

Dear GSCNC Troop Leaders,

The Program Services department at GSCNC is pleased to offer you this prepackaged “Bring-A-Friend” troop meeting plan for your use when holding a Bring-A-Friend troop meeting. The activities encourage the inclusion of new girls in the group and foster a sense of friendship and unity among all the girls participating.

At the end of this packet is an event flyer with contact information and a health history questionnaire on the back. Distribute this flyer to the parents of the friends your girls will bring to the troop meeting so that you have the necessary information in case of an emergency.

The meeting plan includes seven activities, two of which are optional. None of these activities are required. You can adapt the plan to fit your meeting by doing the activities that best meet your troop’s needs.

One of the activities requires a DVD of *Zink the Zebra: A Special Tale*. You can obtain a copy of this DVD from Connecticut Avenue or any of the satellite offices. Contact your satellite office to find out how to borrow a DVD. Please do not keep these DVDs for extended periods of time as there is a limited number of DVDs at each office. If you are unable to borrow a DVD, a slideshow of the book and streaming video of the DVD are also available online at <http://www.zinkthezebra.org/snav/24/page.htm>

**Please note:**

The activities for this meeting plan were taken from the Zink the Zebra leader guide, but completing these activities does NOT earn the Zink the Zebra patch. If your girls wish to earn the patch, you will need to check out a Zink kit to complete the remaining requirements. Included in this packet is a page which shows the patch requirements completed and what is left to finish with a kit, as well as a copy of the program kit request form.

We need your help to share Girl Scouting with as many girls as possible. We hope that this meeting plan will provide a guide for you to open your troop and expose more girls to the fun that Girl Scouting can provide.



# Materials Needed

## **Beaded Conversations**

- |  |                |
|--|----------------|
| <input type="checkbox"/> Pipe Cleaners                       | 1 per girl     |
| <input type="checkbox"/> Pony Beads                          | 25-35 per girl |
| <input type="checkbox"/> Baggies or small cups to hold beads | 1 per girl     |

## ***Zink the Zebra: A Special Tale***

- DVD of *Zink the Zebra: A Special Tale*
- ❖ This can be borrowed from your local office. Please contact them for more information.
- ❖ A slideshow of the book and a streaming video of the DVD are also available online at <http://www.zinkthezebra.org/snav/24/page.htm>

## **M&M's/Colored Goldfish**

- |  |                |
|--|----------------|
| <input type="checkbox"/> M&M's or multi-colored goldfish   | ½ cup per girl |
| <input type="checkbox"/> Small cups or bowls to hold snack | 1 per girl     |
- ❖ Any snack that all tastes the same but has different colors will work for this activity

## **Friendship Wreath**

- |   |                  |
|---|------------------|
| <input type="checkbox"/> Multi-colored construction paper     | 1 sheet per girl |
| <input type="checkbox"/> Markers                              | 1-2 per girl     |
| <input type="checkbox"/> Scissors                             | 1 pair per girl  |
| <input type="checkbox"/> Large circular piece of poster board | 1                |

## **All About Me Mosaic (optional activity)**

- |  |            |
|--|------------|
| <input type="checkbox"/> Copies of "All About Me Mosaic" (master provided) | 1 per girl |
| <input type="checkbox"/> Markers – colors listed on mosaic                 |            |

# Beaded Conversations

Icebreaker

20-30 minutes

## **Materials Needed:**

Pipe Cleaners, pony beads, baggies or small cups

## **Objective:**

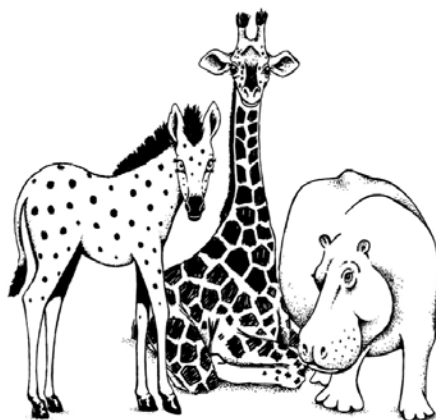
To help visiting girls get to know the rest of the troop

## **Activity Steps:**

- Give each girl one pipe cleaner and a baggie or cup containing enough pony beads to exchange one with each girl in the troop/group. Each girl's beads should all be the same color, but there should be multiple colors within the troop.
- Ask the girls to find a buddy and carry on a brief conversation. Once they have talked for a few minutes they can exchange beads and put them on their pipe cleaners.
- Have the girls find a new buddy and repeat the process.
- Continue to swap until the girls have talked with most of the girls in the troop (depending on the size).
- By now the girls should each have a unique multi-colored beaded bracelet. Help the girls to twist the ends of their pipe cleaners together and put the bracelets on their wrists.

## **Suggested conversation questions:**

- What is your favorite thing about school?
- Do you have a brother or sister? If you don't – do you wish you did?
- What is your favorite food?
- Where were you born?
- What do you like to do for fun?
- What is your favorite book?



Zink the Zebra  
& friends

## **Zink the Zebra: A Special Tale**

The Story

15-20 minutes

### **Materials Needed:**

DVD of *Zink the Zebra: A Special Tale*

### **Objective:**

To show the girls that being different makes you special

### **Activity Steps:**

- Watch DVD of *Zink the Zebra: A Special Tale*.
- Talk about the story with the girls.

### **Suggested discussion questions:**

- What did you think about the story?
- Did you like it? Why or why not?
- What was the story about?
- If you were a striped zebra, would you play with a spotted zebra? Why?
- Who did Zink and Fink go to for advice? Who do you go to for advice?
- Have you ever felt different? Why? What happened?

## **Kelly Weil (OPTIONAL)**

The Author

10-15 minutes

### **Materials Needed:**

None

### **Objective:**

To tell the girls who Kelly Weil was and why she wrote the Zink story

### **Activity Steps:**

- Tell the girls who Kelly Weil is (the author of the story they just watched).
- Explain that she wrote the story when she was very sick with cancer. She found that because her appearance was changing, as a result of her therapy, classmates, friends, teachers, and even relatives treated her differently. To help deal with her sadness, she wrote a story about a zebra named Zink who was also treated differently because of the way she looked – having spots instead of stripes.
- Talk with the girls about how Kelly may have felt and why she wrote the story of Zink.

### **Suggested discussion questions:**

- Do you think Zink was Kelly's way of saying that people we think seem different, like Zink, are really the same on the inside as us?
- Do they still need friends?
- Have you ever thought of writing a story, painting a picture, writing a song, etc. to share how you feel?

## Ducks Fly

Game

15-20 minutes

### **Materials Needed:**

None

### **Objective:**

To have fun!

### **Activity Steps:**

- This game is similar to Simon Says, only based on animals or things that fly.
- One person is the CALLER, and everyone else either stands in a line or forms a half circle with their hands at their sides.
- The caller then shouts out “all ducks fly!”, and everyone begins to flap their arms twice like a duck since the statement was true.
- The caller continues by calling out animals/things that fly.
- However, if the caller shouts out an animal that doesn't fly then no one should move since this is not true. If anyone moves, they are out of the game and should stand next to the caller.
- *Optional: girls can make the noises of the animals as well as flapping their arms.*

## M&M's/Colored Goldfish

Snack

15-20 minutes

### **Materials Needed:**

M&M's or multi-colored goldfish  
Small cups or bowls for each girl

### **Objective:**

To show girls that appearances can be  
deceiving

### **Activity Steps:**

- Give each girl a bag of M&M's or goldfish.
- Have each girl find a buddy.
- Have one girl in each pair close her eyes and hold out her hand. Tell the other girl to pick an M&M or goldfish and give it to her buddy *without telling her buddy the color*. Have the girl with her eyes closed eat the snack then try to guess what color it was.
- Have them switch who has her eyes closed.

### **Suggested discussion questions:**

- Ask the girls if they could tell the colors without seeing them.
- If you can't taste the difference, does it matter what color M&Ms/goldfish you have?
- Are people the same as M&Ms? Can you tell what's on the inside by looking at the outside?
- Should you choose your friends based on who they are on the inside or what they look like on the outside?

# Friendship Wreath

Craft

20-30 minutes

## **Materials Needed:**

Multi-colored construction paper, markers, scissors, large circular piece of poster board

## **Objective:**

To celebrate friendship

## **Activity Steps:**

- Have each girl trace one hand onto a piece of construction paper.
- Have the girls write their name on the back of the handprint, and then pass it to the girl next to them.
- Each girl should write something nice about each other girl on their handprint.
- When everyone has written something on everyone else's handprint, have the girls cut out their handprints.
- Tape or glue all the hand prints in a circle on the poster board.
- Allow the girls to decorate the inside of the circle (troop number, names, etc.).

*Options for smaller troops:*

- Have each girl create her own wreath on a paper plate (requires more construction paper).
- Have each girl cut out two handprints so the wreath is fuller.

# All About Me Mosaic (OPTIONAL)

Additional Activity

10-15 minutes

## **Materials Needed:**

Copies of "All About Me Mosaic"

## **Objective:**

To show girls that they have both similarities *and* differences

## **Activity Steps:**

- Have each girl color in the areas as specified on the page.
- Have the girls compare their mosaic to other girls' and see how they all have some of the same colors and some different colors.

# All About Me Mosaic

Color this area PINK if you wear glasses and GRAY if you do not wear glasses.

COLOR THIS AREA ORANGE IF YOU DON'T HAVE ANY BROTHERS OR SISTERS, COLOR IT RED IF YOU DO HAVE BROTHERS OR SISTERS.

Color this area the same color as your hair.

Color this area the same color as your skin.

Color this area GREEN like the grass.

Color this area YELLOW if this is your first Girl Scout meeting or LIGHT GREEN if you have been here before.

Color this area the same color as your eyes.

Color this area the color of the shirt you are wearing.

Color this area your favorite color.

Color this area PURPLE if you write with your right hand, or BLUE if you write with your left hand.


## **Zink the Zebra Patch Requirements:**

To earn the Zink the Zebra Program Patch, Brownie and Junior Girl Scouts must complete 1 activity from each of the following areas, plus 2 additional activities from the any of the seven areas.

The activities in this meeting plan fulfill the checked requirements. To complete the patch, please use the Program Kit Request Form, C360, on the next page to request the Zink the Zebra Kit.

- ✓ **Icebreaker**
  - Beaded Conversations
- ✓ **The Story**
  - *Zink the Zebra: A Special Tale*
- ✓ **Discussion: The Author**
  - Kelly Weil
- Craft**
- Game**
  
- ✓ **Snack**
  - M&M/Colored Goldfish
- Service**
  
- ✓ **Additional Activity**
  - Friendship Wreath
- ✓ **Additional Activity**
  - Ducks Fly
  - All About Me Mosaic



	Girl Scout Council of the Nation's Capital 4301 Connecticut Ave NW Washington, DC 20008 PHONE (202) 237-1670 (800) 523-7898 FAX (202) 274-2161 EMAIL info@gscnc.org	C360

Date Received:

### PROGRAM KIT REQUEST FORM

Request #:

Requests must be received no later than **three weeks** prior to the date needed. Program kits are lent on a first-come, first-served basis, so the materials you request may not be available. Completed request forms can be mailed to: Dorr Avenue Equipment Center, 2711 E. Dorr Avenue, Merrifield, VA 22031 or faxed to 703-208-1415. Program kit requests can also be e-mailed to ProgramKits@gscnc.org.

Troop Number	Association	SU	Troop Level	# of Girls
<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>
Troop Leader First Name	Troop Leader Last Name	Email Address		
<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>		
Day Phone	Evening Phone			
<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>			

<b>Kit(s) will be used for:</b>	<input type="checkbox"/>	Troop Meeting(s)
	<input type="checkbox"/>	Day Camp
	<input type="checkbox"/>	SU Encampment
	<input type="checkbox"/>	Other _____

Pick-Up Date	Event Date	Return Date
<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>

Select ONE Location	Pick-Up Locations (see Green Pages for hours)
<input type="checkbox"/>	Connecticut Avenue, DC Office
<input type="checkbox"/>	Frederick, MD Office
<input type="checkbox"/>	Fort Washington, MD Office
<input type="checkbox"/>	Leesburg, VA Office
<input type="checkbox"/>	Lorton, VA Office
<input type="checkbox"/>	Manassas, VA Office
<input type="checkbox"/>	Dorr Avenue Equipment Center, Merrifield, VA

**CONTINUED ON NEXT PAGE – See reverse for list of program kits available for borrowing**

As a registered member of GSUSA I am aware of all of the rules and regulations regarding use of GSCNC equipment. Furthermore I agree to abide by said rules whether listed in *Safety Wise*, *Green Pages*, or in GSCNC literature. The troop further agrees to be financially responsible for any and all damage done or loss of supplies to or from the equipment during our scheduled time. All materials must be returned in the same condition in which they were received or the troop will be billed appropriately. **Please use the check-off list included with the kit to be sure all the reusable contents are returned.**

Troop Leader Signature	Date
<input style="width: 95%; height: 100%;" type="text"/>	<input style="width: 95%; height: 100%;" type="text"/>

Office Use only

Tub #	Date Notified	Date Called	Date Shipped	Pick-Up Date	Return Date	Check-in Date	Date Input
<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>	<input style="width: 95%; height: 20px;" type="text"/>

## PROGRAM KIT REQUEST FORM – CONTINUED FROM PAGE 1

See *Big Book of Program* for details on each program listed below.  
Some programs and supplies have limited availability. You will be notified regarding availability.

<b>PROGRAM KITS</b>	
<b>Arts &amp; Crafts</b>	
<input type="checkbox"/>	Classic Song Books
<input type="checkbox"/>	Craft Boards (List in Big Book of Program)
<input type="checkbox"/>	Girl Scout Games and Dramatics
<input type="checkbox"/>	Screen-printing
<b>Healthy Living</b>	
<input type="checkbox"/>	GirlSports Basics
<input type="checkbox"/>	Smart Living
<input type="checkbox"/>	Strong Bones, Strong Girls
<b>History</b>	
<input type="checkbox"/>	American Flag Kit
<input type="checkbox"/>	Brownie History Box
<input type="checkbox"/>	Early Girl Scout Skills - Event
<input type="checkbox"/>	Junior History Box
<input type="checkbox"/>	Rockwood History Box
<b>Outdoor Skills</b>	
<input type="checkbox"/>	Compasses
<input type="checkbox"/>	PEGS: Leave No Trace
<b>STEM – Science, Technology, Engineering, and Math</b>	
<input type="checkbox"/>	3-2-1 Contact Action Kit
<input type="checkbox"/>	3-2-1 Contact Action Kit – Math
<input type="checkbox"/>	Embrace Space
<input type="checkbox"/>	Eco-Box
<input type="checkbox"/>	Enviroscape – Coastal
<input type="checkbox"/>	Enviroscape – Landfill
<input type="checkbox"/>	Enviroscape – Watershed/Non-Point Source
<input type="checkbox"/>	Enviroscape – Wetlands
<b>Other</b>	
<input type="checkbox"/>	Capital Currency: Brownie Try-It
<input type="checkbox"/>	Capital Currency: Junior Badge
<input type="checkbox"/>	Capital Currency: Cadette/Senior IP
<input type="checkbox"/>	Zink the Zebra

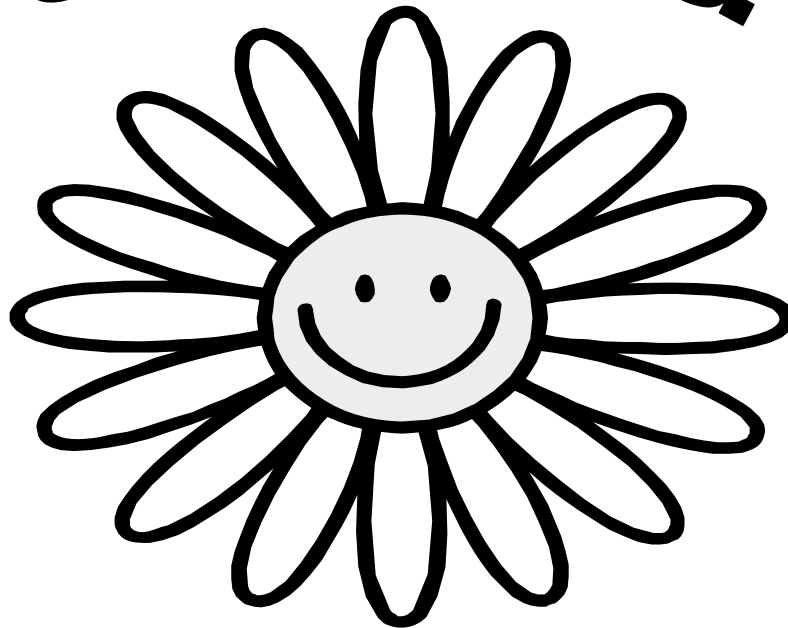
<b>Other Kit not listed (describe below)</b>	
<input type="checkbox"/>	

<b>BRIDGING THE GAP</b>	
<input type="checkbox"/>	Goggle Tub (20 goggles) for large events
<b>Daisy</b>	
<input type="checkbox"/>	Color Wonders
<b>Brownie</b>	
<input type="checkbox"/>	Earth and Sky
<input type="checkbox"/>	My Body
<input type="checkbox"/>	Numbers and Shapes
<input type="checkbox"/>	Science in Action
<input type="checkbox"/>	Science Wonders
<input type="checkbox"/>	Senses
<b>Junior</b>	
<input type="checkbox"/>	Aerospace
<input type="checkbox"/>	Making It Matter
<input type="checkbox"/>	Rocks Rock (Geology)
<input type="checkbox"/>	Science in Everyday Life
<input type="checkbox"/>	Science Sleuth
<input type="checkbox"/>	Weather Watch
<b>Cadette/Senior</b>	
<input type="checkbox"/>	Science Activities
<input type="checkbox"/>	Build A Better Future*
<input type="checkbox"/>	Eco-Action*
<input type="checkbox"/>	Math, Maps and More*
<input type="checkbox"/>	Space Exploration*

<b>WORKING IT OUT</b>	
<b>Daisy</b>	
<input type="checkbox"/>	Respecting Myself and Others Learning Petal
<b>Brownie</b>	
<input type="checkbox"/>	Working It Out Try-It
<b>Junior</b>	
<input type="checkbox"/>	The Choice Is Yours Badge
<b>Cadette/Senior</b>	
<input type="checkbox"/>	Stress and Anger Management Activities
<b>Multi-Level</b>	
<input type="checkbox"/>	Brownie-Senior: Cooperative Games 1
<input type="checkbox"/>	Junior-Senior: Cooperative Games 2
<b>All Levels – Parachute Games</b>	
<input type="checkbox"/>	10 handled parachute
<input type="checkbox"/>	12 handled parachute
<input type="checkbox"/>	16 handled parachute
<input type="checkbox"/>	20 handled parachute

Note: For more information on kits, please contact the Program Kit Specialist at 202-237-1670 ext. 310 or 800-523-7898.

# Girls BLOOM in Girl Scouts!



Bring a Friend and Share the Fun!

- WHO: Girls  
WHAT: Girl Scout Troop Meeting  
WHERE:  
WHY: To have fun and find out what Girl Scouting is all about  
WHEN:

\*If you have any questions or cannot make this meeting, but would like to find out more information about Girl Scouts feel free to contact:

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Also, check out our website! [www.gsnc.org](http://www.gsnc.org)

Girl's Name \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_  
Mother/Guardian \_\_\_\_\_ Day phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Evening phone \_\_\_\_\_ Cell or pager \_\_\_\_\_  
Father/Guardian \_\_\_\_\_ Day phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Evening phone \_\_\_\_\_ Cell or pager \_\_\_\_\_  
School Attending \_\_\_\_\_ State \_\_\_\_\_ Grade \_\_\_\_\_  
Troop # \_\_\_\_\_ Level \_\_\_\_\_

**The registrant's racial background is:** *(optional)*

American Indian or Alaskan Native    Asian    Black or African American    White    Other \_\_\_\_\_  
Hawaiian or Pacific Islander    *(please check one)*    Hispanic or Latina    Not Hispanic or Latina

**Must have information for emergency contact** if parent(s) cannot be reached (please print clearly):

Name/ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name/ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

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**HEALTH HISTORY – All Information provided will be kept confidential**

**Describe allergies, details of chronic conditions, or health restrictions on additional sheet if needed**

Are all immunizations up to date? \_\_\_Yes \_\_\_No    If no, please state reason: \_\_\_\_\_

Please provide comments where applicable: Medication being taken \_\_\_\_\_

Special dietary needs/restrictions: \_\_\_\_\_ Weight of camper for dosage purposes: \_\_\_\_\_

Specific information including physical, psychiatric or behavioral problems: \_\_\_\_\_

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Insurance company: \_\_\_\_\_ Policy Number: \_\_\_\_\_ Group # \_\_\_\_\_

Family physician: \_\_\_\_\_ Phone: Day \_\_\_\_\_ Eve \_\_\_\_\_

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**Parent Permission Statement**

† The health history is correct as far as I know, and the person herein described has my permission to engage in all events activities except as noted. If she appears ill, I will not send her.

† **EMERGENCY AUTHORIZATION:** In the event I cannot be reached in an emergency, I hereby grant permission to the program director to secure proper treatment for my child.

† The Girl Scouts may use any photo in which my child appears to promote Girl Scouting. For the purpose of liability insurance, my daughter has my consent to become a member of the Girl Scouts.

**Parent/Guardian Signature required:**

Signature \_\_\_\_\_ Date \_\_\_\_\_