

Tradition Tips & Tricks

Activity Items

Learning to do things the Girl Scout Way!



Sit-Upons

What is a sit-upon? They are homemade, usually waterproof pads used to protect user's backside from the cold and damp while "sitting upon" the ground! They are also great for sitting anywhere the surface is hard...a Girl Scout tradition for camping, that is also handy for meetings.

S'mores

Did you know that the earliest known recipe for S'mores can be found in a Girl Scout camping guide from 1927? Celebrate this awesome tradition with the girls of your troop!



SWAPS

Girl Scouts often make small tokens of friendship to exchange with the Girl Scouts they met while traveling. These little gifts are called "SWAPS," which stands for "Special Whatchamacallits Affectionately Pinned Somewhere."



SWAPS should: (1) Tell something about the givers or their group (girls may include their address or email information so others can write to them.) (2) Represents the givers country, community, or local Girl Scout council.

Tips for SWAP Givers:

- Givers should think about the kind of SWAPS they would like to receive from someone else.
- Try not to spend a lot of money.
- Consider making something from donated or recycled material.
- Be creative and take time to make hand-crafted SWAPS.
- Try to have one for each event participant.
- Make SWAPS that can be worn, used, or displayed.
- Make them portable and remember they must be carried to the event where other girls will be carrying them away.

What do do with SWAPS:

- Girls can include them with thank you letters to sponsors and those who helped with a travel event.
- Keep them in a scrapbook, member box, or shadow box.
- Use them to make a quilt, pillow, or other textile project.
- Put pins and patches on a hat or jacket.
- Start a council best-of-SWAPS collection.

SWAPS Safety and Etiquette:

- Girls should never refuse to swap with another person.
- Swap face-to-face, especially if exchanging addresses or email information.
- Avoid using glass or sharp objects in SWAPS.
- Follow all *Safety Activity Checkpoint* guidelines.
- Avoid using food products, unless they are individually wrapped.

