What’s so great about being a Girl Scout? Let us count the ways! Girl Scouts is a place for girls to: learn new skills, explore unchartered territory, and take the lead. These are just some of the reasons we’re so proud to be Girl Scouts—and you should be too! Whether you’re a Girl Scout member, alum, parent, or volunteer, shout it from the rooftops: Girl Scouts is the best girl leadership organization in the world!

For our 2019 Girl Scout Spirit Week, wear your Girl Scout uniform, favorite Girl Scout gear, or head-to-toe green, and get in the spirit with these fun activities that match our spirit days.

MAKE NEW FRIENDS MONDAY

ACTIVITY: Friendship Bracelets

Make new friends by creating friendship bracelets and using them to invite girls to join your troop.

Materials: Embroidery floss or thin yarn; scissors; tape or safety pins; Girl Invite slips (PDF); hole punch

Instructions:
1. Tell girls that they’ll be making friendship bracelets. Hand out materials to each girl, and if necessary, review directions for making a friendship bracelet (check YouTube or Pinterest for quick and easy tutorials).
2. After girls are finished making their bracelets, use the hole punch to punch a hole in the Girl Invite slip. Then attach the slip to the bracelet.
3. Encourage girls to give the bracelet to a girl that they know who might enjoy being part of their troop!

EVERY GIRL IN A TENT TUESDAY

ACTIVITY: Lashing

Lashing is the term for fastening two or more sticks or poles together using rope or twine. Some of the earliest Girl Scout handbooks included instructions on lashing and continues to be a useful skill for girls today to learn and practice. Girls can practice their knot-tying skills and maybe even pitch a tent for our Every Girl in a Tent initiative!

Materials: Short sticks (three per girl); long sticks (three per group of three girls); rope or twine

Instructions:
1. Think of lashing as taking knot tying to the next level. Almost all lashing begins with a clove hitch, so have girls practice tying that first. Hand out a length of rope and three small sticks to each girl and then demonstrate the technique:
Clove Hitch:

2. Then demonstrate how to join three poles together to form a tripod. Give girls a few minutes to practice the tripod lashing using the small sticks.

3. After girls seem to have a good grasp on tripod lashing using their small sticks, break them up into groups of three.

4. Set out two stations (three long sticks and rope at each), then challenge girls to race to lash their tripod. The first group to complete it wins! Rotate girls so each group has a chance to try.

**CHANGING THE WORLD WEDNESDAY**

**ACTIVITY: Community Service**

Girl Scouts has always been about making the world a better place—since 1912, our official slogan has been, “Do a good turn daily.” Have your girls brainstorm an issue affecting their community that they’d like to address. Remember to keep it girl-led—girls should have a big say in the direction, planning, and execution stages of their service project.

If you’re not sure what to do, you and your troop could connect with the local parks department, food bank, animal shelter, nursing home, or hospital for ideas. Here’s an example to get you started:

**Instructions:**

1. For many kids, September means going back to school. Most schools request that students purchase back-to-school supplies for the beginning of the new year. Some families, though, aren't able to provide these supplies for their kids and schools can't always afford to cover these supplies either.

2. What's a potential solution? Organize a school supply drive in your community. Your troop can partner with a neighborhood school or organization (like a place of worship, library, or community center) to see what kinds of supplies are needed.
**ACTIVITY: Paint Rockets**

This science experiment is the perfect opportunity to explode with green Girl Scout pride!

**Materials:** Film canisters (with a tight-fitting lid); green tempera paint (slightly watered down); Alka-Seltzer tablets (each broken in half); large sheets of paper; (optional) clear plastic tub

**Instructions:**
1. This is an activity to do outdoors—it'll get messy.
2. Before you do the activity, review the steps with girls. Then ask girls to predict what they think will happen once you drop the Alka-Seltzer into the canister and close the lid.
3. Lay out paper on an open grassy area.
4. Pour about a tablespoon of watered-down tempera paint into each film canister. Quickly drop the Alka-Seltzer tablet into the canister, secure the lid, and shake.
5. Place the paint-filled canister lid-side down on your paper and stand back.
6. Have girls count until the canister explodes, then shout, “Girl Scout Green Out!” after it does.
7. (Optional) If you’d like to contain the mess, you can cover the paper with a large, clear plastic tub. Make sure it’s big enough so that the canister has some height clearance to explode.
8. Afterwards, talk about the science behind their new art: Alka-Seltzer tablets are made up of baking soda and citric acid (that’s the stuff that makes sour things sour). When the two components are in the solid tablet, they’re suspended away from each other and not reacting yet. But, when you drop that solid tablet into water, it causes the two components to react and fizz—that creates gas. The gas builds up in the covered container because it has nowhere to go. Eventually, the gas builds up and pops open the container.
9. If you have time, experiment with the various elements to create different reactions (add more water to the tempera paint, add more Alka-Seltzer to the canister, etc.).

**ACTIVITY: Games, Songs, and Thanks**

Games, songs, and Girl Scouts go together like peanut butter and jelly. Here’s a taste of what Girl Scouting was like for some of the very first Girl Scout troops.

This game is adapted from the 1924 edition of *The Girl Scout Leader*, an original magazine published by the Girl Scout National Headquarters.

**Materials:** Soft ball, bean bag, or bandana

**Instructions:**
1. Have girls sit in a large circle.
2. Hand a soft ball, bean bag, or bandana to one girl. The girl holding the object is the “thrower.” She should walk around the perimeter of the circle while repeating the categories, “Earth, sea, air…”
3. Once she stops, she should gently toss the ball, bean bag, or bandana into the lap of a girl sitting in the circle and pause on one of the three categories she’s been repeating. For example, she’ll toss the object into another girl’s lap and stop on “Air.”
4. The girl who’s been selected has ten seconds to call out the name of a living creature that can be found in the category mentioned. For example, for “Air,” she can say “Eagle!” If the girl can’t think of a creature or calls out a creature that doesn’t fit in the specified category, she has to take the thrower’s place.
5. No creature should be mentioned more than once throughout the game.
SONG: Girl Scouts Together

The song “Girl Scouts Together” was a contender in the Girl Scout National Contest in 1941 and quickly grew in popularity. Let’s give it a go!

**Materials:** “Girl Scouts Together” lyrics

**Instructions:**
2. Lyrics:

   Girl Scouts together, that is our song  
   Winding the old trails, rocky and long  
   Learning our motto, living our creed  
   Girl Scouts together in every good deed.

   Girl Scouts together, happy are we  
   Friendly to neighbors far o’re the sea  
   Faithful to country, loyal to home  
   Girl Scouts together wherever we roam.

**Shout Out To...**

This is a great activity for girls to reflect on why they love being Girl Scouts!

**Materials:** Megaphone template; scissors; writing and coloring utensils

**Instructions:**
1. Ask girls to think about their favorite Girl Scout memory. Have a few girls share their memories with the rest of the troop.
2. Then ask them who was with them that made the memory so special. Was it a fellow Girl Scout sister, a leader, a camp counselor, or other volunteer? Our most profound memories are usually tied to the people we shared that experience with.
3. Hand out the megaphone template and writing/coloring utensils. Have girls write a note to Girl Scout who had an impact on their Girl Scouting experience.
4. Have girls hand out their notes to their person, or collect them and distribute them yourself.