

girl scouts
nation's capital

**To 110...
and beyond!**



**HISTORY • ACTIVITIES • FUN • ADVENTURE
SOMETHING FOR EVERYONE!**

Contact the Program Department with any questions at
ewinchester@gscnc.org

Welcome! Girl Scouts of all ages are invited to learn about the history of Girl Scouts and complete Girl Scout activities from the past.

Complete six activities to earn the Time Traveler Patch

*All Daisy, Brownie, and Junior activities have a **pink header**.*

*All Cadette, Senior, and Ambassador activities have an **orange header**.*

*All levels activities have a **green header**.*



TRAVEL BACK IN TIME WITH US!

A HISTORY OF GIRL SCOUTS

Girl Scouts was founded in 1912 by Juliette Gordon Low. In 1911, Juliette met Sir Robert Baden-Powell, who introduced her to the Boy Scout and Girl Guide movement in England. Juliette brought the movement back to the United States and started the first troop on March 12, 1912, in Savannah, Georgia. This is why Girl Scout Week is celebrated each March, starting with Girl Scout Sunday and ending with Girl Scout Sabbath on a Saturday, and it always includes Girl Scouts' birthday, March 12th! Since 1912, Girl Scouts has grown and now has over 1 million girl members and 500,000 adult members!



TRAVEL BACK IN TIME WITH US!

A HISTORY OF

GIRL SCOUTS NATION'S CAPITAL

The Girl Scout Council of the Nation's Capital was formed in 1963 when five Girl Scout Councils in the area merged. The five Girl Scout Councils that came together to create the Nation's Capital were National Capital Girl Scout Council, Girl Scout Council of Southern Maryland, Alexandria Girl Scout Council, Arlington Girl Scout Council, and Northern Virginia Girl Scout Council. In 2006, Frederick County, MD, part of Penn-Laurel Girl Scout Council, joined the council. In 2009, Shawnee Girl Scout Council joined our council. Girl Scout Council Nation's Capital encompasses Girl Scouts from Virginia, Maryland, West Virginia, and the District of Columbia and is the largest council in the United States.





TRAVEL BACK IN TIME WITH US!

OCTOBER 2021

1912 – 1919

Girl Scouts was started in 1912 by Juliette Gordon Low, after being inspired by the Girl Guides in England. The original handbook for Girl Scouts had a wide variety of topics, reflecting Juliette Low's mission for the organization of helping "to train girls to take their rightful places in life, first as good women, then as good citizens, wives and mothers." Subjects ranged from homemaking to tying up a burglar with a cord.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1912 - 1919

Bake a cookie:

Did you know the first cookie sale was held by a patrol (troop) in Muskogee, Oklahoma in December 1917? Bake a shortbread cookie that would have been sold at that time!

An Early Girl Scout Cookie® Recipe

Ingredients:

- 1 cup butter
- 1 cup sugar plus additional amount for topping (optional)
- 2 eggs
- 2 tablespoons milk
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder

Directions:

1. Cream butter and the cup of sugar
2. Add well-beaten eggs, then milk, vanilla, flour, salt, and baking powder
3. Refrigerate for at least 1 hour.
4. Roll dough, cut into trefoil shapes, and sprinkle sugar on top, if desired.
5. Bake in a quick oven (375°) for approximately 8 to 10 minutes or until the edges begin to brown.
6. Makes six- to seven-dozen cookies.



TRAVEL BACK IN TIME WITH US!

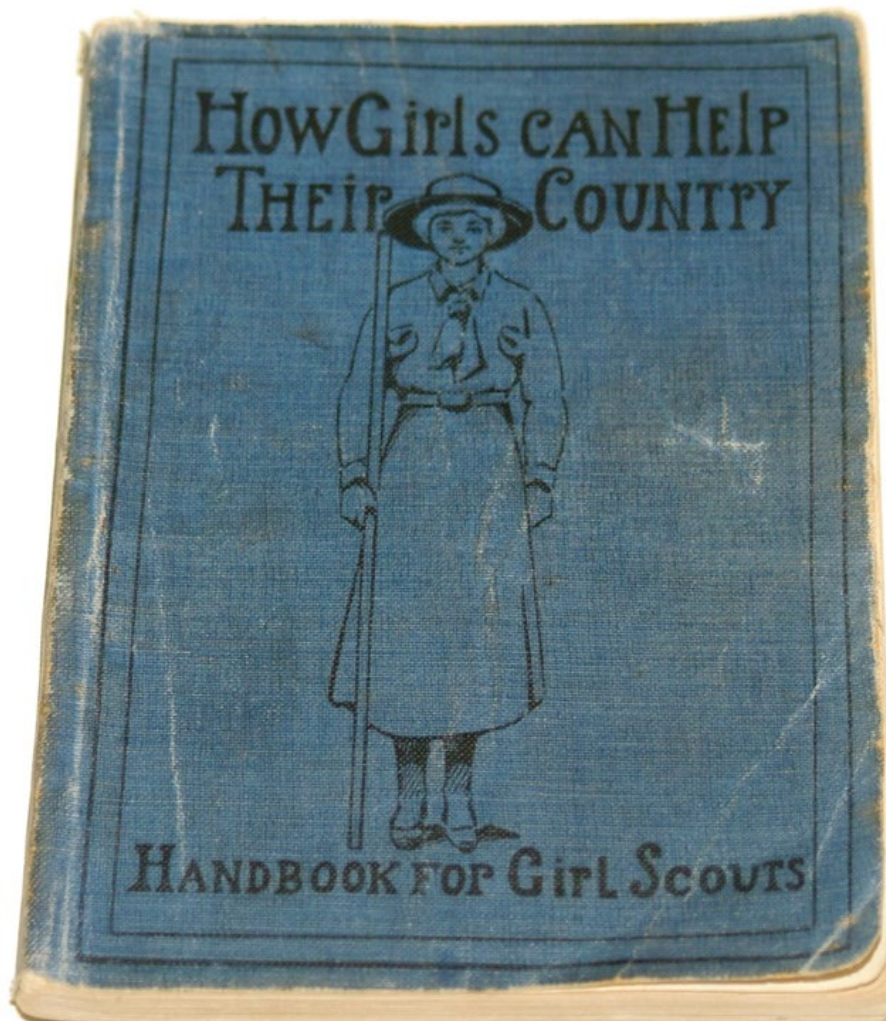
DAISY, BROWNIE, JUNIOR

1912 - 1919

Become a Tenderfoot

Tenderfoot was the first level of Girl Scouting. Complete 3 items in the following checklist inspired by handbooks of the past to become a Tenderfoot.

- Know the Girl Scout Promise, Law, Motto, Slogan and Handshake
- Tell the story of a pet, or any other living thing in nature
- Know the Governor of your state
- Learn about the mayor of your city
- Learn how to tie a square knot, clove hitch, and bowline
- Know how to fly and fold the flag
- Write down a list of 5 “good turns,” or good deeds you can do in your community



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1912 - 1919

At the start of Girl Scouts there were only three levels, Tenderfoot, Second Class, and First Class. Girls could not earn a badge until they reached Second Class. At the time there were only 27 badges a Second Class Girl Scout could earn! Here are a few of those badges- try and earn one!

Clerk- Must have legible handwriting, ability to typewrite; a knowledge of spelling and punctuation; a library hand; or write in shorthand from dictation at twenty words a minute. Ability to write a letter from memory on the subject given verbally five minutes prior.

Needlewoman- Know how to sew by hand and by machine. Know how to knit, embroider, or crochet. Bring two garments made and cut out by herself; and sew on hooks and eyes for buttons. Make a buttonhole and bring examples of darning and patching.

Pathfinder – Know the topography of the city, all of the public buildings, public schools, and monuments. Know how to call up the fire alarm. To be able to state the direction by stars or the sun.

Pioneer – Tie six knots. Make a camp kitchen. Build a shack of one kind or another suitable for three occupants.

TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1912 - 1919

The original Girl Scout Law looked a bit different from the one we have today. Over the last 111 years, it's changed a few times. How is the original different from the one we say? How is it similar? If you were to rewrite the Girl Scout law, what would you include?

Girl Scout Law (original)

A Girl Scout's honor is to be trusted

A Girl Scout is loyal

A Girl Scout's duty is to be useful and to help others

A Girl Scout is a friend to all

and a sister to every other Girl Scout,

no matter to what social class she may belong

A Girl Scout is courteous

A Girl Scout is pure in thought, word and deed

A Girl Scout is a friend to animals

A Girl Scout obeys orders

A Girl Scout is cheerful

A Girl Scout is thrifty



TRAVEL BACK IN TIME WITH US!

1920-1929



During the 1920s, membership skyrocketed, with over 200,000 registered Girl Scouts by 1929. There were troops in every state, plus Alaska, Hawaii, and Puerto Rico. Girls continued to learn about the outdoors and homemaking skills, with new “home arts” badges and an expanded naturalist badge.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1920-1929

In 1922, *Uses of the Neckerchief* was published in the *American Girl* magazine, a publication for girls in Girl Scouting. Use a neckerchief (or bandana) to learn at least three of the suggested uses below.

First Aid (triangular bandage uses)

- Arm sling
- Ankle Sprain Dressing
- Hand Bandage
- Head Bandage
- Foot Support
- Compress
- Smoke Mask for fire



General Usage

- Mosquito covering for your head
- Sweat band for games
- Identification for teams in games
- Tie for three-legged races
- Substitute for hat



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1920-1929

The Brown Book for Brown Owls, a leader's guide for Brownie Scouts, was written in 1926, and designated three ranks of Brownies: Brownie, Golden Bar and Golden Hand. To attain each rank, girls had to meet specific requirements in nature, handcraft, health, and service.

Complete three activities inspired from *The Brown Book for Brown Owls* to earn your Golden Brownie Bar!

Nature

- Plant something and watch it grow
- Feed a pet

Handcraft

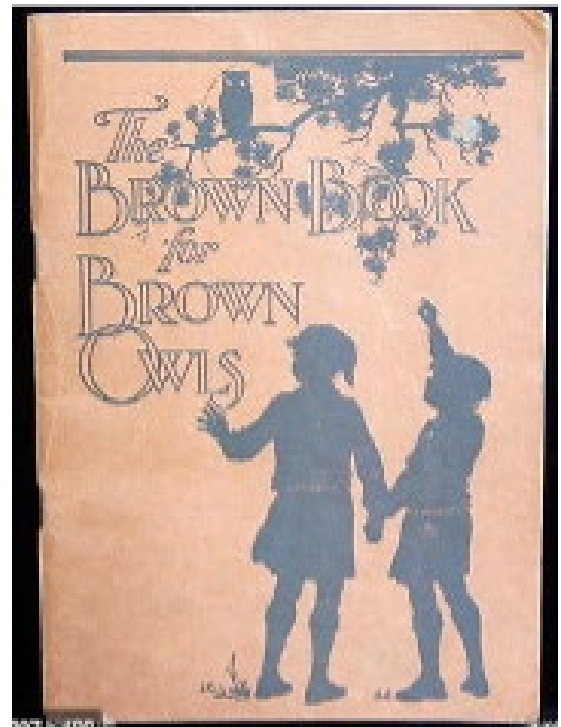
- Make two items, either sewn, knitted, woven, carved, built or modeled
- Wrap a package

Health

- Skip through a figure eight course
- Throw a ball 10 yards

Service

- Pour a glass of water without spilling
- Set a table for two



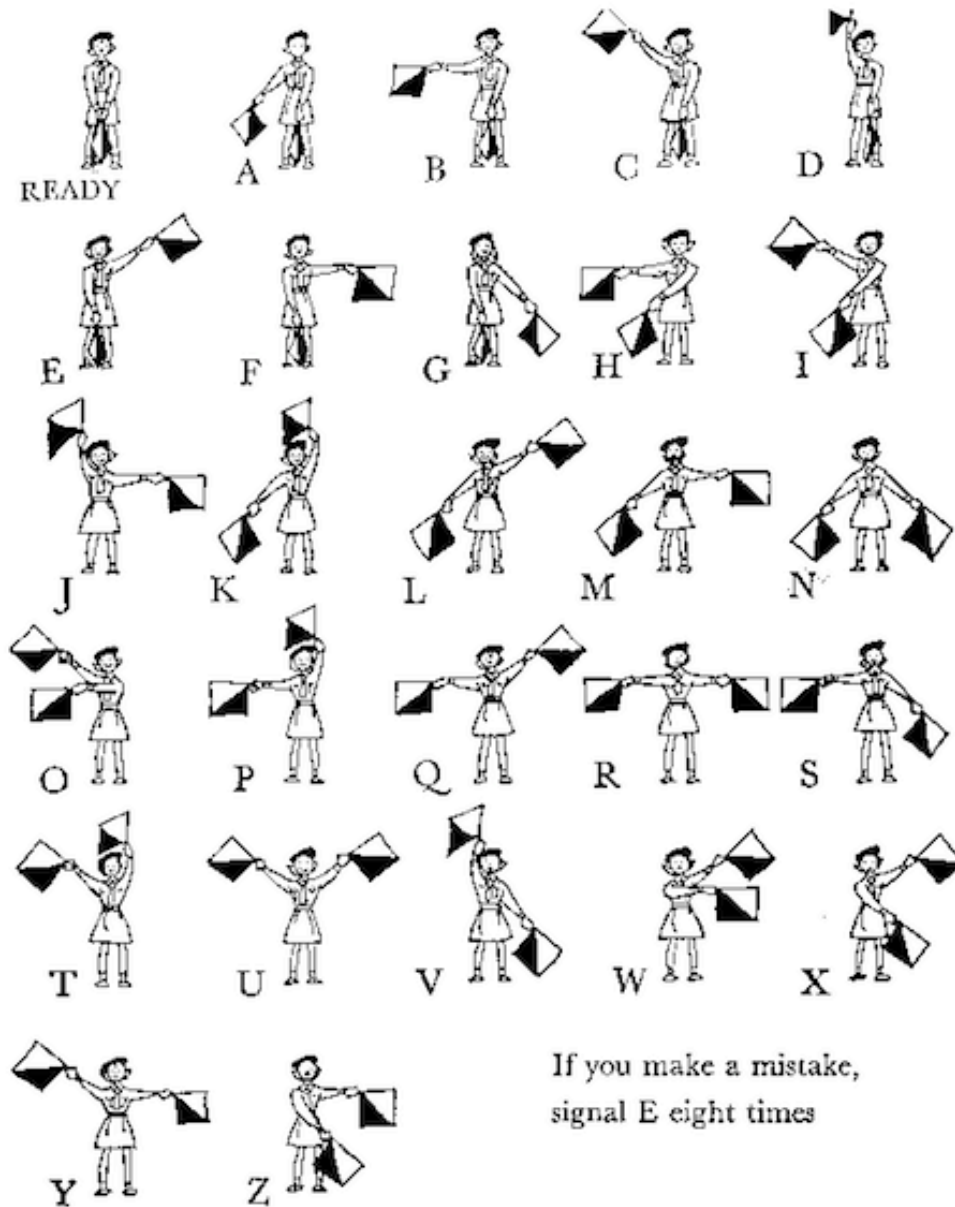
TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1920-1929

In order to earn their Second-Class rank in the 1920s, girls had to learn how to use semaphore flags.

Semaphore flags were used to quickly signal a message over a short distance. Make your own Semaphore flags and practice signaling short messages, such as your name, with your friends.



If you make a mistake,
signal E eight times

TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1920-1929

In the 1920 handbook, the number of proficiency badges expanded to 47, reflecting the increasing opportunities for girls. Just as before, Girl Scouts had to be Second Class Scouts prior to obtaining a badge.

See if you can pass the Tree Test from the *Flower Finder* badge, with the original requirement from the 1920s.

- Give examples of the two great groups of trees and how to distinguish between them.
- Why is forest conservation important? What are the laws of your State concerning forest conservation?
- Mention at least three uses of trees.
- Collect, identify, and preserve leaves from twenty-five different species of trees.
- Mention three trees that have opposite branching and three that have alternate.
- How do the flower-buds of Flowering Dogwood differ from the leaf-buds? When are the flower-buds formed?
- The buds of what tree are protected by a natural varnish?
- Mention one whose outer bud-scales are covered by fine hairs. Can you find a tree that has naked buds?
- From a Sassafras-tree or from a Tulip-tree collect and preserve leaves of as many shapes as possible.
- Name five trees in this country which produce edible nuts.







TRAVEL BACK IN TIME WITH US!



1930-1939



During the Great Depression, Girl Scouts participated in relief efforts by collecting clothing and food for those in need. And as the country continued to deal with the waves of immigration from the previous decade, Girl Scouts began printing its ***Who Are the Girl Scouts?*** promotional booklet in Yiddish, Italian, and Polish.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1930-1939

Just like Girl Scouts did when they noticed their communities were struggling, make a list of the agencies in your community that help those in need. Some examples of agencies might be your local schools, local agencies that assist families in need, local animal shelters, community food shelters. Pick one agency and really investigate, find out who they are, who they help, how they help and contact them to see how you can help them. There is always work to be done in our communities, and service to others is an amazing part of the Girl Scout tradition.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1930-1939

Girls often had to use their creativity to come up with games, as families didn't have a lot of extra money to spend on entertainment.

Make a simple toy or board game and play with your friends.

What are the rules?

How many people can play at a time?

Are there props, time limits, or surprises?

In the 1930s, games such as Scrabble, Monopoly, Sorry!, The Game of Life, and Chutes and Ladders were introduced. Who knows, maybe the game you create could be the next big thing!



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1930-1939

In 1932, Frances Perkins was appointed Secretary of Labor and became the first woman to serve officially in the Cabinet. A year later, Nellie Taylor Ross became the first woman to serve as the head of the U.S. Mint. In 1936, Mary McLeod Bethune became the highest ranking African American woman in government as a director in the National Youth Administration. Learn more about the history and accomplishments of these women and share with a friend.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1930-1939

Part of the Girl Scout Law in the 1930s stated that “A Girl Scout is thrifty,” which means being careful of time, money, energy and materials. Thriftiness was especially important in the Great Depression, as girls had to make do with what they had.

Try your hand at being thrifty by turning your old T-shirts into a handy tote bag using this tutorial:

<https://www.instructables.com/No-Sew-10-Minute-T-Shirt-Tote/>



TRAVEL BACK IN TIME WITH US!

ALL AGES

1930-1939

The 1930s handbook had a wide variety of recipes, designed to help Girl Scouts learn about nutrition and homemaking skills.

Try out this recipe for Apple Cobbler.

Ingredients:

3 apples, sliced
4 tablespoons sugar
1 cup flour
1 teaspoon baking powder
1 egg, well beaten
¼ cup milk
2 tablespoons butter
½ teaspoon vanilla
¼ teaspoon cinnamon
½ teaspoon salt

Directions:

1. Line a buttered baking dish with sliced apples.
2. Sprinkle with the 4 tablespoons of sugar and cinnamon.
3. Sift remaining dry ingredients.
4. Combine egg, milk, vanilla, and melted butter, and add to dry ingredients. Spread batter over apples and bake in a moderate oven, about 350 degrees Fahrenheit, for about forty minutes.
5. Invert on a platter for serving.



TRAVEL BACK IN TIME WITH US!

1940-1949

During World War II, Girl Scouts interested in flying participated in the Wing Scouts program. Girl Scout troops also operated bicycle courier services, ran Farm Aide projects, collected fat and scrap metal, and grew Victory Gardens, as well as sponsored Defense Institutes that taught women survival skills and techniques for comforting children during air raids.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1940-1949

Research Victory Gardens. What did they have to do with the war effort and how were they important? What types of vegetables were planted in a Victory Garden? If you were to create a Victory Garden, what would you plant in it? How would you decorate it? Draw a picture of your victory garden using all sorts of colors. See if you can create one in your backyard or community!



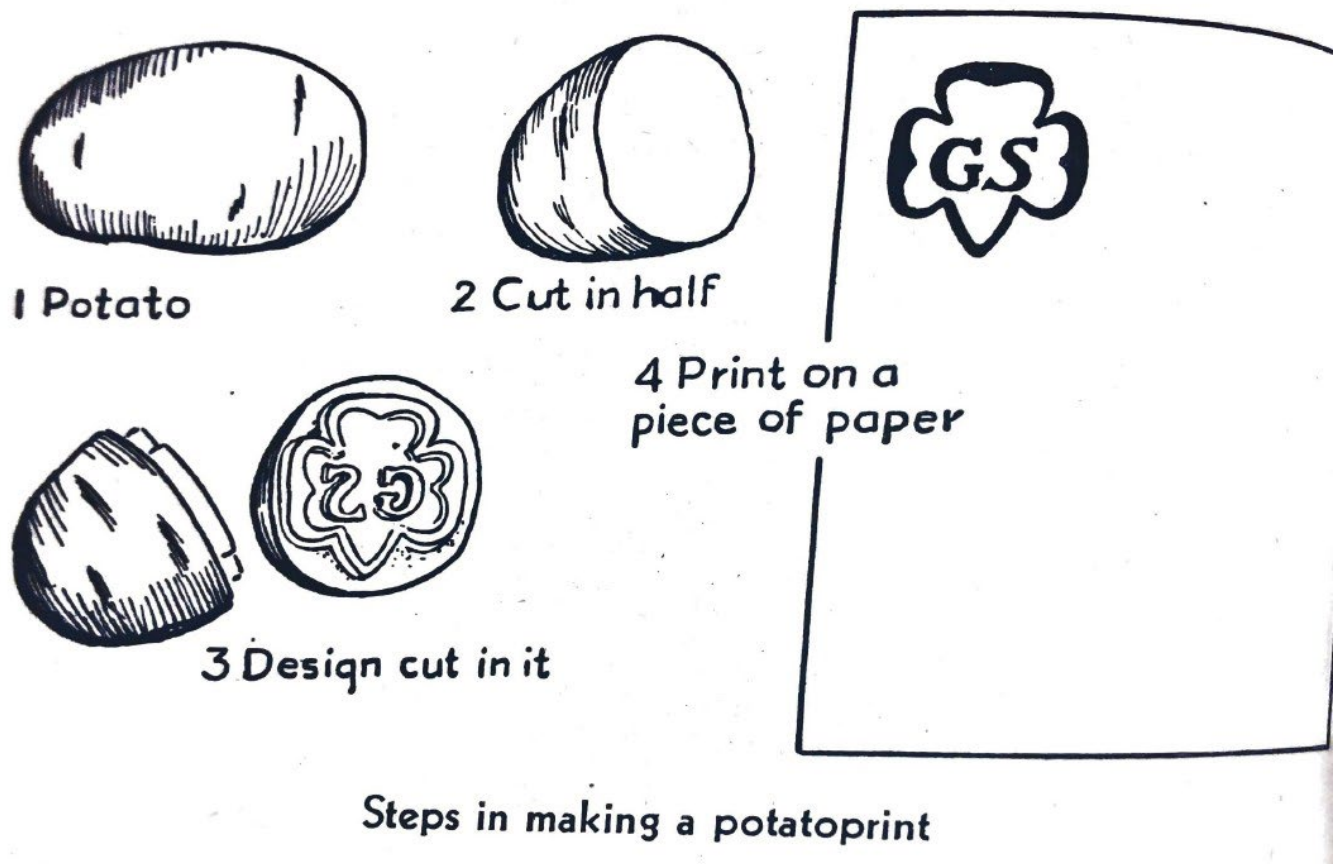
TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1940-1949

The 1940s handbook had an entire chapter on Arts and Crafts. Try this printing activity, using a potato and paint.

Keep this advice from the handbook in mind as you make your designs: ***“remember to keep the design for a block print simple and remember that all lettering is cut backward on the block. If the letters look right in a mirror, they will look right when printed.”***



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1940 – 1949

It is one thing to read about history- it's another to experience it from someone who lived during the time itself! Girl Scouts are thoughtful, well informed citizens who have a hunger for learning about the past while we look to the future. For this decade's activity, interview someone who lived during World War II or watch an interview online.

What was daily life like for them?
How have things changed?
How have they stayed the same?



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1940 - 1949

During the 1940s, Girl Scouts were involved in patriotic war efforts at home and learned about the history of the American flag. Using the instructions from the handbook below make a paper star.

COMMUNITY LIFE 111

OUR FLAG TODAY

The Flag of the United States of America is the symbol of the oneness of the nation.

The thirteen stripes stand for the thirteen original states—Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island. The forty-eight stars stand for the states now in the Union.

The colors of the Flag are red, for valor; white, for purity; blue, for justice. The five-pointed stars originally meant “a new constellation” arisen in the skies of the world—a new nation.

How to make a five-pointed star

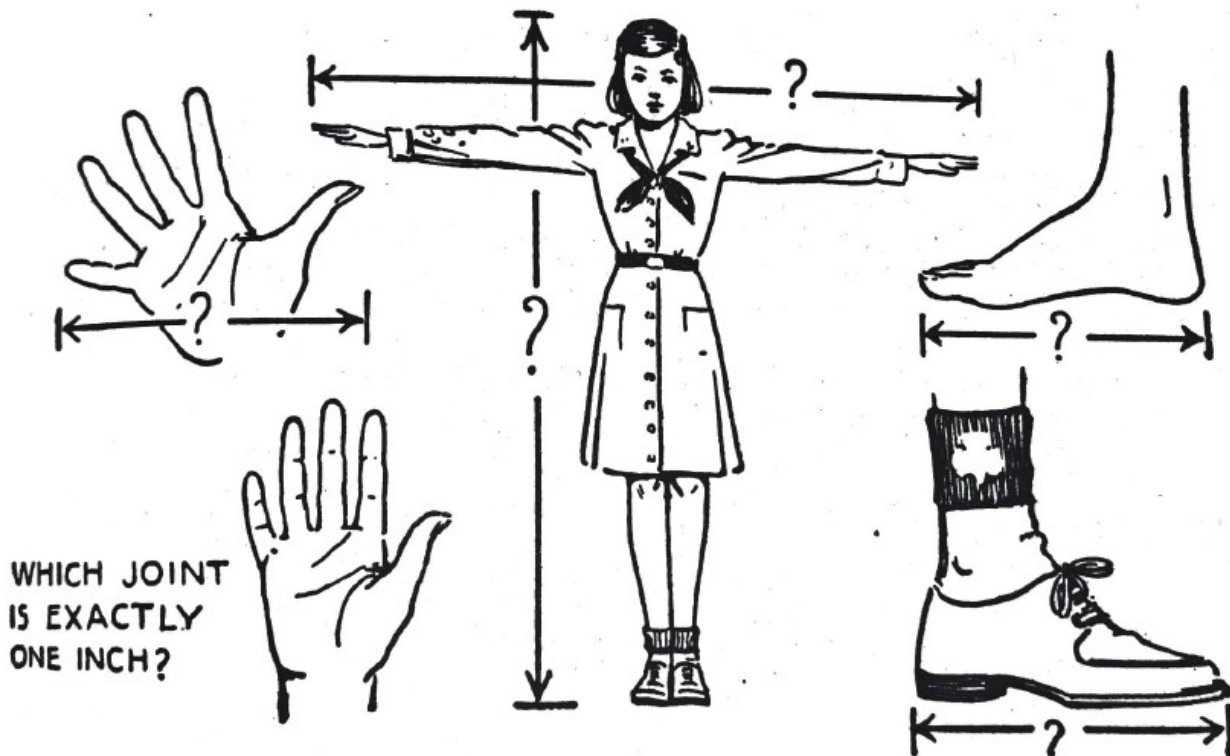
TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1940 – 1949

Girl Scouts in the 1940s learned how to use their own body to measure and estimate distances. Using the handbook diagram below, measure the distance between your pinky and thumb. Using the same diagram measure the distance between your foot and your arm span. Then, use your body to measure different distances and objects around your home. Compare your findings to a measuring tape. How close were you?

Your own measurements are a measuring scale you can often use. Find out the following about yourself:





TRAVEL BACK IN TIME WITH US!



1950-1959

The Girl Scout program continued to expand, and by 1957, there were over 3 million members. Membership expansions included providing Girl Scouting programs to children of migrant agricultural workers. Girl Scouts also continued to stay involved internationally.

Say It-in Another Language was created in 1958, to help encourage Girl Scouts to learn foreign languages, such as French, German, Japanese and Spanish. Girl Scouts also created small bags with toiletries and sewing kits as part of the American Relief for Korea.



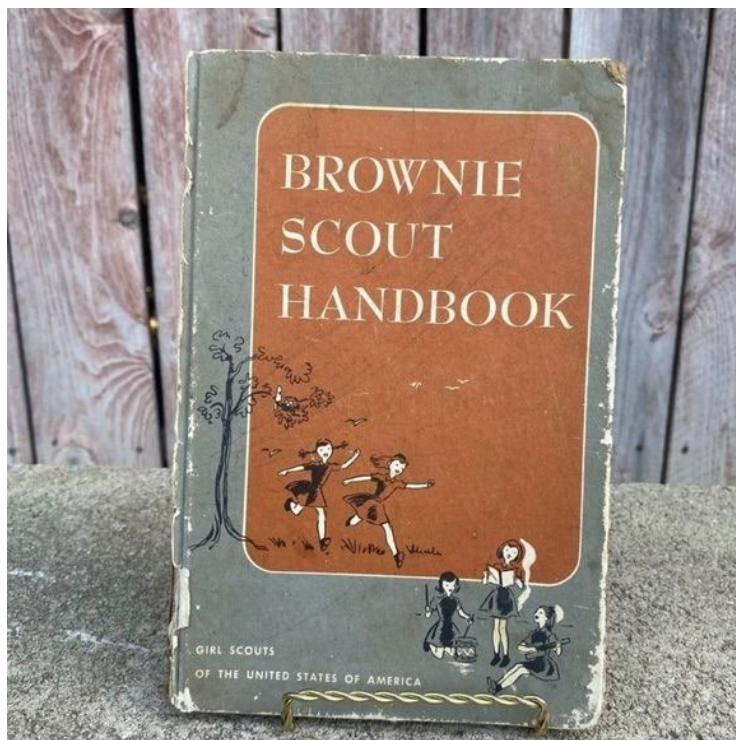
TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1950-1959

The first handbook for Girl Scout Brownies was published in 1951. The new book included activities on arts and crafts, literature, dancing, community life, sports, the outdoors, agriculture and so much more. Try a few of these activities inspired by the Brownie handbook!

- Learn to weave. Make potholders or dishcloths with yarn on a small cardboard or wooden frame.
- Visit rug weavers.
- Go to a museum to look at tapestry.
- Put on a pet show.
- Learn about the “balance of nature,” and discuss why insects, spiders and snakes are important to the environment.
- Write thank you notes to people who have helped your troop, such as troop leaders, friends, or community members.
- Make a list of all the nature found in a troop meeting place.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1950-1959

Paper dolls were a very popular activity during the 1950s. Paper dolls are figures made from heavy paper, such as cardstock. Dolls often came with pages of outfits that could be punched out of the paper and attached to the doll with small tabs. This allowed girls to create a variety of looks and express themselves!

Try making your own paper doll and see how yours differs from your fellow Girl Scouts'. What makes us different is what makes us all uniquely amazing.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1950-1959

Tensions were on the rise as topics such as racism and discrimination were at the forefront of social issues. The March 1953 issue of Ebony Magazine indicated that "Girl Scouts in the South are making steady progress toward breaking down racial taboos." What does this mean? How can you continue this legacy and be a sister to every Girl Scout? In 1957, Dr. Martin Luther King, Jr. declared the Girl Scouts "a force for desegregation".

Discuss with your troop and be sure to listen with open ears and an open heart. These conversations continue today, and it takes all of us to fight to ensure our sisters are all treated fairly.



"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that"

TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1950-1959

In order to earn the Second Class Rank in the 1950s, girls had to complete one activity from 11 different fields ranging from arts and crafts to international friendship to homemaking to safety. Below is just a small sampling of activities listed in the handbook – see how many you can complete.

Arts and Crafts

Make and bind a notebook or scrapbook.

Literature and Dramatics

With others, dramatize a story and present it at a troop meeting or before some audience.

Music and Dancing

Learn to sing with your troop at least five Girl Scout songs.

International Friendship

Learn about the Girl Scouts or Girl Guides of one country other than the USA. Learn about the purpose of our Juliette Low World Friendship Fund and what its projects are.

Out-of-Doors

Go on a hike with your troop and be responsible for one of the following: where to go and what to wear; games or songs along the way; the program at the site; collecting and packing first aid equipment and any supplies; keeping a record of the trip.

Homemaking


Invite some other Girl Scouts or friends to visit your troop meeting. Plan ways to make them feel at home and activities you think they would enjoy.



TRAVEL BACK IN TIME WITH US!

1960-1969

Girl Scouts continued to grow their membership, and introduced a membership campaign called the **Piper Project**, which featured Debbie Reynolds as the Honorary National Piper. Girl Scouts continued to advocate for civil rights, with **Senior Speakout** conferences held around the country in 1968, focused on combating prejudice. A year later, the National Council launched **Action 70**, a nationwide effort designed to combat prejudice and foster community.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1960-1969

Tie-dyeing was a popular trend in the 1960s. Create your own tie-dye shirt or bandana by using a pre-owned garment or purchase a blank garment from the local craft store! If you tie-dye a bandana, you will be able to use it for another activity. See what type of designs and colors you can use together!



TRAVEL BACK IN TIME WITH US!

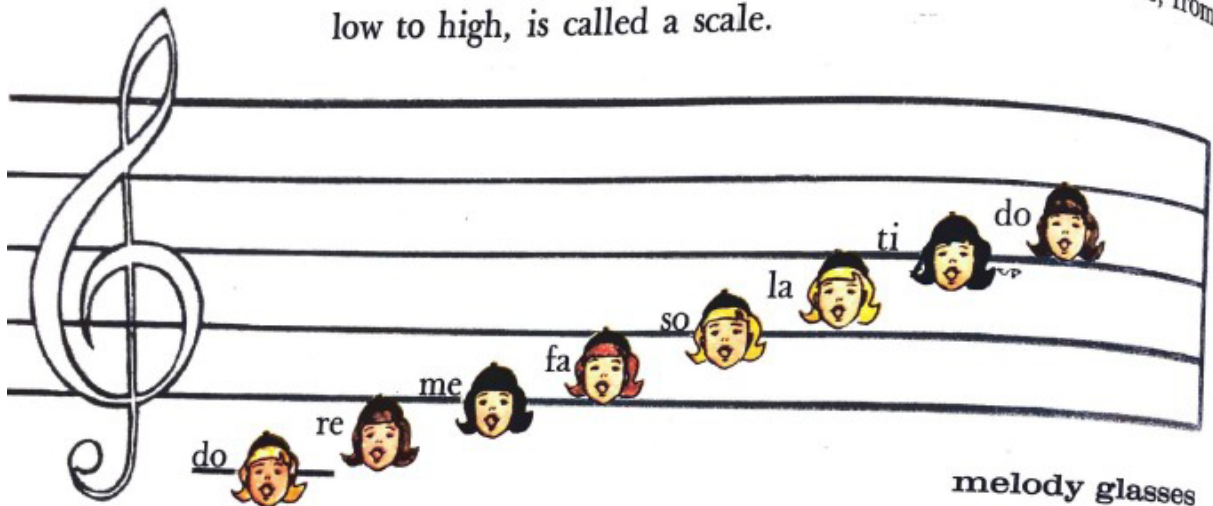
DAISY, BROWNIE, JUNIOR

1960-1969

Music was a huge part of the culture in the 1960s. Listen to a few songs from the 1960s. Then, try making some music of your own from the 1960s Brownie handbook. This activity continues onto the next page.

playing a tune

You can beat out rhythm on your drum, but you cannot play a tune on your drum. To play a tune you need a staircase of sounds—some high like a bird's song, some low like a cow's moo, some in the middle. The staircase of sounds, from low to high, is called a scale.

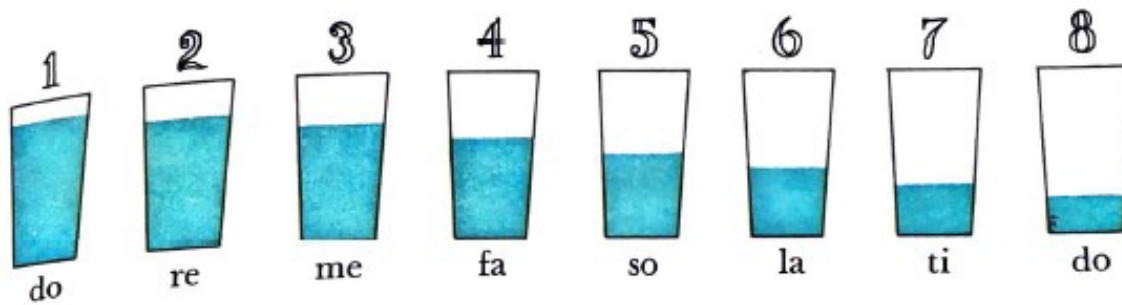


Here is how you can play a tune on drinking glasses.

- 1 Get eight glasses the same size.
- 2 Fill one glass with water. Tap the glass. Sing the sound you hear, calling it *do*.
- 3 Have a Brownie who knows the scale sing the next note: *re*. Pour some water in the second glass. Tap it. Does it sound like *re*? Add or take away a little water until you get the sound of *re*.



- 4 Tune the rest of your glasses the same way until you have the eight sounds of the scale. Number the glasses from 1 to 8.
- 5 With nail polish or tape, mark how high the water is in each glass. Then it will be easy to fill the glasses the next time.



You can play "Three Blind Mice" on your Melody Glasses. The numbers below tell which glasses to tap. You tap fast or slow in different places to follow the rhythm. Try to play other tunes, too.

Three Blind Mice

3 2	1	3 2	1	Three blind mice, three blind mice.
5 44	3	5 44	3 5	See how they run, see how they run. They
8 8767	8 555			All ran after the farmer's wife, who
888767	8 555			Cut off their tails with a carving knife. Did
888767	8555 4			You ever see such a thing in your life, as
3 2	1			Three blind mice!

TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1960-1969

If you tie-dyed a bandana earlier, you could use it to try out these bandana tricks from the Brownie handbook. Or grab another fun bandana and impress your friends. These tricks are on two pages!

bandana tricks

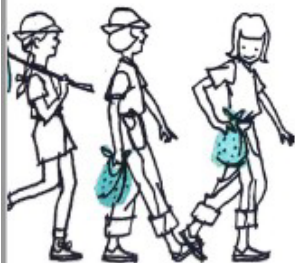
Here is what you can do with a large cotton bandana.



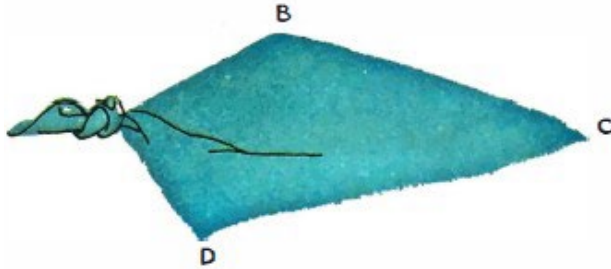
Carry your hike lunch in a bandana. First place your lunch in the middle. Tie corners A and C together with a square knot. Then tie corners B and D together with a square knot.



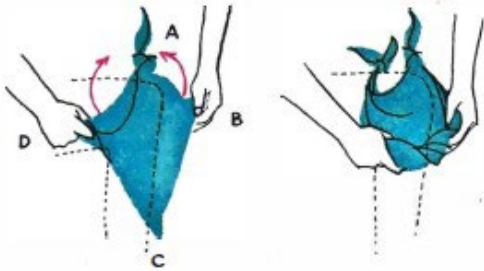
Bring home your trail treasures the same way. On your way back from the hike, use your bandana to carry the things you collect.



You may hold your bandana carryall by hand. You may slip it through your belt, or carry it on a forked branch.



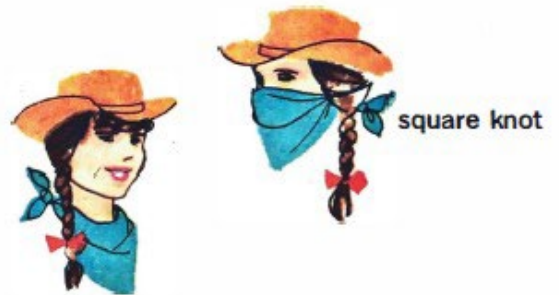
Wear your bandana as a pixie cap. In one corner make an overhand knot.



Place the bandana on your knee with the knot on top, this way. Tie corners B and D together with a square knot. Roll it up, starting with corner C.



Keep rolling it up all around until the cap fits you. And there it is—your pixie cap! Make one for a younger girl who cannot make her own.



Wear your bandana as a neckerchief. And use the cowboy mask for dusty roads!

TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1960-1969

Sit-upons are an extremely useful craft! Follow the instructions from the 1960s Brownie Handbook to make your own sit-upon, for next time you need to sit on the ground. Vinyl tablecloths make a great outside layer.



things to use outdoors

At Brownie meetings you learn how to make and do many things useful outdoors. Getting ready for a hike, or other outdoor good time, can be as much fun as the hike itself.

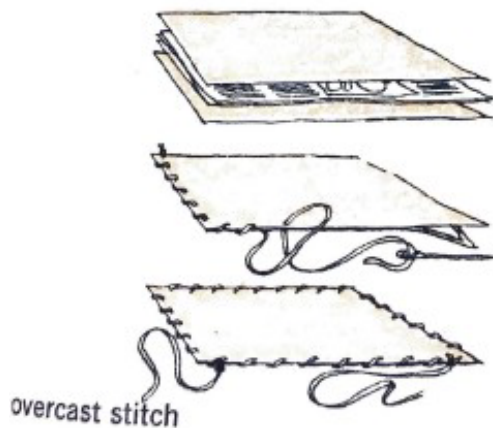
a sit-upon

Its funny name tells what it is. You sit upon it when the ground is damp or dusty.

Get a large piece of waterproof material, like oilcloth or plastic. Cut it into two squares.

Put a cushion of newspaper between the squares.

Fasten together with staples or stitches. Your leader will show you how to make a running stitch or overcast stitch. Be sure to staple or stitch in two pieces of tape.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1960-1969

Senior Girl Scouts could attend a ***Girl Scout Roundup***, a nationwide encampment and often the highlight of a Girl Scout's membership. In July 1962, the third ***Girl Scout Roundup*** was held in Button Bay, Vermont. Girl Scouts from all over the country and Girl Guides from around the world had to apply to attend. Generally, eight girls were chosen to represent each Girl Scout council, with two alternates also chosen. Those eight girls formed a single patrol, which would join three other patrols intentionally chosen from three other geographical areas to form one troop.

Two adults were selected to be leaders. All attendees had to attend training and encampments in their regions to prepare for the ***Girl Scout Roundup***. Roundup Camp uniforms were required, and the Seniors often traveled to the ***Girl Scout Roundup*** in the full Senior dress uniform.

At ***Girl Scout Roundups*** the tradition of Girl Scouts exchanging keepsakes, known as SWAPS began. Make a SWAP for a fellow Girl Scout! SWAPS should tell something about the givers or their group. Girl Scouts may include their first name and Troop number and can represent the givers' country, community, or local Girl Scout council.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1960-1969

The Girl Scout Rose and the Brownie Girl Scout Marigold were specially developed to honor the Girl Scouts 50th anniversary on March 12, 1962. Using the sand technique from the 1960s Cadette Girl Scout Handbook, learn how to dry flowers such as marigolds.

Flowers All-Year-'Round!

Make dried flowers out of real live ones. Experiment with the flowers and plants that grow in your locality. Depending upon the season of the year and the climate, some varieties will dry when hung upside down for a few days or weeks in a cool, dry, dark place.

Sturdy varieties, such as zinnias, marigolds, can be dried in sand. You will need: fine, clean, perfectly dry sand; a number of small cardboard boxes; trays (or cookie sheets or convenient shelves).

Arrange the boxes on trays and pour a thin layer of sand on the bottom of each box. Put several flowers on top of the sand, face down and not touching each other. Slowly and carefully cover the flowers with more sand. Do not replace the box covers.

Keep the boxes from being shaken or becoming damp and, in three to four weeks, pour the sand off gently. If you have worked carefully the flowers will have kept their shape and much of their original color.



TRAVEL BACK IN TIME WITH US!

1970-1979

A new logo was introduced in 1978 to represent the diversity in Girl Scouts. Reflecting the contemporary Girl Scouts identity, all the cookie boxes and products were redesigned and standardized. The uniform was updated, adding pants as an option for each level and shorts as an option for Brownies and Juniors. The movement also introduced the first environmental education program, called Eco-Action.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1970-1979

Pet rocks were a huge fad in the 1970s. Make your own with a rock you find outside, and craft supplies, such as pipe cleaners, feathers, googly eyes, paint, and pom poms. Does your pet rock have a name? Can you take it with you to the grocery store, or introduce them to your family?

Can you schedule a playdate with another friends' pet rock? Use your imagination and get creative!



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1970-1979

The Five Worlds of Interest in Girl Scouting were introduced in the 1970s: *the World of Well-being, the World of People, the World of Today and Tomorrow, the World of Arts, and the World of the Out-of-Doors*. Try out one of the activities from a few of the different worlds, with instructions from the Brownie and Junior handbook.

World of Well Being

Write a "friend wanted" advertisement. It should tell what you like in a friend. Read the ads written by troop members out loud.

What things did everyone like in a friend? Did you ask for something no one else did? Are you the kind of friend to others you'd like for yourself?

World of People

Plan a community you would want to live in and make a model of it, either with boxes or in a drawing. How many people will live there? How will you travel? What do you need?

World of the Arts

Cut out shapes from different colors of tissue paper. Brush a thin layer of white glue onto a piece of cardboard. Now press down the pieces of tissue you have cut out. Try overlapping the pieces of tissue. What colors do the overlapping pieces make? For a different look, try tearing some of the pieces instead of cutting them. After everything is in place, you can carefully brush a thin coat of glue over the entire design.

World of the Out-of-Doors

Visit a nearby pond, beach, or vacant lot and see how people have been hurting the environment by the things they do. Are there things your Girl Scout troop might do to make this place better for people, plants and animals?



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1970-1979

Juliette Gordon Low was inducted into the National Women's Hall of Fame in Seneca Falls, NY, in October 1979. Explore the National Women's Hall of Fame website and the histories of some of the other women.

If you were to be inducted into the Hall of Fame, what would you want to be inducted for? Share these dreams with your troop and encourage one another to reach for the stars!

Did you know...

...on October 28, 1979, Juliette Gordon Low was inducted into the National Women's Hall of Fame in Seneca Falls, New York.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1970-1979

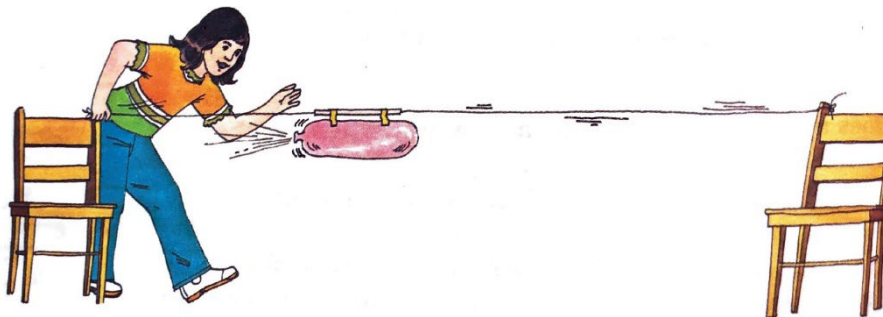
The Five Worlds of Interest in Girl Scouting were introduced in the 1970s: *the World of Well-being, the World of People, the World of Today and Tomorrow, the World of Arts, and the World of the Out-of-Doors*. Try out one of the activities from a few of the different worlds!

The World of Today and Tomorrow

You can make a balloon on a string move the same way a spaceship does. You need: a large balloon, masking tape, 1 plastic soda straw, 6.5 feet of string, 2 chairs.

Thread the piece of string through the straw. Tie each end of the string to the top of the chairs. Move the chairs as far apart as possible. Blow up the balloon and hold it shut. Tape the balloon to the straw. Release the balloon and see what happens.

As air rushes backward out of the balloon, it pushes the balloon forward. The Law of Action and Reaction tell us that for every action in one direction, there is an equal action in the opposite direction. If you have seen a space launch on TV, you know that the rocket ship goes up in a burst of flame. Hot gases rushing out of the bottom of the rocket push the upward and send the astronauts off into space.



The World of Out of Doors

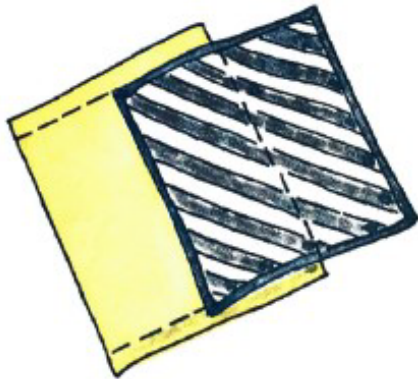
Make a Bedroll (2 pages)

The Bedroll or Sleeping Bag

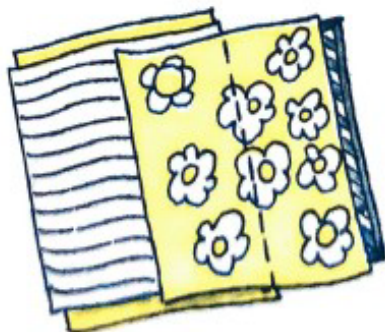
The blanket bedroll is easy to make and is good for over-nights and sleep-outs away from the campsite. It is handy when you head for your site in a car or bus, but hard to carry on longer trips or when backpacking. Inexpensive lightweight sleeping bags are practical and take much less room. Most come with their own "stuff bag." Try out your sleeping bag or bedroll before you go camping to be sure that it is warm enough.

This is how to make a bedroll with three blankets:

1. Place ground cloth flat on ground. It should be 30 cm longer than blanket. Place first blanket down center of ground cloth.
2. Place second blanket down center of first blanket.

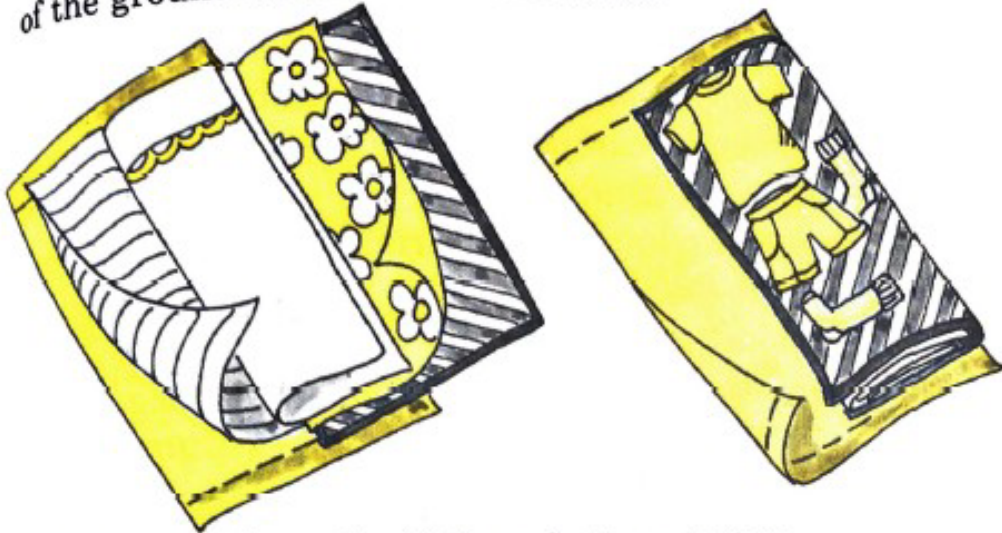


3. Place third blanket on top of first, covering half of the second blanket.
4. Take sheet and fold it in half. Place on third blanket with open edges down center of the blanket.

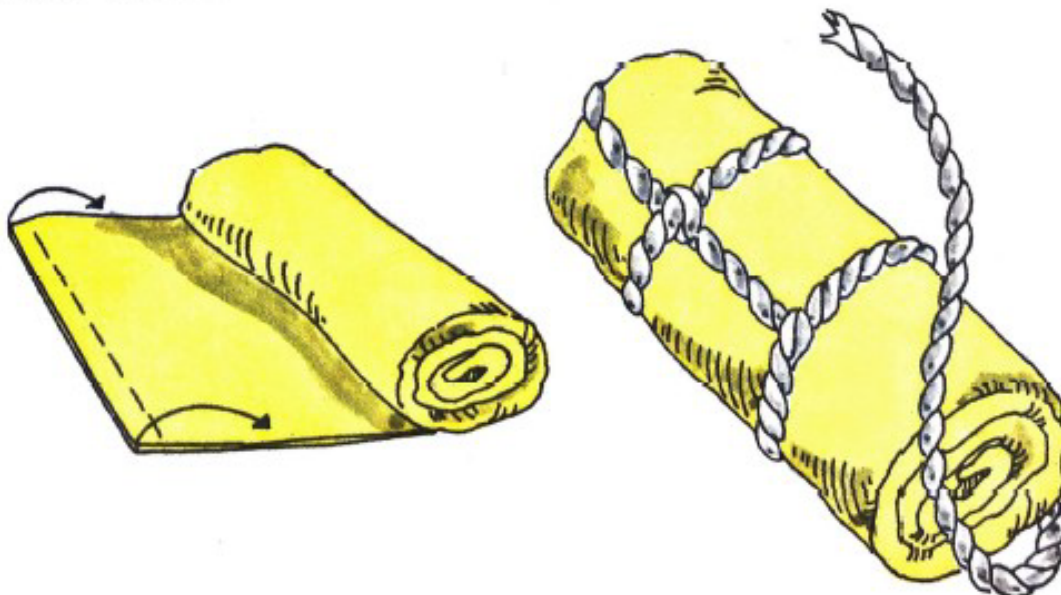


Make a Bedroll page 2

5. Fold uncovered part of third blanket over the sheet. Then fold the half of the second blanket over it. Then fold the half of the first blanket over that.
6. You can roll some of your clothes and equipment in a bedroll. Lay them on top of the blanket. Now fold the half of the ground cloth over the blanket.



7. Tuck in ends and roll from bottom to top.
8. Tie with two half hitches.



If you are cold at night, put extra bedding, tarp, plastic, or even newspaper under you. Can you guess why?

TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1970-1979

The World of The Arts

The way we get our information has changed rapidly. Now we use cellphones, computers, and radio - but don't forget how big a role magazines and papers used to play (and still do)!

Create your own news article about an activity your troop did. Make a booklet by folding in half two or three sheets of paper. Cut a decorated paper slightly heavier, or plain colored paper, the same size. Staple these together to form a booklet. Extra, Extra, Read all about it!



TRAVEL BACK IN TIME WITH US!

1980-1989

In 1984, Girl Scouts added the youngest level of scouting, Daisy, for girls five years old or in kindergarten. The National Museum of American History created an exhibit on the history of Girl Scouts in 1987, in honor of the 75th anniversary of Girl Scouts, and attracted over four million visitors. Girl Scouts also introduced the Contemporary Issues series, which was designed to help girls navigate social issues. Topics included literacy and mental health.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1980-1989

In the 1980 *Junior Girl Scout Badges and Sign Handbook*, Junior Girl Scouts had 76 badges to choose from, and three signs they could earn: Sign of the Rainbow, Sign of the Sun, and Sign of the Satellite. Try to earn the Sign of the Satellite!

Satellites were made to view and explore new horizons. They aid communication in many ways. You will be adventuring out into new worlds which are beginning to open up to you. The Sign of the Satellite will guide you into exploring ways to help yourself, your neighbors, and your community.

To earn the Sign of the Satellite, girls had to complete a badge from the World of Today and Tomorrow, the World of the Arts, and the World of the Out of Doors, learn about worldwide Girl Scouting, work with children, learn about career fields, and learn about your community.

Try one of the following activities:

- Learn about the different volunteer roles in Girl Scouts
- Help out with outdoor work around a yard, home park
- Sample the Science in Action badge: For two days, make a list of all the things you use that are electric. Next to these things, write down what you would have used if you had lived 100 years ago. Describe what you think one of these things might be like 100 years from now.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1980-1989

The Game of Nine was one of the activities Girl Scouts could complete to earn the Math Whiz badge! Try it out with your troop.

Put nine pennies in three rows, with four pennies in one row, three in the next, and two in the last row. The players take turns removing pennies, using these rules: a player can take away pennies from only one row during a turn. The player can take as many pennies as she likes from the row but must take at least one. The player who takes the last penny is the winner.

1 2 3
A takes 2 from 1

1 2 3
B takes 3 from 3

1 2 3
A takes 1 from 2

1 2 3
B takes 1 from 2

1 2 3
A takes heap 1

1 2 3
B takes 1 from 2

1 2 3
A takes 1 from 3

1 2 3
B takes heap 2

1 2 3
A takes last coin and wins

CADETTE, SENIOR, AMBASSADOR

1980-1989

The Challenge of Being a Girl Scout, for Cadette and Senior girls, was designed for girls to understand more about themselves, and how the ideals of Girl Scouting relate to everyday life.

Try out some of the activities from this challenge:

- Make a list of qualities you value in a friend. Mark those qualities you already possess. Choose one or two qualities you would like to have. Over a three-to-four-week period, make every effort to make these qualities your own.
- Write a biography, series of poems or songs, a fictionalized account, a play, or choreograph a dance on important people in the history of the Girl Scout movement.
- With your troop, talk about what you like best about being a Girl Scout



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1980-1989

In 1980, the Gold Award became the highest recognition in Girl Scouts, replacing the First Class Award. The Silver Award was also introduced as the highest award for Girl Scout Cadettes. Over the years, the requirements for these awards have evolved, but they remain as the highest awards in Girl Scouts. Talk to someone who has earned either the Silver award or the Gold award and learn about their project. It's never too early to brainstorm a project, share your project ideas with others, or encourage your fellow Girl Scouts who are working on their awards.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1980-1989

Girl Scouts celebrated their 70th anniversary in 1982 with a special service project called ***Gift of Water***. This involved studying conservation, learning about water safety, and learning about the history and heritage of the waterfronts. Try these activities from the ***Water Fun*** badge.

- List ways you can save water and not add to pollution, then make it an everyday habit!
- Search for signs of life or change at the water's edge. Without disturbing nature's balance, do at least one of the following:
 - Pick up shells, pebbles or driftwood
 - Dig clay or build a sand castle
 - Press seaweed or pond plants
 - Visit an aquarium, aquafarm or nature center
 - Make up your own shoreline activity
- Tune in at least three of your senses and:
 - Listen to the sounds of the sea or a babbling brook
 - Watch the waves or a flowing stream
 - Smell salt air or taste fresh spring water
 - Feel a breeze under sail or fly a kite at the beach
 - Bury your feet in the sand or dangle them in a pool
 - Express your own feelings or enjoy music, art, or words that others have created about water



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1980-1989

In October 1984, adult Girl Scout Kathryn Sullivan, became the first American woman to walk in space. A few months later, in April 1985, the **Aerospace proficiency badge**, a membership star and the **Global Understanding Interest Project** patch were flown on the Discovery space shuttle. M. Rhea Seddon, a former Girl Scout, was the mission specialist for the flight. Try out some of these activities from the Aerospace badge:

- Look through a telescope at three or more heavenly objects, such as a star cluster, a nebula, a galaxy, a planet, a moon.
- Take a person or group outside to show them the Big Dipper and North Star and four other constellations. Learn the names of some of the bright stars in the constellations.
- Suppose that thinking beings have been found in space and an unmanned spaceship can reach them. Choose ten items to send them that would talk about present-day life on earth and show we are friendly beings contacting them in peace. Describe the items and tell why you chose them!



TRAVEL BACK IN TIME WITH US!

1990-1999

In the 1990s, the Girl Scouts focused on literacy and healthy living, with the launch of fitness service project ***Be Your Best. Right to Read***, a national literacy service project, was also introduced. As you can see, Girl Scouts has remained creative and innovative ever since its inception.



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1990-1999

As part of the 80th anniversary celebration, Girl Scouts launched a nationwide environmental project, called ***Girl Scouts Care for the Earth***. All over the country, Girl Scouts learned how to protect natural resources, and complete environmental service projects like tree planting and recycling. Get into the environmental spirit by trying out these activities from the ***Eco-Action*** and ***Ecology*** badges:

- Develop a list of personal “eco-actions” you can take that will have a positive effect upon the environment.
- Locate a place in your community where you think trees are an important part of the environment. Do they provide shade, beauty, a wind and sound barrier, or protection from erosion? Remember that trees are also an important part of the oxygen cycle, absorbing carbon dioxide and producing oxygen which we breathe. Can you think of any other reasons trees are important?
- Choose an ecosystem that is familiar to you. Design an imaginary creature with adaptation suited for survival in this ecosystem. Compare your results with those of a friend.

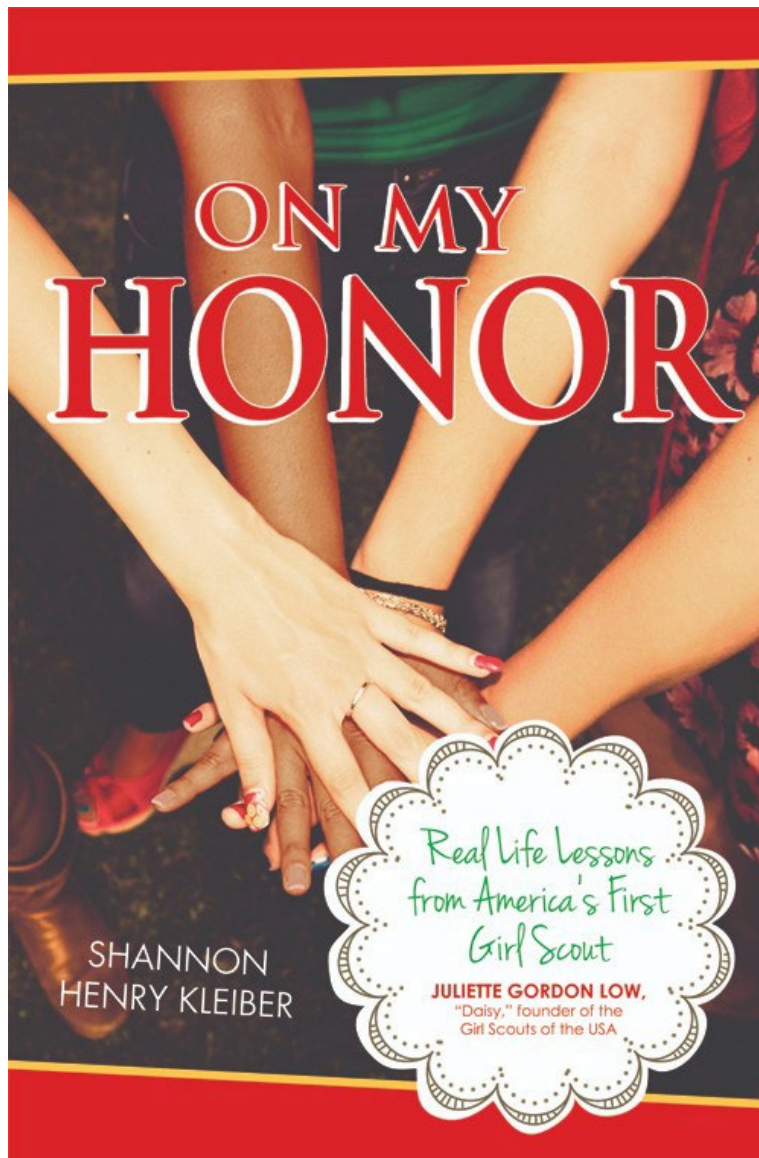


TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

1990-1999

On My Honor, which is the first in a series of books about the history of Girl Scout uniforms, is published in 1994. During the 1990s, every level of Girl Scout uniforms were updated. Think about your current uniform. Is there anything you'd like to change? Draw your dream Girl Scout Uniform.



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1990-1999

In 1991 Pax Lodge opened, replacing Olave House, to become the newest World Association of Girl Guides and Girl Scouts World Center. Pax Lodge provides facilities for international trainings, seminars, and conferences.

Find out what Pax Lodge is. How many guests can it accommodate? How is it used?

Research all the WAGGGS World Center locations. How many are there? Which one would you want to visit?

Our World Centres

Our Chalet

Switzerland (1932)

Our Cabaña

Mexico (1957)

Sangam

India (1966)

Pax Lodge

UK (1991)

Kusafiri

(Africa)

*International
experience,
leadership
opportunities
and adventure*



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

1990-1999

In 1998, Dreyer's Grand Ice Cream made a Thin Mint Cookie Ice Cream (yum!). Try learning how to make your own ice cream or come up with an interesting combination of ice cream and toppings. If you could create an ultimate Girl Scout cookie sundae, what would be on it? Host a sundae making party!



TRAVEL BACK IN TIME WITH US!

2000-2009

Girl Scouts entered the 21st century ready to take on the challenges of a new millennium. GSUSA launched a new website, and the first information and technology conferences for Girl Scout councils was held. Maybe some of you were born during this time!



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

2000-2009

In the 2000s, internet and computer access increased. Try out some of the activities in the **Computer Fun** badge for Juniors.

- Learn how to do basic computer operations. Demonstrate your ability to do the following: create a document using a word-processing program, save a document, add numbers or bullets to a list, use the spell-check function, print out stored information.
- Create a newsletter on your computer. Include a theme, a banner, headline, columns, text wrapping, clip art or pictures, boxed text, and page numbers. Save it and print it for others to read.
- Be a computer software reviewer. Pick out at least two software programs to review that were written for kids. Compare your evaluation with that of the experts in a software review magazine. How are the reviews the same as or different from yours? Would you use reviews to help choose software? Why or why not?



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

2000-2009

In 2001, the Bronze Award was established as the highest award a Junior could earn. Talk to someone who earned their Bronze Award and learn about their project. Daisies and Brownies, it's never too early to think of Bronze Award ideas and inspiration. Remember that Girl Scouts around the world are cheering you on every step of the way!



TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

2000-2009

The Girl Scout Research Institute (GSRI) was founded in 2000, *The Girl Scout Research Institute* delivers customer-centric, data-driven insights across the Girl Scout Movement and beyond. Our team measures the impact of Girl Scout programming and leads national conversations about girls and their development via groundbreaking original studies. These findings are then used to inform program, public policy, and advocacy for Girl Scouting and are available to the public.

Read a report on the GSUSA website. Did you learn anything interesting? Share what you learned with your troop!



TRAVEL BACK IN TIME WITH US!

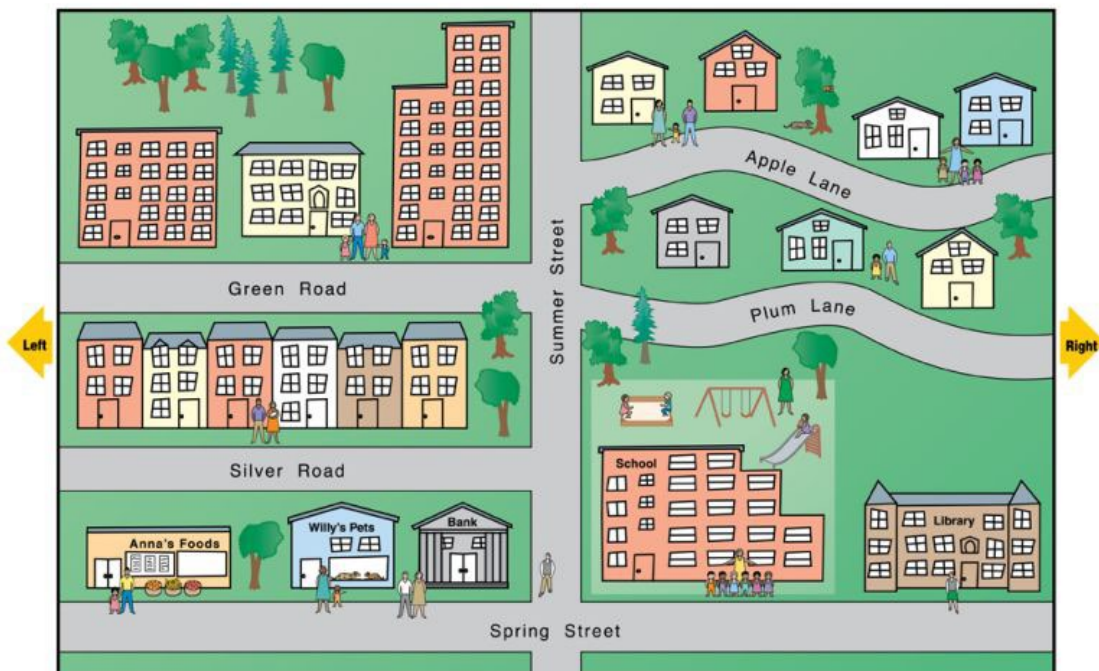
CADETTE, SENIOR, AMBASSADOR

2000-2009

Even when Girl Scouts first formed, they were curious and adventurous. That tradition continues today! Try this activity from the *My Community badge*, released in the early 2000s:

- Plan a 20-minute walking or bicycle tour of your neighborhood.
- What are the most interesting, beautiful, or unusual things that people should see?
- Record your tour, making sure to give directions to follow as well as the descriptions of the neighborhood features. Can't record it? Draw a map, pointing out specific spots for friends or family to see.
- Share it with them and have them report back on what they saw!

Neighborhood Map





TRAVEL BACK IN TIME WITH US!

2010-2020

The early 2000's saw the 100th anniversary of Girl Scouts. 2012 was declared the Year of the Girl, a celebration of girls' leadership potential. Many of you were born or growing up during this time period! As we reach the end of our time travel excursion, think of how far we've come as Girl Scouts, and how far we can go in the future.

Girl Scouts Nation's Capital hosted the largest gathering in Girl Scout history at the National Mall. Over 250,000 participants sang songs all day!



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

2010-2020

In 2012, the Girl Scouts celebrated its 100-year anniversary. Make a list of 100 acts of kindness or good turns that you can do with your troop. You can keep this list with you as you grow and continue through Girl Scouts. Being kind never goes out of style, and there are ALWAYS people looking for support. When you do good, good comes back to you.

"The work of today is the history of tomorrow, and we are its makers."

*— Juliette Gordon Low,
Girl Scout Founder*



TRAVEL BACK IN TIME WITH US!

DAISY, BROWNIE, JUNIOR

2010 - 2020

In 2012, President Barack Obama authorized the minting of 350,000 silver dollar coins in honor of Girl Scouts. The coin featured the trefoil logo on one side, and three girls who represented the different ages and diversity of Girl Scouts. If you were designing a coin to commemorate the Girl Scouts, what would your design look like?





TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

2010-2020

As part of the 100th anniversary celebration, a quarter million Girl Scouts came to the National Mall for **Rock the Mall**, a huge sing-a-long and opportunity to trade SWAPS. Listen to the theme song of the event, "[Ignite](#)" by Melinda Carroll. Can you come up with a new theme song to reflect the changes in the last decade? Write lyrics, perform it with one another, and maybe even create a dance to accompany your new jam. Who knows, maybe we'll see you on the big screen one day!





TRAVEL BACK IN TIME WITH US!

CADETTE, SENIOR, AMBASSADOR

2010-2020

Girl Scouts from every state in the Nation and many different countries were represented at **Rock the Mall**, and often gave out SWAPS representing a certain aspect from their home. Think about your state or district: what kind of SWAP could you make that would represent it best to someone who had never been there before? Get in touch with a troop from a different state in the council and see how your SWAPs differ!

Could you make them and actually have a SWAP session of your own?



**THANK YOU FOR TRAVELING
THROUGH TIME WITH US!
YOU HAVE REACHED:**

PRESENT DAY!

You made it!

We hope you had fun and learned something new.

IF YOU ENJOYED THIS JOURNEY, VISIT OUR VERY OWN ARCHIVES
CENTERS TO LEARN EVEN MORE. THERE IS STILL SO MUCH TO
EXPLORE!

All contents in this guide were taken directly from Archives materials, actual badge
booklets, and online historical research. We did our best to maintain the integrity of the
language, examples, and content exhibited.



References we used:

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- Mary McLeod Bethune | National Women's History Museum (womenshistory.org)
- 1930s handbook (from archives)
- 1940s handbook (from archives)
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- 1960s cadette handbook
- 1970s handbook (from archives)
- 1980s badges and signs
- 1980 you make the difference
- 2000s Junior girl scout handbook
- H&N: History of the Girl Scout Promise and Law (girlscoutshcc.org)
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