

CADETTE GIRL SCOUT WAY BADGE – MEETING 1

Badge Purpose: When you've earned this badge, you'll know how to use Girl Scout ways and traditions to make the world a better place.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Friendship Knots <ul style="list-style-type: none"> Make a traditional Girl Scout symbol to wear together. 	<input type="checkbox"/> Bandanas (two per girl), or 4-foot long piece of fabric or thin scarf (one per girl) <input type="checkbox"/> Phone or device with internet access
20 minutes	Girl Scout SHeroes and Snack Chat <ul style="list-style-type: none"> Learn about Girl Scout alumnae in the community and in the world. 	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> (Optional) Poster board, paper, and markers <input type="checkbox"/> Healthy snack
20 minutes	Can You Hear Me Now? <ul style="list-style-type: none"> Learn a song and make a video of it to share. 	<input type="checkbox"/> Camera, cell phone, or other device with video capability <input type="checkbox"/> Optional: Girl Scout songbooks
10 minutes	Clean It Up! <ul style="list-style-type: none"> Make a plan to improve and/or clean up a local outdoor area. 	<input type="checkbox"/> (Optional) Phone or computer with internet access <input type="checkbox"/> (Optional) Paper and pen
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends 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: Friendship Knots

Time: 10 minutes

Badge Connection: Step 5 — Enjoy Girl Scout traditions!

Materials Needed: Bandanas (two per girl), or 4-foot long piece of fabric or thin scarf (one per girl); phone or device with internet access

Prep Needed:

- Watch the tutorial online ahead of time to familiarize yourself with tying the knots: bit.ly/howtofriendshipknot
1. The friendship knot is a knot that members of WAGGGS (World Association of Girl Guides and Girl Scouts) around the world use to tie neckerchiefs in a fun way. It symbolizes the intertwining friendship bonds that exist among all Girl Scouts. If you've made a lanyard craft at camp before, you'll find that it's a very similar knot.
 2. First, prep your fabric for the knot: Lay one bandana out on a table or the floor. Fold it in half into a triangle. Then, starting from the triangle tip, roll/fold the bandana into a long band. Repeat for the second bandana. Tie the two bandanas together at one end using a double square knot (the kind of knot you use to tie shoes). Leave short tails and make this a small knot. You should now have one approximately 4-foot length of bandana fabric tied together in the middle. (If you are using a 4-foot length of fabric or thin scarf instead of the bandanas, roll/fold your fabric into a long band.)
 3. To make your friendship knot, follow the instructions on this online tutorial: bit.ly/howtofriendshipknot
 - Place the bandanas/fabric around your neck with each end hanging in the front.
 - Cross side 1 over side 2 and tuck it behind side 2, leaving a tail sticking out towards your shoulder. (It doesn't matter which side you start with, just be consistent.)
 - Take the tail of side 1 that is sticking out and tuck it back underneath itself, making a little loop. Hold everything tight with one hand—almost done! *You can do it!*
 - Lastly, take side 2 and bring it up through the main neck opening and back down through the loop that you created with side 1.
 - Give everything a little tug. You should have a square-shaped design that looks like a little window!

Activity #2: Girl Scout SHEroes and Snack Chat

Time: 20 minutes

Badge Connection: Step 3 — Share sisterhood through the Girl Scout Law

Materials Needed: Phone or computer with internet access; healthy snack; Optional: poster board, paper and markers

1. Did you know that virtually every female astronaut who has flown in space is a Girl Scout alumna (SHEro)? Many famous and successful women started out as Girl Scouts; here are just a few:
 - Actresses/Performers: Lynda Carter (the original Wonder Woman!) and Taylor Swift
 - Athletes: Venus and Serena Williams
 - Media stars: Katie Couric and Barbara Walters
 - Politicians: Madeleine Albright, Condoleezza Rice, and almost all women currently serving as U.S. senators, representatives, and state governors
2. Do some research to find out more about these and other Girl Scout alumnae, or think about Girl Scout alumnae you know. You can do this by looking in your own community (connect with your Service Unit!) or by exploring online. Come up with two examples of Girl Scout alumnae.
3. Share what you learned with the group while having a healthy snack. Some questions to ask about each alumna:
 - In what ways are the Girl Scout experiences of these women similar? How are they different?
 - If the women you selected are still living, do you think they still follow the Girl Scout Law? How might they live out the Promise and Law in their daily lives? How is it similar to ways that you live out the Promise and Law?
4. Are any of the Girl Scout alumnae you came up with local in your community? Make a group invitation to invite them to a future meeting or special event.



Activity #3: Can You Hear Me Now?

Time: 20 minutes

Badge Connection: Step 1 — Lead a group in song

Materials Needed: Camera, cell phone or other device with video capability; (optional) River Valleys' online Girl Scout Songbook (PDF)

1. Songs have been a part of the Girl Scout tradition since the movement began over 100 years ago.
2. Now it's your turn to carry on the tradition—using technology to make it relevant for today's girls, and for the girls of tomorrow.
3. First, choose a traditional Girl Scout song, or create one of your own. Some of your Girl Scout sisters may have already been to camp and can teach a song to the troop. Many songs are call and repeat songs (and often start with the lyrics: "*this is a repeat after me song...*") or have corresponding hand/body motions ("*...and a do as I do song!*"). Here's a great source of Girl Scout song lyrics to get you started (if no one in your troop knows the tune, you can Google the melody): bit.ly/GSRVsongbook
4. Practice your song as a group.
5. Record the group singing the song (*wear your friendship knots!*) and share it with younger girls, another troop, or friends. Optional: With parent/guardian permission, post the recording of your song on a social media site for Girl Scouts around the world to enjoy.

Activity #4: Make the World a Better Place

Time: 10

minutes

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

Materials Needed: (Optional) Phone or computer with internet access; (optional) Paper and pen

1. It's the Girl Scout way to care about the world around us—whether it's a room, a campground, or the world. In this activity, you will spend some time planning together as a group and coming up with the project that will help you earn this badge.
2. Start by identifying a local outdoor area that could use a little TLC. Some ideas include:
 - Campground or campsite
 - Hiking trail
 - State or regional park
 - Playground
3. Come up with ideas that could improve the site. Could the troop help the park rangers with trail maintenance? Do the fire pits at a campground need the trash plucked out? Does a community center sign need graffiti removal? How about planting bulbs in the fall for flowers in the spring?
4. Contact a representative for this site (for example, a park ranger for a state park, or a community center manager for a playground) and tell them your ideas. Be sure to keep safety considerations in mind in your planning (i.e. be sure to bring gloves if you're picking up trash).
5. Plan to do this project at your next meeting or a different specified time.

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 the North Star Museum of Boy Scouting and Girl Scouting.
 - Sign up for a River Valleys Girl Scout Way Day event: <https://www.girlscoutsrv.org/en/events/event-list.html>
- Speaker Ideas:
 - Invite a woman in your community with a Girl Scout background to speak at your meeting.
 - Invite council staff members or Girl Scout alumnae who have a historical perspective to your meeting.

