

JUNIOR GIRL SCOUT WAY BADGE – MEETING 1

Badge Purpose: When girls have earned this badge, they will better understand the sisterhood of women and girls to which they belong, and the traditions that are a part of it.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Sisterhood Pen Pals <ul style="list-style-type: none"> Girls write to a pen pal and learn about the meaning of sisterhood. 	<input type="checkbox"/> Envelopes <input type="checkbox"/> Stamps <input type="checkbox"/> Lined paper <input type="checkbox"/> Writing utensils
15 minutes	Song <ul style="list-style-type: none"> Girls match songs to an occasion. 	<input type="checkbox"/> Large paper or whiteboard <input type="checkbox"/> Writing utensils <input type="checkbox"/> Markers
20 minutes	Take a Trash Walk <ul style="list-style-type: none"> Girls leave a place better than they found it. 	<input type="checkbox"/> Garbage bags <input type="checkbox"/> Plastic gloves <input type="checkbox"/> Close-toed shoes
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing what they have learned. 	<input type="checkbox"/> Healthy snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Sisterhood Pen Pals

Time: 10 minutes

Badge Connection: Step 3 — Share sisterhood

Materials Needed: Envelopes; stamps; lined paper; writing utensils

Prep Needed:

- Contact a Junior troop in River Valleys (or another council!) with a similar number of troop members.
 - Arrange pen pals, pairing one girls from your troop with one girl from the other troop. Groups of three are also fine.
1. Tell girls that “sisterhood” doesn’t just mean sisters in their own families. All the girls and women who are Girl Scouts try to live by the Girl Scout Law—that’s what makes us a Girl Scout Sisterhood.
 2. Use this pen pal activity to acquaint yourself with Girl Scout sisters in other places.
 3. Pass out the pre-arranged pen pal names to the girls
 4. Ask the girls to write a letter to their Girl Scout pen pal.
 5. Suggestions for letter topics include:
 - Activities that girls are doing in their troops.
 - Their favorite part about being a Girl Scout.
 - Places that troops have visited or are planning to visit.
 - Community service projects that the troops have undertaken.
 - Friends that girls have made in Girl Scouts.
 6. Address and mail the envelopes.

Activity #2: Song

Time: 15 minutes

Badge Connection: Step 1 — Match songs to an occasion

Materials Needed: Large paper or whiteboard; writing utensils; markers

1. Singing brings us all together and helps us feel connected, strong, and proud. Girl Scouts sing in special places or to mark special times—or sometimes just for the fun of it! There are songs for many different events and choosing the right ones can make an occasion more meaningful.
2. Ask the girls to choose a topic or an event about which they would like to create a song.
3. Have girls brainstorm words that come to mind when they think of the topic. Write all the words down on the large paper or whiteboard.
4. Ask girls to choose a song and change the words to fit the topic or occasion they chose.
5. Next, girls can perform the song, creating hand motions or actions to accompany the words.

Activity #3: Take a Trash Walk

Time: 20 minutes

Badge Connection: Step 4 — Leave a place better than you found it

Materials Needed: Garbage bags; plastic gloves; close-toed shoes

Prep Needed:

- If you’re planning to have your girls go outside to collect trash, make sure the girls are wearing close-toed shoes for safety.
1. Explain to girls that it’s the Girl Scout way to care about the world around us, whether it’s a room, a campground, or the earth. In this activity, girls will have the chance to practice leaving a place in their community better than they found it.
 2. Take a walk around your community or around the neighborhood/building in which your troop meets.



3. Have girls pick up all the trash they find along the way and put it in their bags. Remind girls not to touch anything sharp or dangerous. If they find anything like this, they should tell an adult.
4. Optional: Make it a friendly competition! Form teams of girls and see who can pick up the most trash in a set amount of time.

Activity #4: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
 - What does sisterhood mean?
 - How is our troop like a sisterhood?
 - Do girls in a sisterhood have to like all the same things and act the same way?
 - What is your favorite thing you have done with Girl Scouts?
 - What is your favorite song to sing?

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local park and help the community by cleaning up the area.
- Speaker Ideas:
 - Invite a Girl Scout Alumna to your meeting to talk about what Girl Scouts was like when she was a girl.

