



## Brownie Friendship

Help ensure Girl Scouts is a place where all girls feel accepted, making new friends while keeping old friends. Learn what makes a good friend and why they are important. Practice these skills through writing, art, discussion, and games.

**Program Grade Level:** Girl Scout Brownies

**School Grade(s):** 2–3

**Program Essentials Focus Area:** Healthy Living + Creativity

**Program Duration:** 2 hours

**Optimal Setting:** Open area for girls to move around for games

**Optimal Group Size:** 30–100

### Learning Objectives:

Girls will:

- Learn basic information about the Girl Scout organization
- Feel connected to the larger Girl Scout Movement
- Identify who is a friend and what makes them a friend to others
- Identify positive traits and actions of friends
- Learn how trust, communication, and teamwork are key to making and maintaining friends

### Journey Links:

*It's Your World–Change It!*       *It's Your Planet–Love It!*       *It's Your Story–Tell It!*

### Outcome Indicators:

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|--|--|
| <input checked="" type="checkbox"/> Girls develop strong sense of self | <input checked="" type="checkbox"/> Girls gain practical life skills         |
| <input checked="" type="checkbox"/> Girls seek challenges in world     | <input checked="" type="checkbox"/> Girls develop healthy relationships      |
| <input type="checkbox"/> Girls promote cooperation and team-building   | <input type="checkbox"/> Girls can resolve conflicts                         |
| <input checked="" type="checkbox"/> Girls identify community needs     | <input checked="" type="checkbox"/> Girls are empowered to make a difference |

**Award Requirements met:** Making Friends Badge steps 1, 2, 4, and 5.

## Program Overview

<b>Time Allotment for Activity</b>	<b>Activity</b>	<b>Description</b>	<b>Materials Needed</b>
<b>15 minutes</b>	Welcome, introductions	Introduce general topic and schedule for the day. <ul style="list-style-type: none"> <li>• Girl Scout Promise and Law</li> <li>• General Girl Scout Info</li> </ul>	<ul style="list-style-type: none"> <li>• Poster with the Girl Scout Promise and Law printed in large print</li> <li>• Nametags</li> </ul>
<b>15 minutes</b>	Silent Interview	Girls will have a chance to meet new people and learn something about what they love or love to do.	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>15 minutes</b>	Good Rules for Good Friends	Helps girls identify what qualities make a good friend.	<ul style="list-style-type: none"> <li>• Stand Up Sit Down worksheet</li> </ul>
<b>15 minutes</b>	Friendship Role-Play	This activity allows girls to act out how to be a good friend	<ul style="list-style-type: none"> <li>• Scenarios written on note cards</li> </ul>
<b>15 minutes</b>	The Art of Making Friends and Being Friends	Shows the importance of teamwork and how to best communicate with one another and trust each other.  Stress that being a good listener and communicator is an extremely important part of friendship.	<ul style="list-style-type: none"> <li>• Handouts</li> <li>• Pencil</li> </ul>
<b>15 minutes</b>	Friendship poem	They will design a friend poem using the letters from their friend's name.	<ul style="list-style-type: none"> <li>• Markers</li> <li>• Construction paper</li> </ul>
<b>10 minutes</b>	Final Program Reflection Activity	Gather in a friendship circle. Before you begin the friendship squeeze, remind the girls that you want them to continue working on their "friendship skills." Challenge them to share what they learned today with their family and friends. Ask them to think about one way they became a better friend today. End with the friendship squeeze. Girls usually love this and may want to do it a couple times.	
<b>10 minutes</b>	Clean-up/ closing		

**Possible Adaptations (special needs, materials, etc.):** You may choose to combine this with Girl Scout Sisterhood for Daisies. Most activities are similar, so you can pick and choose what you feel may work best for your group.

**Notes to the Facilitator:**

This may be easiest to set up as stations; however the introductions, silent interviews, and final program reflection will be done as one large group.

**Alternate/Additional Activity Option:**

<b>15 Minutes</b>	Friendship Story	This story should teach girls about friendship. Should take 10 minutes to read through the book.	<ul style="list-style-type: none"> <li>• Friendship Book</li> </ul>
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Time Allotment: 15 Minutes

Prep Needed:

- Find a short storybook about making friends or friendship in general. Search online or research at a library.

Materials Needed:

- Storybook

Steps:

1. Read the story aloud.
2. Answer the following question as a group and allow a few girls to share:
  - What did you learn about making and being a friend?

## **Topic: Friendship**

Background Information:

*The Girl Scout Promise*

On my honor, I will try:

To serve God and my country,

To help people at all times,

And to live by the Girl Scout Law.

*The Girl Scout Law*

I will do my best to be

honest and fair,

friendly and helpful

considerate and caring,

courageous and strong, and

responsible for what I say and do,

and to

respect myself and others,

respect authority,

use resources wisely,

make the world a better place,

and be a sister to every Girl Scout.

**Introduction:** We just finished saying the Girl Scout Promise and Law together. Part of the Law encourages girls to “be a sister to every Girl Scout.” Does anyone know what this means (allow girls to share some ideas)?

Being a “sister to every Girl Scout,” or being a Girl Scout friend means:

- Caring about people
- Trying to understand one another
- Making people feel important
- Doing special things for one another
- No one feels left out
- Learning new things
- Having fun together

Does anyone know how many Girl Scouts there are in the United States (allow girls to share some ideas)?

ANSWER: There are 2.3 million Girl Scouts in the US.

Does anyone know how many Girl Scouts there are across the world (allow girls to share some ideas)?

ANSWER: There are 10 million Girl Scouts in 145 countries across the world.

So, being a Girl Scout means that you are part of a large circle of friends across the world. These are your SISTER GIRL SCOUTS. These girls are doing many of the same things you are doing in Girl Scouts. They are trying and learning new things. They are also meeting new people and learning how to be a good friend to one another.

### **Activity 1: Silent Interviews**

Time Allotment: 15 Minutes

Prep Needed:

- Prepare nametags for girls before the event or have girls make their own nametag at check-in.

Materials Needed:

- Nametags

Steps:

Instruct girls that they are to move around the space and *silently* introduce themselves to others. Give them the instructions below and do a couple practice runs before letting the group move around the room:

- First gesture to their nametag one at a time.
- Girls will shake hands.
- Each girl will then take a turn gesturing something they love one at a time by first pointing to their eye, "I" and then pointing to their heart, "love" or making a heart by putting their hands together in the shape of a heart. Then they will act out what they love, or love to do. Example: dogs, running, dancing, etc.
- Girls should try to meet at least two other girls.

### **Activity 2: Good Rules for Good Friends**

Time Allotment: 15 Minutes

Prep Needed:

- Make copies of handout.

Materials Needed:

- Stand Up Sit Down handout

Steps:

1. Have each girl introduce herself by telling the group her name and one thing she likes about having friends.
2. The facilitator will use the **Stand Up Sit Down** worksheet to facilitate this activity.
3. Girls will now listen to the instructor say a quality about being a good friend. If the girl believes this is a quality she wants in a friend she will stand up. If she doesn't feel it is a good quality she looks for in a friend she will sit down.

### **Activity 3: Friendship Role Play**

Time Allotment: 15 Minutes

Prep Needed:

- Write out scenarios described in activity on note cards to give to teams.
- Volunteers may need to help girls read or understand their scenario.

**Materials Needed:**

- Note cards

**Steps:**

1. Have girls pair up or get into small teams of three. Ideally, there will be time for 5–7 teams to present a scenario.
2. Assign each team one of the scenarios below. Ask other volunteers present to assist girls.
3. Each team will have three minutes to *quietly* discuss the scene they are going to act out. BE CREATIVE!
4. Each team will have one minute to act out their scene in front of the rest of the large group. The group will guess/discuss what they acted out and why it was a good example of being a good friend.

5. **Scenarios:** There are several scenarios, and you may not use them all, or you may find you have extra time, and groups can then do another scenario.
- Be a good listener
  - Compliment a friend
  - Include/invite someone new to do something with you
  - Laugh together
  - Offer to borrow a friend a pencil, or something she doesn't have/needs
  - Show your friend you are trustworthy
  - Ask your friend to be honest at all times
  - Get to know someone new
  - Ask a friend for help with something
  - Work together on something
  - Brighten someone's day who is sad

**Activity 4:** The Art of Making Friends and Being Friends

Time Allotment: 15 Minutes

Prep Needed:

- Gather materials and supplies.
- Make copies of handout.

Materials Needed:

- Artist/Director Design Handout
- Blank paper
- Pencils

Steps:

1. Share with the girls that through this activity they will learn how communication, trust, and teamwork are key to making and maintaining friendships. Girls may feel frustrated by this activity. Ask them to encourage one another, find humor in the activity, or change the way they are communicating if something isn't working. The purpose of this activity is to practice working together to meet a goal.
2. Have the girls get into pairs. One person will be the "artist" and one person will be the "director." Remind them that only the director can see the photo.
3. Instruct girls to sit back-to-back and hand the picture to the director and blank paper to the artist. The artist should put their paper on the floor to draw but must make sure the director cannot see it.
4. The director must describe the picture to the artist, who must try to draw the picture based on the words/description from the director.
  - Detail is key if you are the director. Just telling the artist what the picture is will not help her know where to place the objects on the paper and what they look like exactly. Be very specific.
5. The goal is to end up with a drawing that looks as much like the original picture as possible. They cannot switch roles once the papers have been handed out. Encourage the artists to ask lots of questions.
6. Give the girls 10 minutes to complete the drawing. As the girls finish, have them place their drawing on the floor face down. When everyone is done, have the girls place the picture and drawing side-by-side to compare.
7. Gather the girls in one large group to discuss the following questions:
  - How close were the pictures to each other?
  - How did it feel to be the artist?
  - How did it feel to be the director?
  - Did anyone get frustrated? If so, what did you do to make it easier?
  - What does this activity have to do with making friends?

### **Activity 5: Friendship Poem**

Time Allotment: 15 Minutes

Prep Needed:

- Have an example friend poem for girls to see prepared. Example:
  - R:** Realy thoughtful
  - A:** Always kind
  - C:** Caring
  - H:** Helpful
  - E:** Easy to talk to
  - L:** Listens to what I have to say

Materials Needed:

- Blank paper or construction paper
- Markers

Steps:

1. Girls will brainstorm words that describe what they think a good friend is.
2. After girls have brainstormed their list of words, explain that they will be making a friend poem. A friend poem uses the letters in a name to describe that specific person.
3. Have girls think of a name of a friend and have them write it vertically along the left side of the paper. Make sure to write each letter large enough to fill the page from top to bottom on the left side. Some girls may need assistance with spelling and writing.
4. They will then use each letter in the name to list great qualities about that person that makes them a good friend. They don't have to be one word for each letter, see example above.
5. Girls can choose to give this to their friend, or keep it as a reminder to why this person is a good friend to them.

**Activity Resources:**

- Stand Up Sit Down Instructions
- Friendship Role Play Scenarios
- Artist/Director Handout

## **STAND UP SIT DOWN**

### **What makes good friend?**

Before you begin, ask the girls the questions below to get them thinking about friendship. Encourage group discussion if girls are willing to participate.

- Who are your friends?
- What do you like about your friends?
- What does a good friend do?
- What makes someone easy to be friends with?
- What makes someone hard to be friends with?

Instructions for the game:

1. Girls will all begin by standing.
2. Instructor will tell girls they will read words aloud that may or may not represent something they look for in a friend.
3. If the girl thinks that is something she **wants** in a friend, she should **remain standing**.
4. If the girl thinks that is **not** something she wants in a friend, she should **sit down**.
5. Inform girls, that some words may have everyone doing the same thing, and others there may be some standing, and some sitting.

**Reminder Stand up= Yes/agree**  
**Sit down= No/disagree**

#### **Word list**

- Caring
- Steals
- Honest
- Tells lies
- Funny
- Good listener
- Negative attitude
- Thoughtful
- Helpful
- Mean to people they don't like
- Likes the same things you do
- Disrespectful
- Plays sports
- Laughs with you
- Makes fun of people

**Note:** If you run through the worksheet very quickly, feel free to add your own qualities you look for in a friend, what you wouldn't look for, or ask the girls. You may also encourage discussion about friendship if there is time.

<p>Be a good listener</p>	<p>Offer to lend your friend a pencil or something she doesn't have</p>
<p>Compliment/ put up a friend</p>	<p>Show your friend you are trustworthy</p>
<p>Include/invite someone new to do something with you</p>	<p>Ask your friend to be honest at all times</p>
<p>Laugh together</p>	<p>Get to know someone new</p>



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