492.

- Have girls act out Columbus' request to travel across the world to Queen Isabella from Spain
- Have girls come up with a pro/con list of the exploration
- Have the girls write or draw pictures showing what they think it was like for Columbus to find land
- Have a teacher come to a troop meeting and talk about the exploration
- Rent a movie about Columbus

October 15—Hispanic Heritage Month ends

October 25—Make a Difference Day

Make a Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make a Difference Day is an annual event that takes place on the fourth Saturday of every October.

- Ask girls to perform random acts of kindness for the day
- Ask the girls to look around for projects that need to be done in the community

- Have girls donate a day to work with elderly neighbors or help out with babysitting neighborhood children
- Get the girls to agree on a community project and make arrangements to have local media attend and watch the girls at work

NOVEMBER

- American Indian and Alaska Native Heritage Month
- November 11--Veteran's Day
- November 15—America Recycles Day
- November 16-22--American Education Week
- November 20—National Great American Smokeout Day
- November 22—National Family Volunteer Day
- November 23-29—National Family Week
- November 27—Thanksgiving Day

American Indian and Alaska Native Heritage Month

American Indian and Alaska Native cultures have made remarkable contributions to our national identity. Their unique spiritual, artistic, and literary contributions, together with their vibrant customs and celebrations, enliven and enrich our land. In November 2001, President George W. Bush proclaimed November to be American Indian and Alaska Native Heritage Month.

- Have the girls research Alaskan Natives and American Indian Tribes
- Visit a local Native American museum

November 11—Veteran's Day

World War I officially ended on June 28, 1919, with the signing of the Treaty of Versailles. However, the actual fighting between the Allies and Germany had ended seven months earlier with the armistice, which went into effect on the eleventh hour of the eleventh day of the eleventh month in 1918. Armistice Day, as November 11 became known, officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. veterans.

- Have the girls work with the American Legion to find out how they can help to honor local veterans
- Ask the girls to write thank you letters to soldiers

November 15—America Recycles Day

Use this day to increasing knowledge about using recycled goods and how it impacts the environment.

- Have the girls collect cans, glass and other recyclable materials
- Research the recycling process of aluminum cans or paper

November 16-22—American Education Week

According to the National Education Association, American Education Week (AEW) will take place from November 16 – 22. This observance highlights the importance of bringing together educators, school staff, parents, students, and communities in a unified effort to build great schools. In addition, the theme reflects NEA's vision of calling upon

America to provide students with quality schools so that they can grow, prosper, and achieve in the 21st century.

- Have the girls write thank you notes to their teachers
- Ask girls to volunteer to help clean their classrooms after school
- Have the girls come up with solutions on how to make their schools better

November 20—National Great American Smoke Out Day

American Cancer Society challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

- Have the girls make a pledge not to smoke
- Have a health care professional come to a meeting and tell the girls of the dangers associated with smoking

November 22—National Family Volunteer Day/National Family Week

National Family Volunteer Day is held the Saturday before Thanksgiving and kicks off National Family Week and it is designed to showcase the benefits of families working together in service to the community and encourage those who haven't yet made the commitment to volunteer as a family.

- Encourage the girls to speak with their parents and come up with activities that they can do together to help out the community
- Research some doable projects that the girls can do with the help of the rest of their families
- Write lists of things that need to be done and create a Girl Scout Family Task Force to make plans to accomplish the things on your list.

November 27—Thanksgiving Day

- Have the girls host a pageant of the first Thanksgiving
- Look through magazines for decorating activities using fall leaves and produce
- Have the girls volunteer to work with the homeless
- Have the girl collect food, household items and toys to donate to a needy family
- Have the girls write a list of everything they are thankful for and read it out loud
- March in local parades
- Ask girls to write poems about Thanksgiving and tell local media about their insights

DECEMBER

- National Drunk Driving and Drugged Driving Prevention Month
- December 3—United Nations International Day of Disabled Persons
- December 5—International Volunteer Day
- December 7—Pearl Harbor Remembrance Day
- December 21—Winter Solstice
- December 26—Kwanzaa begins
- December 31—New Year's Eve

National Drunk Driving and Drugged Driving Prevention Month

According to the CDC, impaired driving will affect one in three Americans during their lifetime. December is a great time to educate people on the dangers associated with driving under the influence.

- Find a speaker to come talk to the girls about not drinking and driving
- Use the Internet to look up MADD and SADD

December 3—United Nations International Day of Disabled Persons

According to the United Nations website, December 3, aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

- Encourage girls to volunteer with disabled people
- Have the girls research FDR
- Talk to the girls about accepting people for their differences

December 5—International Volunteer Day

International Volunteer Day, December 5th, is celebrated in more than half the countries of the world and serves as a time to get involved globally.

- Encourage girls to find a community project that they believe and join in order to make the world a better place
- Research charities online and figure out which ones interest the girls

December 7—Pearl Harbor Remembrance Day

Remembrance of the "Day that shall live in Infamy," December 7, 1941

- Get a WWII vet to come and speak to the girls
- Ask the girls to talk about their fears about war
- Screen a documentary about WWII
- Bring flowers to the local cemetery and place on the graves of veterans and invite local media

December 21—Winter Solstice

December 21st is one of two solstices, days when the rays of the sun directly strike one of the two tropical latitude lines.

- Ask the girls to draw pictures or write stories about what they like best about winter
- Make winter-themed arts and crafts
- Make a calendar counting down until summer
- Arrange a party where all activities involve staying warm—drinking hot cocoa, making soup, bundling up and relaxing in front of the fireplace with parental supervision

December 26—Kwanzaa begins

Kwanzaa (or **Kwaanza**) is a week-long secular holiday honoring African-American heritage, observed from December 26 to January 1 each year, almost exclusively by African-Americans in the United States of America. Kwanzaa consists of seven days of

celebration, featuring activities such as candle-lighting and pouring of libations, and culminating in a feast and gift-giving.

- Have someone come and tell the girls about traditions surrounding Kwanzaa
- Talk about the contributions of African Americans to our culture

December 31—New Year’s Eve

- Plan a “It’s New Year’s Somewhere” party for younger girls who cannot stay up until midnight
- Teach the girls “Auld Lang Syne”

JANUARY

- National Personal Self-Defense Awareness Month
- January 1 – New Year’s Day
- January 19 – Martin Luther King Jr. Day
- National Healthy Weight Week – third full week of January

Martin Luther King Jr. Day

Honor one of America’s most influential leaders and celebrate Girl Scouting’s commitment to inclusiveness.

- Take part in local celebrations and events and alert local newspapers and television news assignment editors as well as African-American media about the ways girls are honoring Dr. King.
- Conduct service activities to honor Dr. King’s vision, alert local journalists, and post 300-500 word news bits on your website (remember: no last names).
- Suggest that troops host a commemorative birthday party featuring guest speakers, poetry readings and other activities.

Healthy Living, Inside and Out

The New Year is a great time when many make resolutions for healthy living; thus it’s the time to show how Girl Scouting helps girls develop a healthy, active and rewarding lifestyle.

- Help lead activities from Try-Its such as “Eat Right Stay Healthy,” “Dancercise” or “Healthy Habits” for a Brownie Girl Scout troop.
- Learning self-defense can be a valuable part of healthy living. In conjunction with National Personal Self-Defense Month, organize a workshop with a self-defense instructor for girls involved with uniquely ME!.
- Organize a Healthy Pot Luck Feast to which each girl brings a healthy dish or healthy adaptation of her favorite meal

FEBRUARY

- American Heart Month
- Black History Month
- National Self-Esteem Month

- Feb. 1 – National Women’s Heart Health Day
- Feb. 2 – Groundhog Day
- Feb. 5 – National Meteorologist’s Day
- Feb. 4 - Annual National Girls and Women in Sports Day
- Feb. 14 – Valentine’s Day
- Feb. 16 – President’s Day
- Feb. 21 – Introduce a Girl to Engineering Day
- Feb. 22 -28 5 – National Eating Disorders Awareness Week

For Groundhog Day, Nothing Is Too Silly

Most people need a humor break on Groundhog Day, when Punxsutawney Phil predicts whether or not there will be another six weeks of winter.

- Have girls create lighthearted poems about Groundhog Day, and submit the most captivating to local weekly or daily newspapers for possible use on February 2. Offer broadcast media the chance to have girls read their poems on-air.
- Use this occasion to invite a local TV reporter or meteorologist to talk to girls about the science behind weather prediction. Invite a local newspaper to cover.

Take Care of Your Heart

Heart disease is the leading killer of women, and girls can substantially decrease their chances of developing heart disease later in life by incorporating a few healthy eating tips and exercise into their daily lives.

- Create a collection of heart smart recipes developed by girls and their families and share with other troops and local newspaper food writers.

Black History Month

Highlight Girl Scouting’s commitment to diversity during Black History month.

- Have girls take part in activities such as interviewing African-American women of different ages, creating a collage or poster, or speaking with an NAACP representative.
- Take part in community events related to Black History Month.

National Girls and Women in Sports Day

This day offers a wonderful opportunity to highlight Girl Scouting’s commitment to healthy living. Each of these offers excellent photo opportunities for both print and TV media outlets.

- Weather permitting; organize a walk to celebrate the day. Submit an announcement to local newspaper calendar or events sections. Alternatively, host an intramural softball game or other sports event between local troops.
- Ask a prominent local woman athlete to talk with girls about her athletic experiences and hurdles she had to overcome and to provide a demonstration if appropriate.
- Organize an active game between local Brownie Girl Scout troops.

Healthy Self-Esteem and Body Image

National Self-Esteem Month offers an opportunity to alert media to many Girl Scout activities, such as local uniquely ME! activities:

- One consequence of low self-esteem is eating disorders. Have girls learn more about eating disorders and famous women who have dealt with them.
- Create a few 30-second or 15-second public service announcements to be read by girls or live by deejays most popular with girls. Focus on tips for healthy living.

Valentine's Day

On Valentine's Day, highlight the many ways Girl Scouts express their love and compassion.

- Decorate Valentine's Day cards and hand-deliver a day or two in advance to hospitals, hospices, nursing homes, retirement homes, homeless shelters and assisted living centers ... and local media outlets!
- Host a Valentine's Day "Sweetheart Dance" for girls and their fathers or other significant role model.

Introduce a Girl to Engineering Day

Celebrated as part of National Engineering Week, Introduce a Girl to Engineering Day offers an opportunity to showcase the Girl Scout Movement's commitment to encouraging girls in science, math, engineering and technology:

- Identify a local engineering firm – or college program – for an on-site tour. Invite a local female engineer to talk with a troop about careers in engineering. Alert local journalists and provide them with statistics on women's participation in engineering as well as background information on Girl Scout activities that encourage girls in this field.
- Invite local journalists to cover Junior Girl Scouts engaging in hands-on engineering activities toward earning the "Making It Matter" badge.

MARCH

- National Women's History Month
- National Nutrition Month
- March 20 – First day of spring

GIRL SCOUTS OBSERVANCES

- March 12 – Girl Scout Birthday and Girl Scout Sunday
- March 8-14 – Girl Scout Week

National Women's History Month

Celebrate the Girl Scout Movement's impact on women's history.

- Host or take part in a luncheon celebrating Women's History Month and honoring Juliette Gordon Low. Invite prominent area women, local dignitaries and journalists.

- Have girls create posters, collages, poems and essays about important events in women's history. Post at your local library or mall.

Happy Birthday Girl Scouts!!

Let the community know that Girl Scouts is 97 years old.

- Have girls plan a commemorative birthday party that features the way lifestyle initiatives – particularly sports and technology – have changed. Invite prominent women and alumnae in the community.
- Involve girls in planning and helping to host a party for people born in 1912 and invite the media to cover. Replicate a 1912 sitting room in which to hold the party. Try to secure co-sponsorship with a local museum or even a furniture store.
- Identify an octogenarian alumna and invite her to talk to a local Brownie Girl Scout troop about her experiences in Girl Scouting as part of a discussion on how Girl Scouting has changed.

APRIL

- National Financial Literacy Month
- Mathematics Education Month
- National Stress Awareness Month
- April 15 – Tax Day
- April 22 – Earth Day

GIRL SCOUT OBSERVANCES

- April 22 – Girl Scout Leader's Day
- Girl Scout Gold, Silver and Bronze Award Honorees
- Women of Distinction Events, Volunteer Recognition Ceremonies

National Financial Literacy Month

Financial literacy is the key to economic independence, but many girls today are not getting the lessons they need through the traditional means of school and home. For example, in a 2004 Visa USA survey, only 33% of girls ages 13-17 were able to correctly identify six or more common financial terms, such as interest, APR and IRA. April is a natural time to alert the media to Girl Scouting's financial literacy programs.

- Hold a Financial Literacy trivia contest with Girl Scouts teaming against other youth (boys and girls) with a local educator/professor or high-profile financial professional/economist as one of the judges.
- Identify prominent local businesswomen who are Girl Scout alumnae and invite one or more of them to become Girl Scout "money mentors" by talking periodically with girls about money management skills and sharing stories of financial lessons they learned through cookie program activities.

Mathematics Education Month

Mathematics Education Month offers an opportunity to raise awareness of Girl Scouting's commitment to encourage girls in math, science, engineering and technology.

- Visit the www.girlsgotech.org website.
- Supplement this outreach by inviting a local female mathematics, science or technology professor to speak with girls about her experience in a non-traditional field.
- Create a Girl Scout math bowl event featuring friendly competition among girls from different troops.

National Stress Awareness Month

Stress management is an important part of healthy living, so feature Girl Scouting's commitment to stress management with activities, such as the following.

- Collaborate with a local yoga center to arrange for girls to experience a free yoga class. Alert local newspaper feature reporters and photo desks, providing information on the "Stress Less" badge. Incorporate findings from GSRI's "Teens Before Their Time" study to remind journalists of the unprecedented stress levels experienced by girls today.
- Initiate a "Stress Less Challenge" in your local town that features techniques learned by girls. Update the local media as townspeople learn better ways to manage stress.
- On April 15th, have girls on hand at the local post office to hand out stress-reducing herbal teas and demonstrate stressless breathing techniques to taxpayers mailing returns at the last minute.

Girl Scout Leader's Day

Use Girl Scout Leader's Day, which falls during National Volunteer Week, to showcase the impact that volunteers and leaders have on millions of girls, hundreds right in your own back yards.

- Do something nice for your troop leader on April 22 to show how much you care!

MAY

May 5 – Cinco de Mayo

May 10 – Mother's Day

May 25 – Memorial Day

National Physical Fitness and Sports Month

Cinco de Mayo

Cinco de Mayo commemorates the May 5, 1862 Battle of Puebla in which Mexican troops defeated French forces. In the United States, many people of Mexican descent celebrate with parades, music and dancing.

Host a Cinco de Mayo celebration featuring music, dancing and decorations created by girls.

Mother's Day

On Mother's Day, highlight the ways Girl Scouts helps strengthen the mother-daughter bond:

- Host a mother-daughter retreat at a local camp property and
- Help Junior Girl Scouts with their “Write All About It” badge by creating Mother’s Day Poems. Share selected poems with the newspaper and ask a local radio station to consider having a girl read her poem on-air.

Get fit!

Highlight Girl Scouting’s commitment to healthy living during National Physical Fitness and Sports Month:

- Host a Brownie “Girl Scout Games” event at a local track facility featuring friendly competition inspired by the Olympics.

JUNE

- June 14 – Flag Day
- June 21 – Father’s Day
- June 21 – First day of summer
- Women in Science and Technology Month

Father’s Day

- Give Father’s Day a twist by hosting a Brownie/Dad event or local Quinceañera celebration, which showcases the traditional dance between the Girl Scout Quinceañeras and the important male role model in their lives. Alert local newspaper photo desks, highlighting how Girl Scouts helps Latina teens learn about this tradition and their heritage in the process.

National Safety Month

National Safety Month is a great time to share information on how Brownie Girl Scouts promotes personal health and safety. Look for information at your council and highlight a girl or group of girls who promote safety in their lives and the lives of those around them in the community.

- Identify safety officers who are parents of girls in your troops: police officers, firefighters, military or any other form of safety official. Have them give a demonstration on safety.

Women in Science and Technology Month

- Organize a Girl Scout Science Fair featuring projects created by troops, individual girls and parent-daughter teams.
- Collaborate with a local business or university to organize an event honoring local women in science and technology. Invite girls to meet role models for non-traditional careers.

JULY

- National Ice Cream Month
- July 4 – Independence Day
- July 24 – Amelia Earhart Day

National Ice Cream Month

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90% of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

The International Ice Cream Association (IICA) encourages retailers and consumers to celebrate July as National Ice Cream Month. In 2007, National Ice Cream Day will be Sunday, July 15.

The U.S. ice cream industry generates more than \$21 billion in annual sales and provides jobs for thousands of citizens. About 9% of all the milk produced by U.S. dairy farmers is used to produce ice cream, contributing significantly to the economic well-being of the nation's dairy industry.

US Independence Day

In the [United States](#), Independence Day (commonly known as the Fourth of July) is a [federal holiday](#) commemorating the adoption of the [Declaration of Independence](#) on [July 4, 1776](#), declaring independence from the [Kingdom of Great Britain](#).

Amelia Earhart Day – July 24

- Visit the official Amelia Earhart Web Site: www.ameliaearhart.com to learn more about her life and achievements.
- Learn more about the science behind airplanes and flight. Have a paper airplane contest!
- See more under National Aviation Day in August.