

Girl Scout Express Pack



*with special thanks to Girl Scouts of West Central Florida, Girl Scouts of Nebraska, and Girl Scouts of Northern Illinois for design/programming share of property and ideas.

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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.

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.

Our Mission

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

The Girl Scout Sign

Girl Scouts make the Girl Scout sign – raising
three fingers of the right hand with the thumb
holding down the pinky – when they say the
Girl Scout Promise. The three fingers represent
the three parts of the Promise.

**Members may substitute for the word God
in accordance with their own spiritual beliefs.*



Get Connected!



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customer care
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gsmw.org

WELCOME TO GIRL SCOUTS!

We're so excited for you to join the Girl Scout movement.

Girl Scouts empowers girls everywhere to stand up and make a difference. By nurturing innovation and developing leadership skills, we prepare girls to overcome challenges and advocate for their ideas now and later. With an emphasis on self-discovery, character building, and community impact, Girl Scouts helps girls become a powerful force for good in the world.

About Girl Scouts Express

The Girl Scout Express Packet is both informational for you as a parent as to what exactly this journey your Girl has embarked on consists of as well as has a handful of fun activities for your Girl to work through at her own pace.

This packet includes a wealth of information about Girl Scouts for both the parent and Girl Scout. You will learn about the Girl Scout program, terms we use, things you can expect, as well as what is expected of you!

Girl Scout Express parents and participants will receive all council correspondence that contains information about exciting council sponsored events and activities in which you can participate. Additionally, the service unit will invite them to any activities and events they are hosting.

This packet also serves as a fun, self-led program designed to introduce the Girl Scout experience to kindergarten through 5th grade girls who have joined Girl Scouts and are waiting to be placed in a troop, waiting for their new troop to start, or deciding if they want to be part of a troop! It's a short term experience that allows girls (with the help of their parent or guardian) to engage in fun hands-on Girl Scout activities until a permanent troop home is found. These activities will also start your Girl's journey off right, with you by her side on her journey.

Uniforms are encouraged but optional, and we have contained information about the basics of uniforms and more. And of course, participants will have the opportunity to participate in the fall Financial Literacy program and the spring Cookie Program.

In a nutshell, the purpose of Girl Scout Express is to get girls off the waiting list and on track for beginning her Girl Scout journey with a troop!

You're now a part of a sisterhood. We can't wait to see the ways you will grow this year!

LET'S GET STARTED

Parent Information:

As a Girl Scout, your girl will....

- Experience a sense of belonging by being a member of the world's largest voluntary organization for girls.
- Have fun with a purpose.
- Prepare for her future through career explorations, community service and skill-building.
- Develop leadership skills and self-awareness while building confidence and self-esteem.
- Participate in educationally sound and challenging projects.
- Voice what is important to her.
- Gain an understanding and appreciation of many people and cultures.
- Strengthen her understanding of herself and the worlds around her through the Girl Scout Promise and Law.

Your Role:

You and your girl can become partners in the fun challenges of the Girl Scout program! Your involvement will help shape her experience. She will see your commitment to her growth and before you know it, you'll be growing too!

As a Parent/Guardian, you:

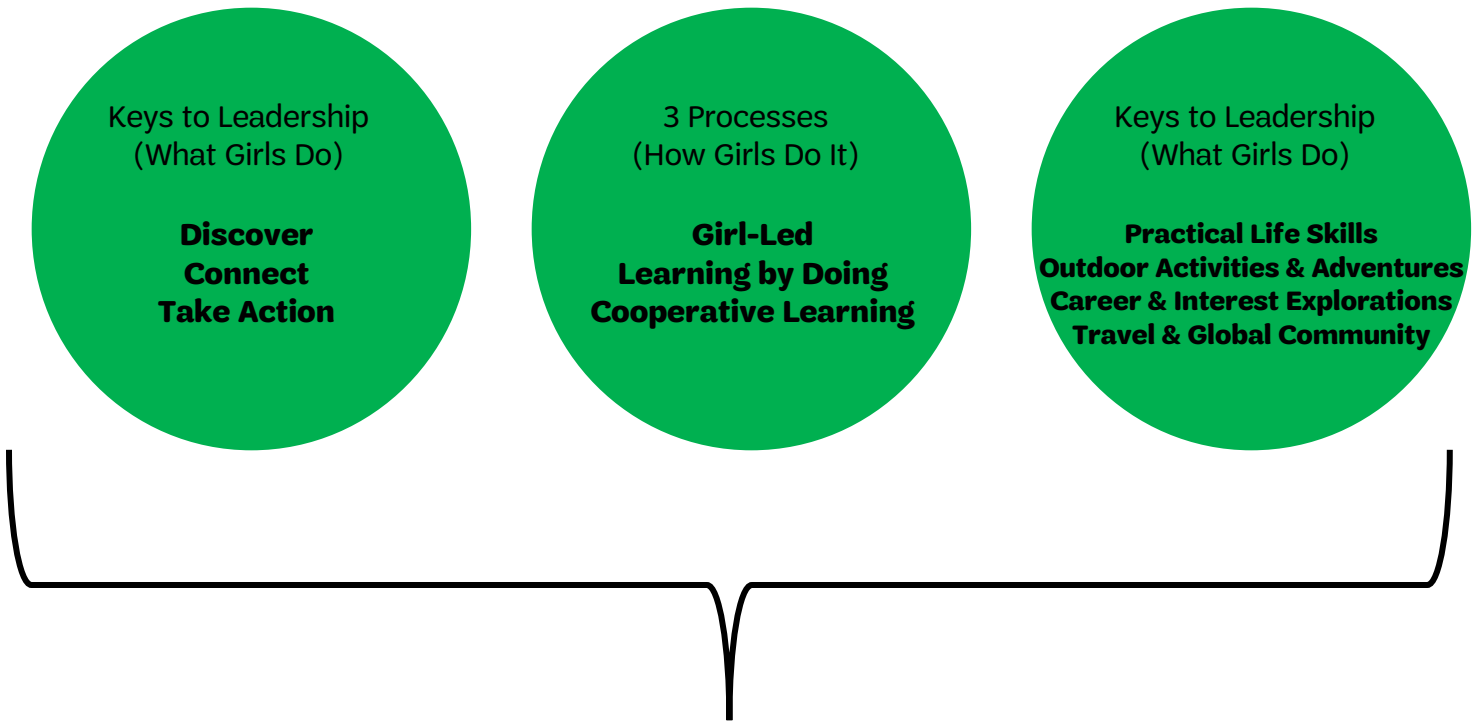
- Are encouraged to register as an adult member of Girl Scouts. This enables you to participate in many ways, from bringing snacks or helping the girls during a meeting, to carpooling or helping with cookie season. Girl Scouts has the most comprehensive safety standards of any youth organization, and in order to participate with your girl, your registration is required (as is all parents') in order to keep our girls safe.
- You must sign parent/guardian permission slips for events, and make sure any necessary forms (health history, etc) are turned in.
- Need to purchase uniform basics and handbooks or materials. (financial assistance can be requested from council)
- Promise to "do this WITH her". This means everything from helping in small ways with the troop, to getting her to meetings and picking her up on time. Extended badge work can be done at home.
- Your girl has the opportunity to go as far as your willingness to participate in her journey will allow her!



The Girl Scout Leadership Experience.

The message of Girl Empowerment is everywhere today. From Barbie™ to Girls Inc., local STEM events and more, the concept has been commoditized. At Girl Scouts, everything we do is MORE than a skill exercise. We aren't just teaching girls to code. Girls can learn to code by watching a YouTube video. We are teaching girls to thrive in the world of coding. We are teaching girls to not only be successful in any field they choose, but to become leaders – and not just leaders – but leaders that lead with empathy and inspire others to do the same.

That is why every skill we learn, we focus on that skill using the Girl Scout Leadership Experience Model:



5 Outcomes (How Girls Benefit)



STRONG SENSE OF SELF

Girls have confidence in themselves and their abilities, and form positive identities.



POSITIVE VALUES

Girls act ethically, honestly, and responsibly, and show concern for others.



CHALLENGE SEEKING

Girls take appropriate risks, try things even if they might fail, and learn from mistakes.



HEALTHY RELATIONSHIPS

Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.



COMMUNITY PROBLEM SOLVING

Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “Action Plans” to solve them.

How the Organization is structured:

Girl Scouts of the USA (GSUSA)

A national organization supporting the work of more than 100 councils across the U.S. for more than 100 years. Headquartered in New York, New York.

Girl Scouts of Montana and Wyoming (GSMW)

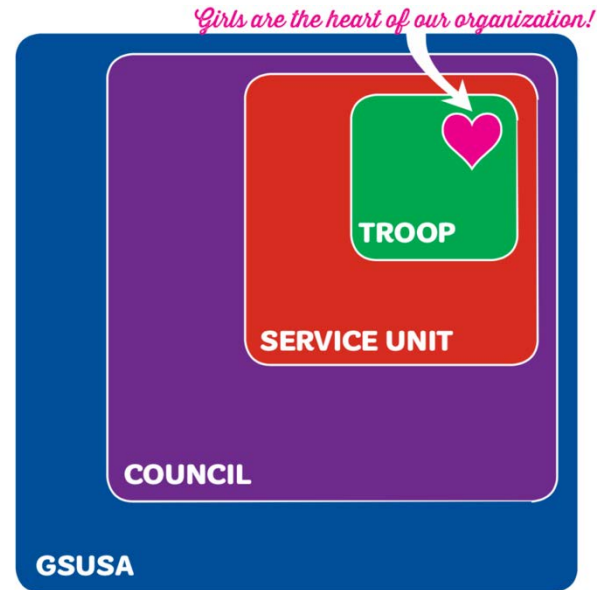
Independent 501(c)3 nonprofit chartered by GSUSA operating under the direction of a local board of directors and overseeing all service units and troops within a given geographic area.

Service Unit

Comprised of volunteers who support the work of troop volunteers within a given geographic area.

Troops

Volunteer-supervised groups of girls who participate in the Girl Scout Leadership Experience.



GIRL SCOUT LEVELS



DAISIES
K & 1ST

Girl Scout Daisies sparkle with that “first time ever” newness in everything they do. They go on trips, learn about nature and science and explore the arts and their communities – and so much more. Girl Scout Daisies can also earn Learning Petals and receive participation patches.



BROWNIES
2ND & 3RD

Girl Scout Brownies work together, earn badges, and explore their community. Friendship, fun, and age-appropriate activities begin at the Girl Scout Brownie meeting and move out to the community and wider world. While earning badges, they build skills, learn hobbies, and have fun!



JUNIORS
4TH & 5TH

Girl Scout Juniors are big-idea thinkers. They’re explorers at camp and product designers when they earn their Innovation and Storytelling badges, or even their Bronze Award. Every day, they wake up ready to play a new role.



CADETTES
6TH - 8TH

Girl Scout Cadettes chart their own course and let their curiosity and imagination lead the way. They learn about the power of being a good friend, gain confidence mentoring younger girls and can earn the Silver Award.



SENIORS
9TH & 10TH

Girl Scout Seniors are ready to take the world by storm, and Girl Scouts gives them millions of ways to do it. Their experiences help to shape their world, while giving them a safe space to be themselves and explore their interests. Girl Scout Seniors can earn their Gold Award (which, by the way, adds something “extra” to college applications).



AMBASSADORS
11TH & 12TH

Girl Scout Ambassadors know that small acts create big change. While they get ready for life beyond high school, Girl Scouts helps them take flight. They also earn the Gold Award (which, by the way, adds something “extra” to college applications).

THE GIRL SCOUT UNIFORM

Uniforms are an important part of the Girl Scout experience, connecting girls to Girl Scout traditions, displaying their accomplishments, and creating memories to last a lifetime. Girls want to look and feel their best when representing Girl Scouts. And now they can, with uniform options that are in step with today's trends and active lifestyles. Uniforms must be worn for parades, flag ceremonies, and official occasions, and are encouraged whenever possible. Girls can mix and match pieces from the official Girl Scout collection to complete the uniform. Troop Leaders may opt to collect money from parents and purchase tunics or vests, and insignia from a council shop, or ask parents to purchase items on their own. Financial assistance for uniform components is available for girls that qualify.

Girl Scout Traditions & Ceremonies

Traditions

Friendship circle – an unbroken chain of friendship where everyone stands in a circle, crosses their right arms over their left and clasps hands with their friends on both sides.

Friendship squeeze – Everyone makes a silent wish in the friendship circle as a hand squeeze is passed from hand to hand.

Girl Scout sign – this is made when Girl Scouts say the Girl Scout Promise and the three fingers represent the three parts of the Promise.

Quiet sign – This is used when everyone is talking and it's time to be quiet. Someone will raise their right hand and stop talking, as others see her hand in the air, they raise their right hand and also stop talking.

Kaper chart – is a list of jobs that need to be done and who will be doing the jobs making the work lighter for everyone.

Girl Scout slogan – “Do a good turn daily” It's a reminder of the many ways, both large and small, that each of us can contribute to the lives of others.

Girl Scout motto – “Be Prepared” reminds us that we must not only be willing but also able to give service.

Sit Upon –A homemade waterproof cushion.

SWAPS – stands for Special Whatchamacallits Affectionately Pinned Somewhere. SWAPS are small tokens of friendship that girls exchange with other Girl Scouts they meet along the way. SWAPS are typically a small handmade craft.

World Thinking Day – On February 22 was chosen as World Thinking Day because it was the birthday of both Robert and Olave Baden-Powell. They started the Scouting Movement in England and were friends with the founder for Girl Scouts, Juliette Gordon Low. The day is a time to celebrate international friendships and honor their Scouting sisters around the world.

Girl Scout Birthday – The first Girl Scout troop meeting was held March 12, 2012 so each year Girl Scouts celebrate by throwing birthday parties or doing something that Juliette Gordon Low loved to do. Founder's Day – Juliette Gordon Low was born October 31 so we honor her birthday each year.

Ceremonies

Investiture – a ceremony to welcome new members, both girls and adults, into the Girl Scout family for the first time and receive your Girl Scout pin appropriate to their Girl Scout level.

Rededication – a ceremony that gives girls and adults an opportunity to renew their commitment to the Girl Scout Promise and Law.

Bridging – ceremony is held when you “cross the bridge” to the next level of Girl Scouting.

Court of Awards – a ceremony where you receive awards and recognitions you've earned.

Scout's Own – a reflective ceremony created around a theme of your choice.

MY GIRL SCOUT KIT

JUST JOINED? ALREADY A MEMBER?

GET READY FOR THE NEW TROOP SEASON WITH YOUR GIRL SCOUT KIT!

Option 1- New or Bridging Girl Scout

1. Choose one: Handbook, Journey Book, Badge Requirement or Memory Book
2. Choose one: Tunic, Vest or Sash (depending on grade level)
3. Required: Troop Numerals, Council ID Set, & American Flag Patch
4. Required: Insignia Tab, World Trefoil Pin, & Membership Pin
5. Select an apparel item
6. Choose a FREE bag*

Option 2- Returning Girl Scout

1. Choose one: Girl's Guide, Journey Book, Badge Requirement or Memory Book
2. Insignia as needed
3. Council Merchandise
4. Choose FREE bag*



*Free with \$60+ purchase, while supplies last

EVERYTHING SHE NEEDS IN SIX EASY STEPS!

	Daisy	Brownie	Junior	Cadette	Senior	Ambassador
1 Choose one	Handbook - \$14.00 Journey Book - \$7.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95	Handbook - \$8.00 Journey Book - \$7.00 Badge Activity Set- \$4.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95	Handbook - \$8.00 Journey Book- \$7.00 Badge Activity Set- \$4.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95	Girl's Guide- \$12.95 Journey Book- \$7.00 Badge Activity Set- \$4.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95	Girl's Guide- \$12.95 Journey Book- \$7.00 Badge Activity Set- \$4.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95	Girl's Guide- \$12.95 Journey Book- \$7.00 Badge Requirement- \$2.50-\$5.00 Memory Book- \$4.95
2 Choose one	Vest- \$19.50 Tunic- \$19.50	Vest- \$20.50 Sash- \$9.00	Vest- \$21.50 Sash- \$9.00	Vest- \$28.00 Sash- \$11.00 Cargo Vest- \$34.00 Pocket Sash- \$14.00	Vest- \$28.00 Sash- \$11.00 Cargo Vest- \$34.00 Pocket Sash- \$14.00	Vest- \$28.00 Sash- \$11.00 Cargo Vest- \$34.00 Pocket Sash- \$14.00
3 Add this	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80	Flag patch- \$2.50 Council ID- \$6.50 Troop Numerals (4)- \$7.80
4 Add this	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50	Insignia Tab- \$3.25 World Pin- \$2.50 Membership Pin- \$2.50
5 Choose one	Henley - \$20 T-shirt- varied prices	Henley - \$20 T-shirt- varied prices	Henley - \$20 T-shirt- varied prices	NEW apparel- varied prices	NEW apparel- varied prices	NEW apparel- varied prices
6 FREE bag!	FREE BAG* *with \$60+ purchase	FREE BAG* *with \$60+ purchase	FREE BAG* *with \$60+ purchase	FREE BAG* *with \$60+ purchase	FREE BAG* *with \$60+ purchase	FREE BAG* *with \$60+ purchase



To place an order:

Call 406-252-0488

Email shop@gsmw.org



Go online: www.girlscoutshop.com/GIRLS/KITS/MY-GIRL-SCOUT-KIT

CHECK OUT THE NEW CADETTE, SENIOR, AMBASSADOR UNIFORM & APPAREL AT:

www.girlscoutshop.com/GIRLS/NEW-OLDER-GIRL-COLLECTION

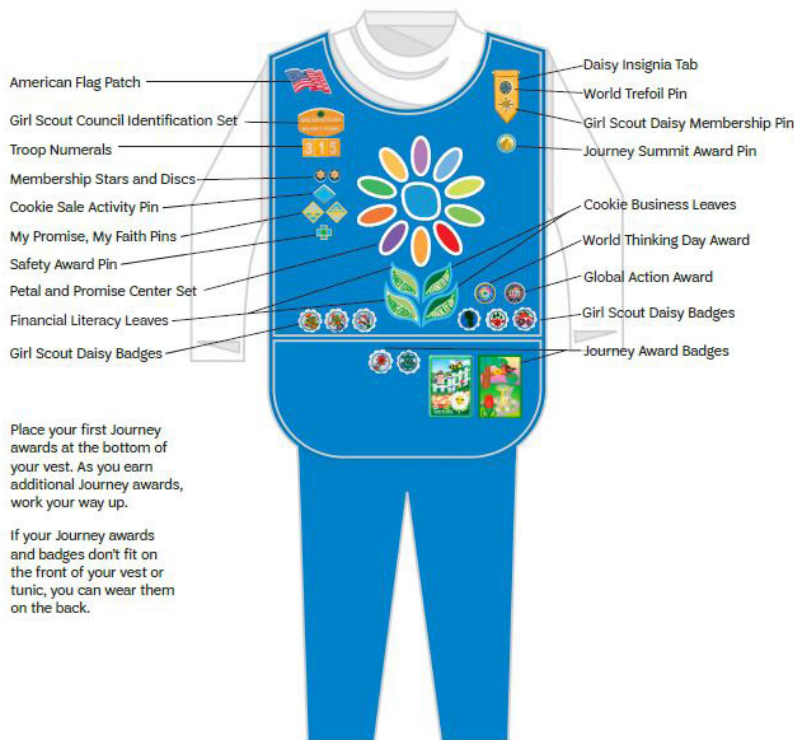


UNIFORM INSIGNIA & BADGE PLACEMENT

For over a century, Girl Scouts have proudly worn distinctive uniforms that symbolize the high ideals for which the organization stands. Girls want to look—and feel—their best when representing Girl Scouts. Girl Scouts at each level wear one required element (tunic, sash, or vest) to display official pins and awards. Girls can mix and match pieces from the official Girl Scout collection to complete the uniform, or add items from their own wardrobes.

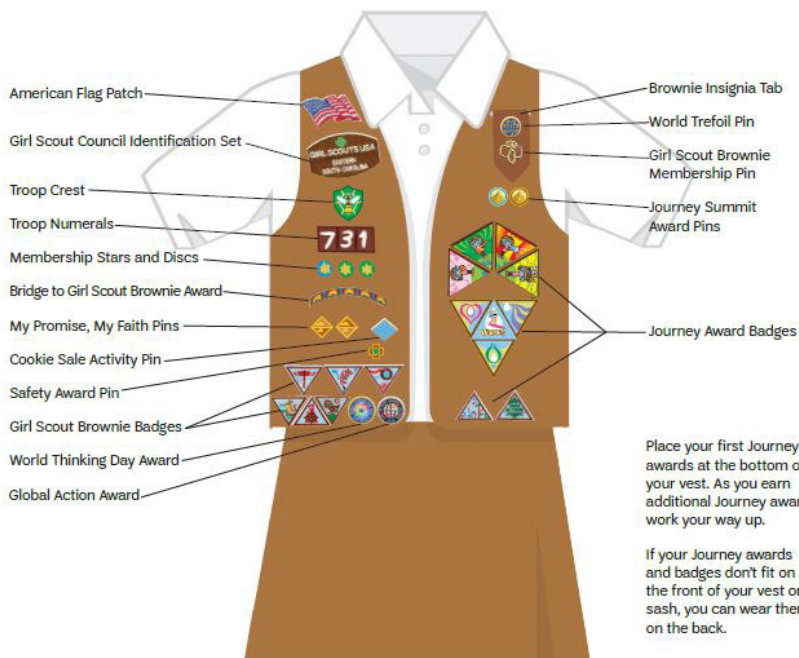
DAISY: GRADE K-1

[Shop Daisy Uniform](#)



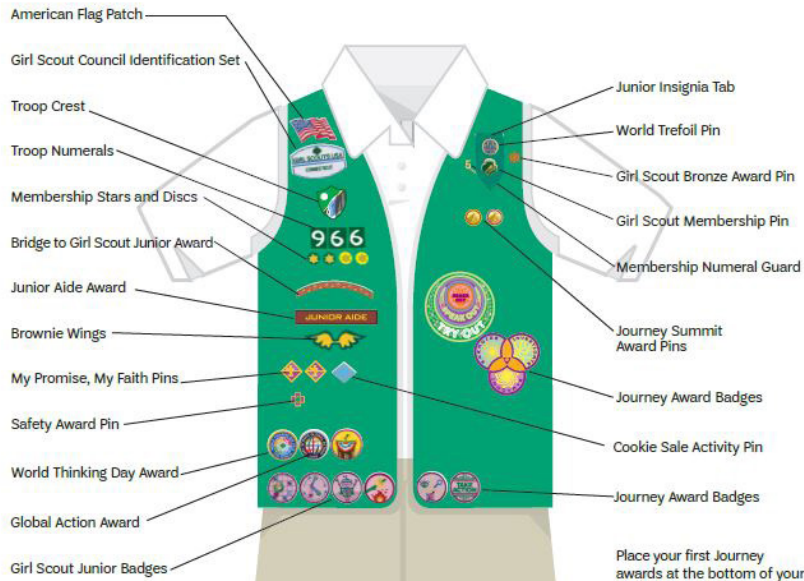
BROWNIE: GRADE 2-3

[Shop Brownie Uniform](#)



JUNIOR: GRADE 4-5

Shop Junior Uniform



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.



CADETTE: GRADE 6-8

Shop Cadette Uniform



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



SENIOR: GRADE 9-10 Shop Senior Uniform



AMBASSADOR: GRADE 11-12 Shop Ambassador Uniform



This is what Girl Scouting is all about!

FAMILY INVOLVEMENT

Girls want their families to be involved in the great things they are experiencing in Girl Scouts



SKILL BUILDING THROUGH BADGE EARNING

Girls are proud to say, “See what I can do now!” when they learn something new. Girl Scout badges focus on building new skills and fostering interest in things girls may not have even considered.



BELONGING TO A SISTERHOOD

Girls Love having friends so close they call the “sister” and they love being part of something big. Girl Scouting is huge and includes millions of girls who all share an important mission – making the world a better place.



LEADERSHIP

Girl Scouts wants every girl to know that there is a leader inside of her. She can be a leader in her own life, and in the world around her.



TAKING ACTION IN OUR COMMUNITIES

Girl Scouts know how to identify their core beliefs, connect with others, and take action to make a difference in the world around them.



A SPACE OF HER OWN

In Girl Scouting, it's not just what our volunteers do for girls, but how they do it that makes the experience fun and meaningful. And girls doing things together in a space of their own allows them to try new things, fail and try again, supporting each other all the way.



CELEBRATING WITH CEREMONIES AND TRADITIONS

Girl Scouts enjoy taking part in time-honored traditions and ceremonies. These ceremonies mark passages of time and accomplishments as they grow in Girl Scouts.

GROWING THROUGH GIRL SCOUTS WITH PROGRESSION

The Girl Scout program is built upon progression from one level to the next. Girls are more likely to stay involved when they know what lies ahead.



EXPANDING YOUR WORLD VIEW

As girls explore new ideas, go to new places, and meet new people, their understanding of the world – and of what is possible for them – grows.



EARNING AND LEARNING THROUGH THE COOKIE PROGRAM

When girls take part in the largest girl-led business in the world (a.k.a. the Cookie Program), they earn funds for Girl Scout activities. They also learn 5 Financial Literacy skills – Goal Setting, Decision Making, Money Management, People Skills, and Business Ethics – that will help them in business and life long after their Girl Scout days have passed.



**And all of this is
just the beginning!**

Let's Get Started!

Time to have some fun and learn about

Girl Scouts

Important information!!!

When your girl has finished all the activities in this packet, there is a form at the end that you and your girl will fill out and send in to Girl Scouts of Montana and Wyoming. When we receive that form, your girl will be sent a certificate of completion and her very first fun patches for her vest/sash.



A Sense of Belonging... A Sisterhood

Girl Scouts is about being a part of more than another “program”, “club” or “activity”. Girl Scouts are part of a sisterhood. Girls are part of a safe place where they can take risks, learn, fail and try again. These girls learn that they can rely on each other rather than just competing against each other. Parents benefit from knowing their girls are a part of something where other parents want the same opportunity and challenges that they want for their girls.

- **Activity:** Bullying and being unaccepting of others is an unfortunate part of girl culture today, and is far more prevalent than adults can imagine! Cyber bullying, peer pressure, and cliques are just a few of the obstacles Girl Scouts of all ages face in their worlds. Bullying is more than just picking on someone, it is something as simple as not accepting each other's differences. Differences are what make us all unique, and are something to be celebrated.

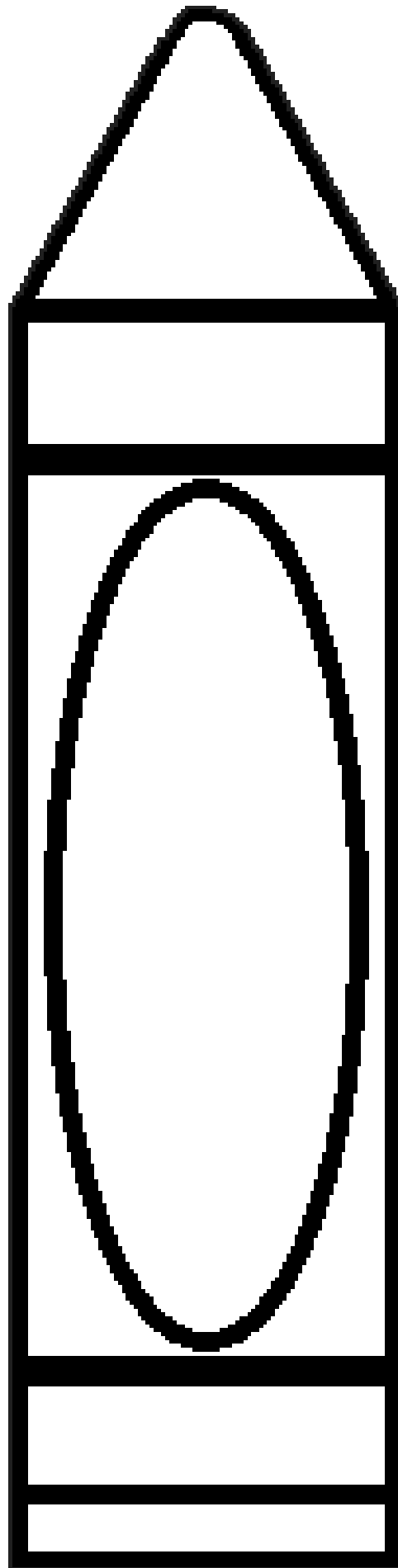
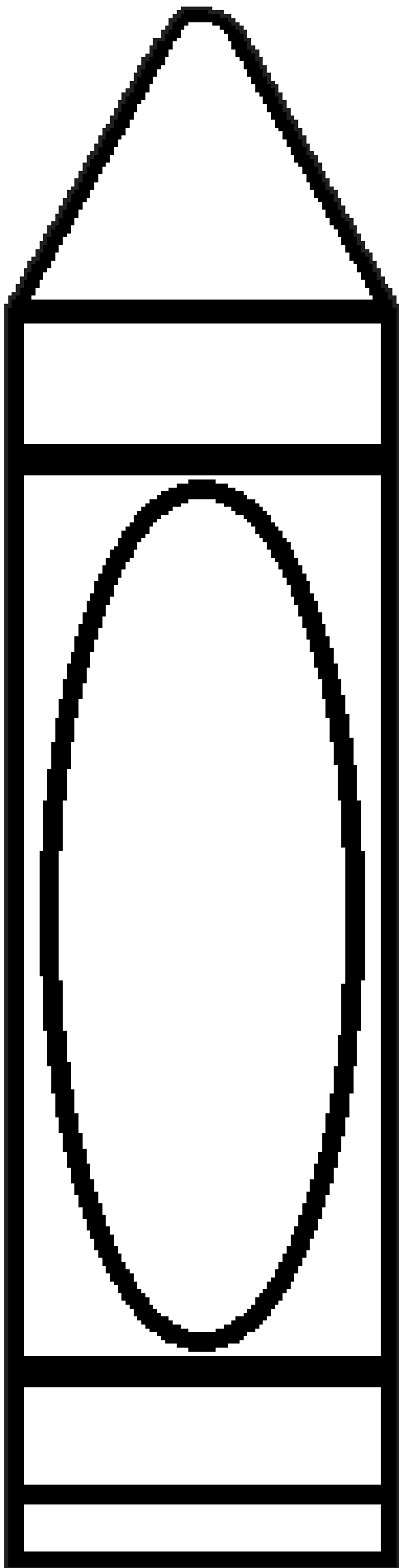
Read the following to/with your Girl:

There will always be time when we don't get along with others and we have disagreements, but that is different than bullying. It is not bullying unless the behavior is on purpose to try and hurt us, unfair, and happens more than once. We have all either been victims of bullying or have watched one of our friends be bullied. Bullying can be hitting or pushing, teasing or calling names, taking things without permission, saying things about people behind their back, not letting them play, or sending mean notes, emails or text-messages. Bullying makes people feel sad, mad, scared, disliked, alone, like they don't want to come to school anymore. Girls can also feel this way without acts of unkindness, but simply by feeling like they don't belong. It doesn't take much to reach out to someone that is sitting alone, or looks uncomfortable, and be a sister by including them.

- *TO honor our differences, we are going to make a box of crayons*
- (Read “Just a Box of Crayons” by Shane DeRolf.)

Supplies:

- Crayons, pencils, markers
 - Printed out copies of the crayon template below
 - A large envelope, or piece of paper to be folded into an “envelope”
 - The poem “Just A Box of Crayons”
-
- Read the poem “Just a Box of Crayons” with your girl. It is about the different colors getting along and liking each other. (The poem is below)
 - Have the girl draw her portrait on the crayon pattern below, then cut out that crayon. (Print about 6 – 8 crayons)
 - Have your girl draw a picture on each of the crayons of different girls (they can be girls she knows, from her class, cousins, sisters, or made up girls.)
 - Have your girl decorate the front of an envelope or piece of paper folded in half and stapled and taped into an “envelope”. (*This is a great time to make sure your girl takes the initiative and makes this a “girl led” activity.*) She can decorate the envelope like the front of a crayon box, or if she is working with a piece of paper, she can “engineer” her way into deciding how to make that piece of paper an envelope using tape or glue!



Just a Box of Crayons

By Shane DeRolf

While walking in a toy store
The day before today,
I overheard a Crayon Box
With many things to say.

"I don't like Red!" said Yellow.
And Green said, "Nor do I!"
And no one here likes Orange,
But no one knows quite why.

"We are a box of crayons
that really doesn't get along,"
said Blue to all the others.
"Something here is wrong!"

Well, I bought that box of crayons
And took it home with me
And laid out all the crayons
So the crayons could all see.

They watched me as I colored
With Red and Blue and Green
And Black and White and Orange
And every color in between.

They watched as Green became the grass
And Blue became the sky.
The Yellow sun was shining bright
On White clouds drifting by.

Colors changing as they touched,
Becoming something new.
They watched me as I colored.
They watched till I was through.

And when I'd finally finished,
I began to walk away.
And as I did the Crayon box
Had something more to say...

"I do like Red!" said the Yellow
And Green said, "So do I!"
And Blue you are terrific!
"So high up in the sky."

"We are a Box of Crayons
Each of us unique,
But when we get together
The picture is complete."

To finish up the activity:

- Ask your girl if they think this is true. Start a discussion with the following prompts.
 - *What does it mean to say that words hurt?*
 - *Is it okay to be mean to someone who was mean to you?*
 - *What are some other things you can do if someone is being mean?*
 - *How can you help someone who was bullied with words?*
 - *How can you include someone who is sitting alone?*
 - *Who is an adult that you can talk to if you know a bully or someone is being left out?*

Have her write her idea of what it is to be a friend here:

Sing the Friendship Circle Song: This is a song we sing in Girl Scouts. You can listen to the song and see how we end our meetings with this link: <https://www.youtube.com/watch?v=cbHrg3xTBk4>

- Now you can practice singing this with your girl!

*Make new friends, but keep the old
One is silver and the other's gold
A circle is round, it has no end
That's how long I want to be your friend*

The Girl Scout Promise and Law

The Promise and Law is the way we show the world and others that we are Girl Scouts. By acting out the things we promise below, we demonstrate that we are caring, accepting, responsible and leaders.

Print the Promise and Law sheet for your Girl to embellish and hang in her room or another special place in your home.

- Explain the Promise to your Girl:
- The Girl Scout Promise is the way Girl Scouts agree to act every day and the Girl Scout Law shows the ways we can to act towards one another and the world.
- Demonstrate the hand symbol.
 - The hand symbol shows three fingers, each which represents a part of the promise.
 - To serve God* and my Country
 - To help people at all times
 - To live by The Girl Scout Law



Read the Promise & Law in unison with your Girl.



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.



Have your Girl write out a sentence for each of the Girl Scout Laws that she feels would be an example of carrying out each line of the Law.

I will do my best to be...

How can I show I am honest and fair?

How can I be friendly and helpful?

How can I be considerate and caring?

How can I be courageous and strong?

How can I show I'm responsible for what I say and do?

What are ways that I show respect for myself and others?

What do I do to show I respect my teachers, parents, and other adults?

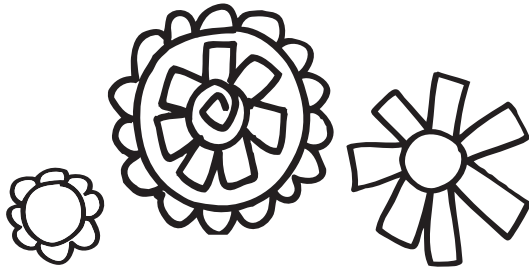
How can I use resources wisely?

How can I make the world a better place?

How excited am I to be a sister to every Girl Scout?

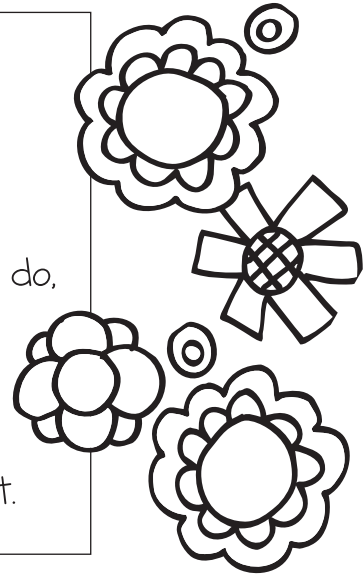


The Girl Scout Law



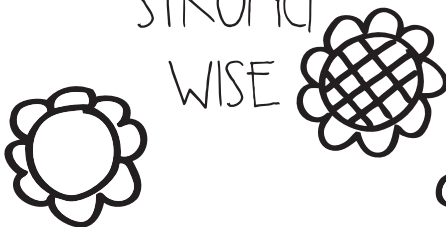
Keep
your
Promises

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.



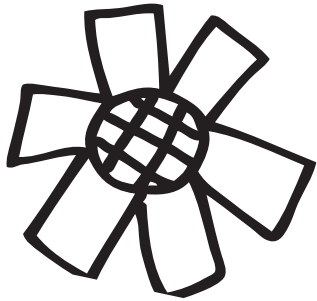
AUTHORITY
CARING
CONSIDERATE
COURAGEOUS
FRIENDLY
GIRL SCOUTS
HONEST
RESOURCES
RESPECTFUL
RESPONSIBLE
SISTERS
STRONG
WISE

M	L	X	M	K	N	J	K	E	V	C	L	X	G	Y
I	I	R	U	Q	I	L	Q	R	O	M	U	H	N	A
K	R	V	L	L	J	R	M	N	C	K	F	Q	I	U
S	P	S	G	I	R	L	S	C	O	U	T	S	R	T
T	U	I	M	M	O	I	W	Z	W	E	C	A	A	H
R	G	O	H	F	D	D	J	U	J	W	E	T	C	O
F	E	Z	E	E	L	B	I	S	N	O	P	S	E	R
T	U	S	R	G	G	L	F	C	G	L	S	C	T	I
R	S	A	O	N	A	R	Z	F	N	B	E	B	O	T
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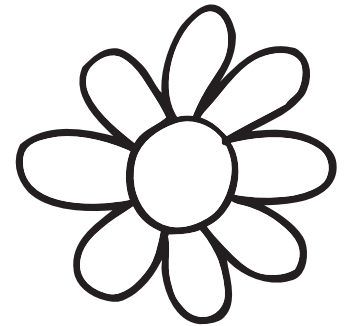


The Girl Scout

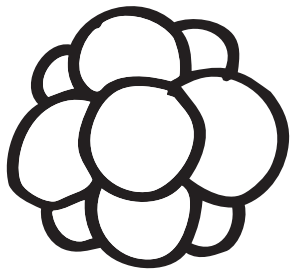
Promise



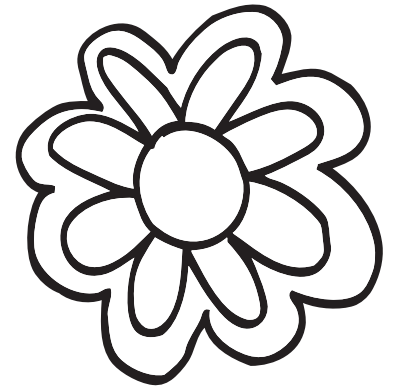
On my honor,
I will try:



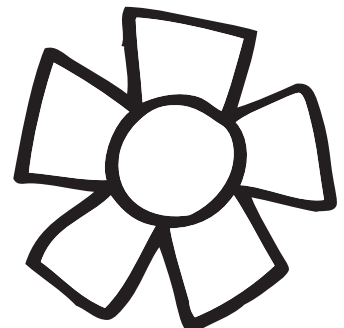
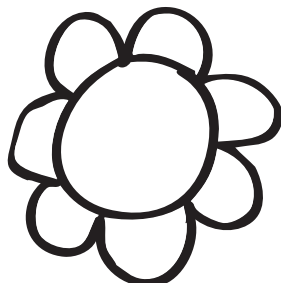
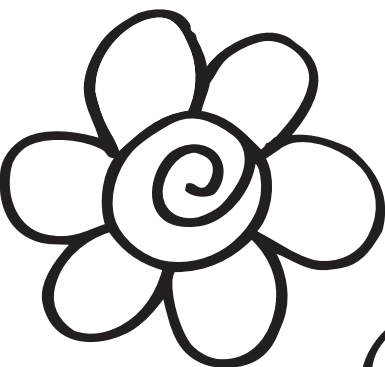
To serve God
and my country,




To help people
at all times,



And to live by
the Girl Scout Law.



Do You Know?



**Building girls of
courage, confidence,
and character,
who make the world
a better place.**

Juliette Gordon Low?

Juliette Low



Juliette Low
is the
founder of
the Girl Scouts
of the
United States.

As a teenager, Juliette formed her first organization, Helping Hands, and made clothing for the poor even though she was not a good seamstress!

Even as a young girl, Daisy, as she was called, was always interested in the arts. She wrote poems; sketched, wrote and acted in plays; and later became a skilled painter and sculptor.

Daisy was very athletic. She was Captain of a rowing team and a strong swimmer. She learned to canoe and was also a tennis player.

Juliette Low was almost completely deaf, yet she never let her disability prevent her from accomplishing her goals.

The first Girl Guide meeting in the United States was held on March 12th in 1912 with 18 girls.

One hundred years later, Girl Scouts has 3.7 million members!



1860-1927

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How did Juliette Gordon Low start Girl Scouts?

Read the following with/to your girl.

Juliette Gordon Low spent several years searching for something useful to do with her life. Her search ended in 1911 when she travelled to the Panama Canal and met Sir Lord Baden-Powell founder of a group called the Girl Guides. She became interested in the youth movement.

Less than a year later Juliette returned to the United States. March 12, 1912, Juliette Gordon Low made her historic telephone call to one of her cousins, saying, “I’ve got something for all the girls of Savannah, and all of America, and all the world, and we’re going to start it tonight!”

That night Juliette Low gathered 18 girls to register the first 2 patrols of the American Girl Guides (Girl Guides was the starting name for Girl Scouts. It was changed from Girl Guides to Girl Scouts in 1913.)

- *On May 1, 1912, Savannah Girl Guides appeared together in uniform for the first time.*
- *In 1913 the name of the organization was changed to Girl Scouts.*
- *She worked tirelessly to grow the new organization and for many years used her own money to pay expenses. At one point, she sold her prized pearls to have funds to continue.*
- *In 2012 President Barack Obama posthumously awarded her the Presidential Medal of Freedom empowering girls everywhere.*

Draw your version of the Presidential Medal of Freedom below:

This is Juliette Gordon Low. She was full of wonder and loved adventure. She wanted to create something amazing for girls to do, so she worked hard and started the Girl Scouts!



Hi, I'm Juliette Gordon Low and I'm ready to go on adventures with you!

#GSMWFlatJuliette

Going to the park, the museum or camping? Take Juliette with you and snap photos of your adventures! Tag us on social media with the hashtag: @GSMW or #GirlscoutsofMontanaandWyoming

Step into your Future, the Girl Scout way!

Girl Scouts have a strong Sense of Self:

Girls have confidence in themselves and their abilities, and form positive identities.

Read the following story about self discovery with/to your Girl:

THE STELLAR ONE

by Daniel Errico

When the universe was young the sky was filled with planets, and stars, and stardust, and many many rocks. One of these rocks was a bit more special than the rest. She was unlike any that came before her. Stella was a kind and happy rock, who always floated near a big blue planet. Sometimes when the light hit her surface, she would glow a brilliant green. At times like those, she almost didn't look like a rock at all.

As the sky moved from day to day, and week to week, the rock would see planets far off in the distance. She would wonder what it would be like to go see them. Week after week and month after month she would wonder. Until one day she decided to go find out.

The rock had never gone anywhere before and wasn't sure how to go about it.

She started to rock back and forth.

Then she started to spin.

Soon enough, Stella was flying through the sky.

As she left, clouds swirled on the big blue planet. For it was sad to see her go, and when planets cry there is a rain storm.

At first Stella was not good at moving. She would spin too far to the right or too far to the left. Slowly she learned how to travel whichever direction she liked, and she enjoyed exploring space.

She saw a planet filled with water, with not a speck of land.

Then found a planet all dried up, with beaches made of sand.

She swore she met a planet who looked suspiciously like her.

And then she saw a planet that was, well... she wasn't sure.

One planet she discovered, had grown forests made of green.

Another one was very shy, not fond of being seen.

She flew right by a planet that was frozen icy cold.

And then she saw a planet that was made of jewels and gold!

She had started to notice that each planet seemed brighter than the last. They were all so different and all so pretty. It became hard for her to decide where to go next. If each planet she visited was more beautiful than the one before it, then how could she decide which way to go next, and how could she decide where to stay.

So she continued traveling, afraid to miss a single planet.

Eventually she came upon the big blue planet that she had once circled, but she found that it was not the same. It was shining in a way that it never had before. It was more blue than it had ever been, and certainly more beautiful.

This made her stop for a moment.

"I do not know where I should go next" she said out loud. "Each direction is filled with wonderful planets. And I cannot stop, knowing that the next planet will be even more beautiful if I continue on. Even my big blue planet has grown more beautiful every day in my absence."

The big blue planet overheard this. "Can you not see why I am brighter?" it asked.

"You are the brightest planet I have ever seen," she said, "but I do not know why you glow brighter today than you did when I left you."

"You have brightened me," it said.

"But I am just a rock" she replied.

"You are no longer just a rock like the day you left me," said the big blue planet. "You have grown bold and bright. Now you are a shooting star, and you are the reason that I shine. And while you are worrying about which direction to go, all of the planets in space are hoping that you will come their way to brighten them."

And so the shooting star, who was no longer just a rock, finally understood. It did not matter where Stella went, the light was her own.

So Stella sat there for a moment, by the bright blue planet and wondered.

"Should I keep traveling, or should I fly around the big blue planet and grow brighter with it each day?"

She thought, until she knew exactly what to do.

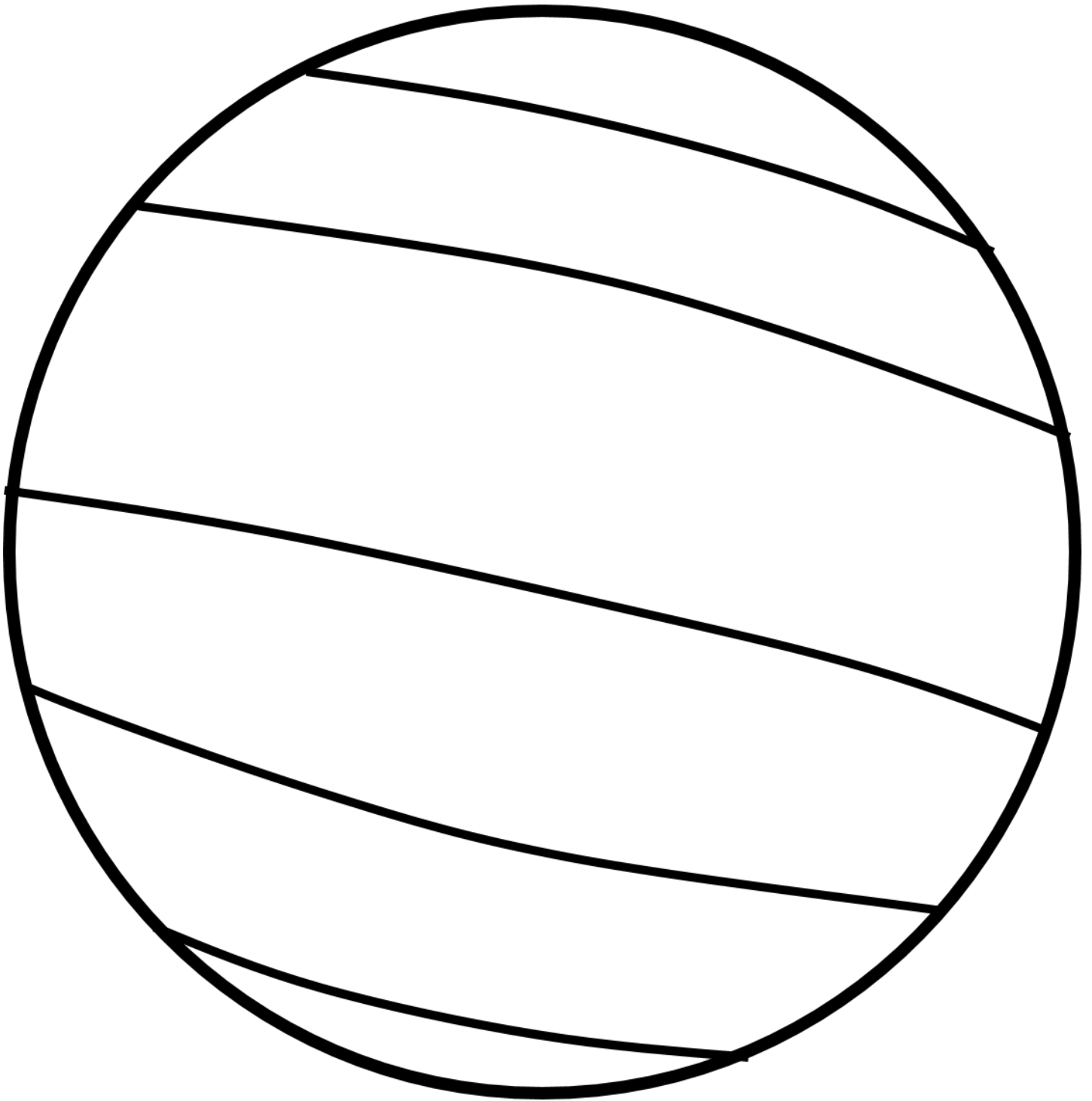
Ask your Girl the following questions:

- What do you think Stella the Star decided to do? Did she go or did she stay?
- Do you think that she could do both?
- What would YOU do if you were Stella?

Do one or more of the following activities with your Girl based on the story above:

- Put on a puppet show

- Create “character planets” with the template below. Each planet is a member of your family. Have each planet describe each member of your family.
- Draw a picture of your family and talk about what each person is good at, what you like about one another, and what makes each person special.



Print out as many planets as you need. Draw each planet with a different face, add a scarf or hat or glasses... do something different to each planet to make him/her unique.

Girl Scouts have Positive Values:

Girl Scouts act ethically, honestly, responsibly, and show concern for others.

Read these guidelines about responsible behavior with/to your Girl:

When you agree to do something, do it. If you let people down, they'll stop believing you. When you follow through on your commitments, people take you seriously.

Answer for your own actions. Don't make excuses or blame others for what you do. When you take responsibility for your actions you are saying "I am the one who's in charge of my life."

Take care of your own matters. Don't rely on adults to remind you when you're supposed to be somewhere or what you're supposed to bring. You take the responsibility.

Be trustworthy. If somebody trusts you to borrow or take care of something, take care of it. If somebody tells you something in confidence, keep it to yourself. It's important for people to know they can count on you.

Always use your head. Think things through and use good judgment. When you use your head you make better choices. That shows your parents they can trust you.

Don't put things off. When you have a job to do, do it. Doing things on time helps you take control of your life and shows that you can manage your own affairs.

Have your girl do the following:

- Write three ways that you can show people can count on you:

1. _____
2. _____
3. _____

- What is an example something that someone asked you to take care of?

- What happened? How did you take care of that thing for them?

Girl Scouts are Challenge Seeking:

Girl Scouts take appropriate risks, try things even if they might fail, and learn from their mistakes.

- Talk about the following types of people and how they might take a risk, try new things, and learn from their mistakes:
 - A Teacher
 - A person that works in a grocery store
 - A Fireman
 - A Doctor
 - A Kindergartner
- Set a goal to try something new, different, or challenging every day for one full week.

Write your goals here:

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Healthy Relationships:

Girl Scouts develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

Do one or more of the following with your Girl.

- Talk about how people express feelings in verbal and non-verbal ways. Play a game of charades to act out different feelings and emotions.
- Draw pictures of faces with different facial expressions and emotions:
 - Happy
 - Angry
 - Scared
 - Silly
 - Afraid
 - Lonely

- Draw a picture that shows a conflict and then another that shows a solution.



Community Problem Solving:

Girl Scouts desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

Talk with your Girl about what issues your family care about.

- Talk about what you could do in your community (home, neighborhood, town, or school) to make the world a better place. Use an idea below or come up with one of your own:
 - Take part in a park or trail or sidewalk cleanup
 - Bring flowers to a nursing home
 - Create cards for troops overseas
 - Collect toys or blankets for an animal shelter
 - Help a neighbor take care of their garden or yard

- Help around the house

Write down a way that you can help around the house this week:

- Think of at least one thing each family member can do to help each other for one week

CONGRATULATIONS!!!!!!

You've completed the Girl Scout Express Pack!

It's time to print these two pages, mail them in and collect your patches! You are READY TO GO!

What was your favorite part of the Box of Crayons Sisterhood Activity?

In the Friendship Circle Song "Make New Friends", friends are labeled as two colors. What are the colors?

_____ and _____

Write (or have a parent or sibling help you write) the Girl Scout Promise here:

What is your favorite part of the Girl Scout Law?

- _____ Honest and Fair
- _____ Friendly and Helpful
- _____ Considerate and Caring
- _____ Courageous and Strong
- _____ Responsible for what I say and do
- _____ Respect Myself and Others
- _____ Respect Authority
- _____ Use Resources wisely
- _____ Make the world a better place
- _____ Be a sister to every Girl Scout

Write down one thing you know about Juliette Gordon Low:

What do you think Stella the Star decided to do? Explore more, or stay in one place?

What does it mean to be responsible?

What was one of the challenges that you did for yourself?

What is a small thing you did to make the world, your home, or your community a better place?

Please print these last two pages, write your Girl's name and address below, and send this in to Girl Scouts of Montana and Wyoming! Please include \$5.00. You will receive a return package in the mail with your official Girl Scout Express Certificate and three limited edition patches!!!!

Girl Name: _____

Address: _____

Daytime phone: _____

Email address: _____

Mail to:

Girl Scouts of Montana and Wyoming
Attention: Recruitment
2303 Grand Ave.
Billings, MT 59102