

# MY PROMISE, MY FAITH ACTIVITY PLAN 1

**Award Purpose:** Girls earn this award through exploring how Girl Scouting and their faith offer similar ideas.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
10 minutes	Welcome	None
25 minutes	Girl Scout Law Review <ul style="list-style-type: none"> <li>Girls participate in a relay race to review the Girl Scout Law.</li> </ul>	<input type="checkbox"/> Large Index Cards with Girl Scout Law <input type="checkbox"/> Tape
25 minutes	Women of Inspiration <ul style="list-style-type: none"> <li>Girls learn about inspiring women.</li> </ul>	<input type="checkbox"/> Paper <input type="checkbox"/> Glue <input type="checkbox"/> Magazines (age appropriate) <input type="checkbox"/> (Optional) Cardboard frame <input type="checkbox"/> Markers
15 minutes	Women of Faith Interview <ul style="list-style-type: none"> <li>Girls prepare for an interview with an inspiring woman of faith.</li> </ul>	<input type="checkbox"/> Poster board or large sheet of paper <input type="checkbox"/> Marker <input type="checkbox"/> Paper <input type="checkbox"/> Pens
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

## Getting Started

Time: 10 minutes

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

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

## Activity #1: Girl Scout Law Review

Time: 25 minutes

Award Connection: Step 1 – Choose one line from the Girl Scout Law

Materials Needed: Large index cards with Girl Scout Law, tape

Prep Needed:

- Write each line of Girl Scout Law on large index cards (at least 2 sets).
- Set-up relay space with tape line at one end of the room and the index cards at the other end.



1. Ask girls if any of them remember the Girl Scout Law. Explain to them they will be reviewing the Girl Scout Law today and talking about what it means to them.
2. Divide girls into two teams (can divide into additional teams for larger troops). Each team should have a line and set of index cards for their relay.
3. Explain to the girls that they will be doing a Girl Scout Law relay. Each team must put their set of index cards in the proper order of the Girl Scout Law. The first person in line will run (or walk briskly) to the cards and pick the first line of the promise and stick the card on the wall. She will return to the line and tag the next person who must pick the second line of the promise and stick it to the wall. This will continue until all the cards are on the wall.
4. The first team to finish with the correct Girl Scout Law wins.
5. Now ask the girls to sit in a circle and think of their favorite line of the Girl Scout Law.
6. Ask the girls to go around the circle and explain which line they chose, what it means, and one way you can demonstrate the part of the Law. Start by giving an example:
  - *The Line: Respect Authority means to follow the rules of those in charge. I do this by listening to police officers and following their rules.*
  - *The Line: Friendly and Helpful means to be nice to others and help them out when you can. I do this by sitting with the new kid in school on their first day.*
7. After everyone has had a turn, ask the girls to think of how their faith relates to the Girl Scout Law. Ask the teams to find a song, prayer, tradition, poem, or verse that shows one part of the Girl Scout Law.
  - For younger girls – have songs, prayers, traditions, poems, or verses already picked out and ask them to identify which portion of the Law it portrays.

## Activity #2: Women of Inspiration

Time: 25 minutes

Award Connection: Step 3 – Gather three inspirational quotes; Step 4 – Making something to remind you of what you've learned

Materials Needed: Paper, glue, magazines (age appropriate), (optional) cardboard frame, and markers

Prep Needed:

- (Optional): Find quote ideas (see end of activity plan for examples).
1. Explain to the girls it is helpful to have a daily reminder and encouragement to help you follow the Girl Scout Law. There are many women in history that have followed the Girl Scout Law. Share a few quotes from women they would be familiar with (or give a brief description of the woman). Ask them to pick a quote that will help them follow the Girl Scout Law.
    - If girls have access to the internet, they can look up their own quotes or you can provide a list of quotes (see end of activity plan for additional examples).
  2. Once they have picked a quote, instruct them to cut out the words for their quote from magazines and tape to a piece of paper. Encourage the girls to decorate their quotes too.
  3. When girls have finished, their quote ask them to share with the group what quote they picked and how it will help them follow the Girl Scout Law.

## Activity #3: Women of Faith Interview

Time: 15 minutes

Badge Connection: Step 2 – Find a woman in your own or another faith community.

Materials Needed: Poster board or large sheet of paper, marker, paper, and pens

1. Explain to the girls that they will be interviewing a woman of their choice in their faith community and learning how they use their favorite line of the Girl Scout Law. Ask the girls for examples of questions they can ask.
2. Write their examples on the board or a sheet of paper.
3. After a good list has been developed, encourage the girls to pick five questions and write them on a piece of paper to take home.



4. Instruct the girls to find a woman of their choice in their faith community (mom, sister, aunt, pastor, faith community member or volunteer, neighbor, etc.) and ask their five questions. Let the girls know that they will share their interviews at the next meeting.

NOTE: An alternative activity is to have the girls come up with questions and invite a woman of faith to the next meeting and let the girls ask their questions at that time.

## Wrapping Up

Time: 15 minutes

Materials Needed: Make New Friends lyrics (optional)

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

## More to Explore

- Field Trip Ideas:
  - Visit your faith community and talk with the authority figures about the Girl Scout Law.
  - Visit a local museum or history center to learn more about faith in your community.
- Speaker Ideas:
  - Invite a woman of faith to share with the girls about how their faith follows the Girl Scout Law.
  - Invite a history teacher to talk to the troop about influential women from history.



# QUOTES FROM INSPIRATIONAL WOMEN

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another. – Helen Keller

The most effective way to do it, is to do it. – Amelia Earhart

Great minds discuss ideas, average minds discuss events, small minds discuss people. – Eleanor Roosevelt

The best and most beautiful things in the world cannot be seen nor touched but are felt in the heart. – Helen Keller

It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends. – J.K. Rowling

Don't compromise yourself. You are all you've got. – Janis Joplin

Remember, no one can make you feel inferior without your consent. – Eleanor Roosevelt

I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances. – Martha Washington

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. – Maya Angelou

You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own. – Michelle Obama

