**Activity 1: Trefoil Name Tag**

**Time Allotment**
15 minutes

**Materials**
- Girl Scout Trefoil Name Tag template
- Girl Scout Promise template
- Yarn pre-cut in 2-4 foot sections
- Scissors, hole-punch, glue-stick, markers/crayons/colored pencils, stickers

**Steps**
Have the Trefoil name tag supplies ready so girls can start making them as they wait for others to arrive.

**Instructions**
- Give each girl a copy of the Girl Scout Trefoil Name Tag template
- Have girls cut out the trefoil and punch holes where noted
- Have girls write their names on the trefoil and decorate it
- Have girls glue the Girl Scout Promise template to the back
- Tie each end of a piece of yarn through the holes on the trefoil
- Have girls wear the name tags during the meeting so they can start to know each others’ names
Activity 2: Action Name Introduction Game

Time Allotment
10 minutes

Materials
• None

SAY:
• Welcome! Are you looking forward to being Brownies this year? Are you ready to start our Brownie adventures together?
• This is our Brownie circle. It’s a special place where we will come together to share thoughts and ideas and make decisions and plans for our troop. In the Brownie Ring, everyone gets a chance to talk, and everyone listens to what others have to say.
• During this meeting, we are going to learn a little about Girl Scouts and spend some time getting to know each other better. Let’s do that now.
• Each person is going to say their name along with an action-word to go with their name (such as “Swimming Samantha or Jumping Jennifer”), and then you will show the action to the group. So if my name was Samantha, I would say Swimming Samantha and then pretend to swim. Got it?
• Let’s try! Everyone stand up—we might need some space for this.

Start the game by saying your action name and then perform the action.
Have girls repeat your action name and do the action.

Now ask the girl to your left to say her action name and perform her action. Her action name should start with the same letter as her first name.
Great! Now let’s all try to remember from the beginning.

Everyone says her action name and performs the action, then the next girl’s name and performs the action, and then the third girl will introduce her action name and perform her action. The group will then repeat all the action names and perform the actions of all girls before her, and so on, until all girls have been introduced.
Activity 2: Action Name Introduction Game Continued

Keep It Girl-Led Tip
Let girls choose their own action word for their name. Don’t decide for them, or let other girls decide for them. If a girl is struggling to come up with a word, ask if she would like the group’s help before giving her hints.

After the game, introduce yourself by telling a little about you, including whether you’re related to any girls in the troop.

SAY:
- I will be guiding you this year as we have our troop meetings, do activities, earn badges and awards, sell cookies, and so much more. The most important thing that I want you to know is that this is YOUR Brownie troop and you get to make the plans and decisions.
- How does that sound?
- I will help to guide you and make sure we always stay safe.

Cadettes or members of your Friends and Family Network should also introduce themselves.
Activity 3: Girl Scout Traditions

Time Allotment
15 minutes

Materials
• Optional: Poster with the Girl Scout Promise and Law written on it, hung where girls can easily read it.

Steps
(Note: The Opening Ceremony is usually done at the very beginning of the troop meeting. It’s a way for you to officially get the meeting started. We didn’t do it right away at this meeting, because you needed time to get to know the other girls. The opening ceremony will be the way you start meetings in the future.)

You can either do one of the pre-planned ceremonies in your meeting plan or substitute your own. For example, girls may recite the Pledge of Allegiance or the Girl Scout Promise and Law. They may hold a Flag Ceremony, recite a poem, or sing a song.

Keep It Girl-Led Tip
Let girls decide how they’d like to open their meeting. You can give them choices until they start coming up with their own ideas.

SAY:
• Are you ready to learn about Brownie Girl Scout traditions?
• Let’s start by learning the Girl Scout Sign. Girl Scouts make the Girl Scout Sign when they recite the Girl Scout Promise and the Girl Scout Law.
• Hold up your right hand with the three middle fingers up and hold your thumb and pinky finger together.
• Now let’s recite the Girl Scout Promise. Repeat after me as I say each line one at a time.
  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.

Great job! Did you notice that when we say the Promise, we are holding up three fingers and there are three parts to the Girl Scout Promise? What were the three parts?
  Serve God and my country
  Help people at all times
  Live by the Girl Scout Law

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Activity 3: Girl Scout Traditions Continued

- The three fingers that we hold up remind us that we are making these three important promises. These three parts of our Girl Scout Promise are also represented by the three clover shapes on your name tag. That shape is called a trefoil and it is the symbol for Girl Scouts.
- Flip your name tag over; what is on the back?
- That’s right! It’s the Girl Scout Promise. Now you can practice it at home.

IF TIME, ASK:
- What does it mean to make a promise?
- Why is it important to keep our promises?
- What happens if we forget a promise?
- What do the words I will try mean?
- Do you think these three parts of the Promise are good things to live by?

Variation: For troops who already know the Girl Scout Promise, use this opportunity to refresh girls’ memory and then ask girls to share a time when they had a chance to put the Girl Scout Promise into action.

SAY:
- Did you notice in the last line of the Girl Scout Promise that we are promising to live by the Girl Scout Law? Are you wondering what you just promised to live by? Let’s find out by reciting the Girl Scout Law.
- Let’s all do the Girl Scout Sign together
- Now let’s recite the Girl Scout Promise.
- I will say a line and then repeat after me.

Recite 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.

Variation: Show the YouTube video of girls reciting the Girl Scout Promise and Law and then have them repeat the Girl Scout Law after you.
Activity 3: Girl Scout Traditions Continued

For girls who already know the Girl Scout Law, ask them which line of the Girl Scout Law they value the most and why.

SAY:

• We usually do an opening ceremony at every Brownie meeting. We’ll start by saying the Girl Scout Promise and Law.
• Next let’s learn two more Girl Scout Traditions: the Girl Scout Quiet Sign and the Girl Scout Handshake.
• Girl Scouts all over the world use the Quiet Sign as a way to get everyone’s attention. Let’s give it a try. Here’s how you make the Quiet Sign:
  • Raise your right hand with all fingers extended straight up.
  • Got it? Great! Now, everybody make the Quiet Sign.
  • The Quiet Sign is a way to let everyone know it is time to be quiet and pay attention without raising your voice.
  • When you see someone raise their right hand (the Quiet Sign), then you raise your right hand and stop talking. When other people see you with your hand up, they’ll stop talking and raise their hands, too. You’d be surprised how fast you can make a room go quiet! In fact, let’s make this into a game!
  • Everyone stand up and wiggle, jump in place, make any kind of animal noise you can think of. When you see me do the Quiet Sign, then stop what you are doing, raise your right hand and be quiet. Ready to try? Let’s see how quickly you can do it.
  • GO!

Let girls make a bunch of noise and then raise your right hand in the Quiet Sign. Do not say anything, just stand in place quietly with your right hand raised and all fingers extended. Wait for all girls to stop what they are doing, raise their right hand, and quiet down. Do not start talking until all girls’ hands are raised and they are all quiet. You might need to try this a few times until girls get it. This is a great tool to use throughout the year when you need to get girl’s attention.

SAY:

• Now let’s try the Girl Scout Handshake.
• This is a way for Girl Scouts to greet each other.
• Find a partner and face each other.
• Raise your right hand and make the Girl Scout Sign.
• Now shake left hands with your partner.
• This is a special way to remind us that we are all sisters because we belong to Girl Scouts.
• Find two new friends to practice the Girl Scout sign with.

Variation: For girls who already know these traditions, use this chance to talk about them. Did any girls go to a Girl Scout Camp or other Girl Scout activity over the summer where they used the Quiet Sign, said the Girl Scout Promise, or where they learned any other Girl Scout traditions? Use this time to ask questions and let them share. Keep in mind, they may have forgotten these traditions over the summer and may need time to refresh their memory.

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Activity 4: Girl Scout Law Keepsake

Time Allotment
20 minutes

Materials
• 12 Popsicle sticks (regular size, not jumbo) for EACH girl (plus some extra just in case)
• Girl Scout Law Template
• Scissors
• Masking tape
• Ribbon or yarn
• Markers or crayons

Prepare Ahead
In the interest of time, pre-cut the Girl Scout Law from the Girl Scout Law Template.

Steps
Instructions for Girl Scout Law Keepsake:
• Girls will line up their 12 Popsicle sticks, one on top of each other, horizontally. When all 12 are lined up, they will use pieces of masking tape to connect the sticks together.
• Girls will then turn the Popsicle stick over so that no masking tape is showing.
• Girls will then tape the Girl Scout Law to the front (non-tape side) of the Popsicle sticks.
• Finish by taping a piece of ribbon or yarn to the back so girls can hang their keepsake at home.
• Have them write their name on the back in marker.

SAY:
• So now you have both the Girl Scout Promise on your nametag and the Girl Scout Law keepsake that you can take home and hang someplace where you can see them. That will remind you of how Girl Scouts act and how important it is to be Girl Scout!

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Activity 5: Story and Snack

Time Allotment
20 minutes

Materials
• Healthy snack such as fruit, granola, veggies with dip, etc.

A Note about Snacks
• Girls may need a small snack during their 1½ hour meeting to tide them over. Feel free to schedule snack time when girls need it.
• Talk to the girls’ families before the first meeting about any food allergies.
• The first few meetings you may want to bring snacks. You may want to create a sign-up sheet so that family members can share the task.

Steps
Ask a couple girls to volunteer to pass out snacks.

SAY:
• Have you been wondering at all why Girl Scouts in second- and third-grade are called Brownies? While you’re eating your snacks, I’ll read The Brownie Story. It’s a traditional story that has been told to Brownies for years and years — and it tells how Brownies got their name.

Read
The Brownie Story while the girls are eating snack.

Tip: Short on time? Feel free to skip through the story or just tell it in your own words. Use different voices or add sound effects if you want to amp up the fun factor!
Activity 5: Story and Snack Continued

SAY:
- Who were the Brownies?
- What did they do?
- How do you think you could be like the Brownies in the story?
- That’s right! We can clean up after ourselves at all our Girl Scout Brownie activities. Girl Scouts always leave a place cleaner than they found it!
- We should start now! Are you ready, Brownies? How could we leave this room cleaner than we found it?

Let girls suggest ways to tidy the room (throw away trash, push in chairs, sweep, put away supplies, etc.). Give them time to clean up and then ask them to come back to the Brownie Ring for the closing ceremony.

Optional
- Sing the Brownie Clean-up song while girls are tidying up. Cleaning up is much more fun if you sing while you work.
- Brownie Clean-up song (tune is London Bridge)
  - Weave the magic in and out, in and out in and out,
  - Weave the magic in and out, for we are Brownies.
  - We have tidied everything, everything, everything,
  - We have tidied everything, for we are Brownies.
Activity 6: Closing Ceremony: Friendship Circle

Time Allotment
10 minutes

Materials
• None

Steps
Gather girls in their Brownie Ring. Use the Quiet Sign to get their attention.

SAY:
• When we get together for Brownie meetings, it’s important that everyone does their part so everybody will have a happy time together.
• Our meetings will be very similar to today’s meeting. We’ll usually open with our Girl Scout Promise and Law, so you may want to practice at home.
• We’ll use the Quiet Sign to get everyone’s attention
• And we’ll always have lots of fun together
• At our next meeting, you’ll start planning what you want to do this year, so get ready! That will be exciting!
• Another important thing we will do at our meetings are Kapers. Kapers are another word for jobs. Just like the Brownies in the story that we heard at snack time, when everyone pitches in to help with chores, the work is lighter for all. The jobs might be getting the room ready for the meeting, passing out supplies for an activity, passing out snacks, or cleaning the room before leaving. Girl Scout Brownies like to be helpful and should always leave a place cleaner than they found it.
• It’s time to do our closing ceremony to end our meeting
• For this closing ceremony, we’re going to do a traditional Girl Scout Friendship Circle and sing the Make New Friends song
• Let’s start by getting in our Friendship Circle
• Stand shoulder-to-shoulder in a circle
• Now cross your right arm over your left arm

You might want to take a quick minute to make sure all the right arms are crossed over the left. Girls will keep arms crossed in the Friendship Circle to sing Make New Friends and for the Friendship Squeeze.
• Now hold hands with the girl on each side of you.
• This is our Friendship Circle. The Friendship Circle stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world.
• Now let’s learn the Make New Friends song, an all-time favorite song that Girl Scouts like to sing.
• Does anybody know this song?
• Will you help me sing it once, and then we will try it again.
Activity 6 : Closing Ceremony: Friendship Circle Continued

Sing Make New Friends
Make new friends, but keep the old.  
One is silver and the other’s gold.  
A circle’s round, it has no end.  
That’s how long I want to be your friend.  
Sing twice so that girls catch on.

SAY:
• Now let’s close our meeting with the Friendship Squeeze  
• Who would like to start the Friendship Squeeze?

Choose a volunteer to start the Squeeze. Have girls quiet down.
• Think of a silent wish that you would like to pass along.
• Once you get the wish and the squeeze passed to you, then you’ll use your right hand to squeeze the hand of the friend next to you and it will travel all around the circle.
• The last person to have her hand squeezed will say, Goodbye, Brownie Girl Scouts.
• Ready?

Ask girl who volunteered to start the Friendship Squeeze. After the squeeze has gone all the way around the circle, girl who began the squeeze says, Goodbye, Brownie Girl Scouts.
• Now everyone raise your joined hands and twist clockwise out of the circle so that everyone is untwisted and facing away from the circle.
• Remember to keep your Girl Scout promise and Girl Scout Law where you can see them and practice at home.
• The next meeting is________________________
• See you next time, Brownies!