



# *First Four Meetings: Juniors*

**A STEP-BY-STEP GUIDE  
FOR THE FIRST FOUR  
MEETINGS OF YOUR  
JUNIOR TROOP**

# Week One

## 1 Pre-Meeting Activity

On a large sheet of paper, make one column for "What I Did This Summer" and one for "What I Would Like to Do In Girl Scouts." Have the girls write their ideas on the paper. If you will regularly have a snack, have another sheet where the girls can make a list of their favorite snacks.

## 2 Opening Activity

Have the girls read the Girl Scout Promise and Law together. Remember to be sensitive to the girls who are brand-new to girl Scouting; don't assume that girls know the Promise and Law by heart.

## 3 Troop Business

1. Have the girls sit in a circle, on chairs or on the floor.
2. Explain and demonstrate the Quiet Sign.
3. Girls should establish rules for the troop meetings with guidance from leaders.
4. Help girls decide what form of troop government they want to try. Remind them that they have more responsibility now that they are Juniors.
5. Plan to make the Kaper Chart at the next meeting. Brainstorm some tasks that could go on it, such as setting up snack and cleaning up after an activity.

## 4 Snack/ Announcements

While the girls eat snack, ask them to remind their parents of the meeting for troop adults which will be held before the next meeting. Give out Parent Consent, Health History, and Authorization for Medical Treatment to be turned in at the next meeting.

## 5 Major Activities

*(about 10 minutes each)*

Play the game "Partners." Have every girl find a partner. If there are cliques, you may want to pull names from a hat. Then, each pair will talk together for five minutes to find out all they can about each other. Each person introduces her partner by telling the group their partners name and several interesting things about her partner.

Next, from the pre-meeting activity, make a priority list of what the girls would like to do during the year. Have a few ideas of your own to start the girls' thinking. Go over the list with the girls to decide how much each activity will cost and the time needed to complete the activity.

Lastly, in small groups, have the girls make colorful posters of what the Promise means to them.

## 6 Closing

Try the classic Friendship Circle (Junior Handbook, p. 9).

# Week Two

## 1 Pre-Meeting Activity:

Have the girls get in their patrols, if that is the form of troop government that they voted on. Patrol officers, or a peer leader, takes attendance. Girls can make their own attendance sheets.

In their patrols or other small groups, have girls put on "Nosebag Skits." Place five to ten items in paper bags, with one bag for each group of girls. Items could be Girl Scout-related, like badges, uniforms, and a first aid kit, or they could be completely unrelated. Before the meeting begins, have the girls think up a skit using their items. They can put it on during the major activity time of the meeting.

## 2 Opening Activity

Explain the structure and purpose of a flag ceremony, a traditional part of most Girl Scout events. Then put on your own flag ceremony. Refer to the "Extra Resources" section at the end of this guide for more information about flag ceremonies.

## 3 Troop Business

1. Introduce the troop Kaper Chart, which should include the tasks that the girls brainstormed at the last meeting. Have the girls sign up for Kapers, giving preference to the girls who did not participate in the flag ceremony.
2. Have the girls vote on their troop crest. Discuss the meanings behind the various symbols and how they could represent your troop. Refer to the "Extra Resources" section on the last page of this guide for more information on troop crests.

## 4 Snack

While the girls eat snack, discuss and vote on what badges they want to complete over the next several months.

## 5 Major Activities

1. Have girls put on their Nosebag Skits. Make sure they don't run on too long!

2. Review the Girl Scout Promise and Law. Ask girls what they think each part means and how they use it in their lives. Then, put on the Promise and Law Relays! Divide the girls into two teams. Have the words to the Promise and Law printed onto a card, one word per card, one set per team. Mix the words and place them face up on the floor about ten feet from each team. The team must race to put the words and lines in order, one at a time, in relay fashion. If a word is wrong, the next girl must correct it. The relays can be done back to back or simultaneously.

## 6 Closing

Try the Friendship Squeeze: form a Friendship Circle. Squeeze the hand of the girl next to you and put your right foot into the circle. Everyone is silent as the friendship squeeze passes around the circle. Once everyone has felt the squeeze, say "Goodnight, Girl Scouts" and turn out of the circle.

# Week Three

## 1 Pre-Meeting Activity: Who Am I?

In their patrols or small groups, hand out index cards to the girls. Give the girls about five minutes to list ten physical characteristics about herself, such as hair color, eye color, height, hair length, description of smile, and so on. Have each girl write her name on the back of the card and hand them to a peer leader, who shuffles them. The peer leader selects a card, chooses the least obvious characteristic, and reads the clue. The leader reads more clues, until the girls have enough hints to correctly guess the person. The girl with the correct guess gets to read the next card, and so on.

## 2 Opening Activity

Learn one or two traditional Girl Scout songs together, such as "Girl Scouts Together" or "G for Generosity."

## 3 Troop Business

Take attendance. Have the girls sign up for jobs on the Kaper chart. Collect any necessary forms.

## 4 Snack

Talk about badges, trips and other Girl Scout opportunities as the girls eat snack. Ask girls to share their favorite parts of Girl Scouting.

*Check In Questions:*  
Are the girls taking on more responsibility within the troop? Are they mixing with girls whom they do not know as well?

## 5 Major Activities

1. Have the girls make "Treasure Maps," posters that depict what they would like to do in their future. This could include a career, talent, hobby, trip, something they would like to achieve, and so on. They can use pictures from magazines, draw pictures, cut out words, and write on their posters. It should reflect their unique hopes and dreams. Afterwards, have each girl show her treasure map and explain it to the group. Talk about how visualizing dreams and setting goals helps our dreams come true. If possible, relate this to a badge or other Girl Scout award that the girls are working on or could earn.
2. If you have extra time, consider playing "Back to Back" for a change of pace. Divide the girls into pairs of two. Seated back to back on the floor, each pair will try to stand up without using their hands. Once this is done successfully, mix up the pairs and try again.

## 6 Closing

- 6 Repeat the Friendship Circle or the Friendship Squeeze from weeks one and two. Make an effort to say goodbye to each girl individually as they leave.

# Week Four

## 1 Pre-Meeting Activity: Pile Up

Have everyone get a chair and sit in a circle. The game leader has a list of items that she reads out. If any of them apply to you, you move the appropriate number of seats right or left. The idea is to move all around the circle, and end up back where you started. If you move, but your neighbor doesn't, you sit on her lap—and sometimes, you can have three people occupying the same chair! Make sure you have lots of categories so that everyone gets lots of chances to move.

Examples include:

- Anyone with one brother, move one seat to the right. If you have two brothers, move two seats.
- Anyone with black hair, move one seat left.
- Anyone who was a Brownie move two seats right.
- Anyone who lives in (area), move one seat right.
- Anyone over the age of 10, move one seat left.
- Everyone wearing brown shoes, move one seat left.
- Everyone in Girl Scouts, move two seats left!

## 2 Opening Activity

Put on your own flag ceremony to open the meeting.

## 3 Troop Business

Have the girls sign up on the Kapers chart, giving preference to those who did not participate in the flag ceremony. Collect any necessary forms.

## 4 Snack

As the girls eat snack, talk to them about the "Treasure Maps" they made last week. What are some things they could do to get closer to their goals? How does thinking about the future affect their daily lives?

## 5 Major Activities

Lead the girls in doing a wearable Girl Scout craft project, such as making sit-upons, troop t-shirts, bandannas, or tote bags.

Girls can use their sit-upons during the meetings and at other Girl Scout events like camping trips. There are many ways to make sit-upons, including weaving newspaper strips or sewing together a vinyl tablecloth.

Troop t-shirts, bandannas, and tote bags can be decorated in many creative ways. Girls can draw on them and write their names with fabric markers, or sew on buttons and ribbons. Coordinating t-shirts are convenient when you all go to an event together. Bandannas serve a practical purpose on Girl Scout camping trips. Tote bags help the girls get organized for meetings.

If some girls finish early, consider engaging them in a game of statues. Call out a title, such as "seeing your favorite rock star" or "friendly dog," and have the girls freeze in their interpretation of the statue.

## 6 Closing

In closing, sing one or two favorite songs from the last meeting. Or learn a new song, like "Princess Pat," a fun and interactive song.



# Supplies

## Week One

- Large sheets of paper, markers (1)
- Posters of the Promise and Law (2)
- Poster for rules, paper for Kapers, markers, pens (3)
- Optional snack (4)
- Posters for priority list and meanings of Promise, markers (5)

## Week Two

- Attendance sheets, bags and props for Nosebag Skits (1)
- Materials for flag ceremony (2)
- Kaper chart, pictures of crests (3)
- Optional snack (4)
- Posters of Promise and Law, index cards with words to the Promise and Law (5)

## Week Three

- Index cards, pens or markers (1)
- Song lyrics (2)
- Kaper chart (3)
- Optional snack (4)
- Quarter-sheets of poster board, magazines, scissors, glue, markers (5)

## Week Four

- Chairs for every girl (1)
- Materials for flag ceremony (2)
- Kapers chart (3)
- Optional snack (4)
- Range of materials for chosen craft (5)
- Song lyrics (6)



# Extra Resources

@ [www.gscnc.org](http://www.gscnc.org)

- Girl Scout Flag Ceremony: [www.girlscouts.org/program/gs\\_central/ceremonies/flag.asp](http://www.girlscouts.org/program/gs_central/ceremonies/flag.asp)
- Program Kits: [www.gscnc.org/kits.html](http://www.gscnc.org/kits.html)
- Activity Guides: [www.gscnc.org/activities.html](http://www.gscnc.org/activities.html)
- Meeting and Events Guides: [www.gscnc.org/meeting\\_event\\_guides.html](http://www.gscnc.org/meeting_event_guides.html)
- Patch Programs: [www.gscnc.org/patches.html](http://www.gscnc.org/patches.html)
- Service Project Planning Guides: [www.gscnc.org/files/pdf/program/serviceprojectplanningguide.pdf](http://www.gscnc.org/files/pdf/program/serviceprojectplanningguide.pdf)
- Troop Crests: [www.girlscouts.org/program/gs\\_central/insignia/where\\_to\\_place/junior/#](http://www.girlscouts.org/program/gs_central/insignia/where_to_place/junior/#)