Family Connection

Girl Scouts

Your go-to, super-fun guide to getting the most out of Girl Scouts

Get That Girl Scouts Glow Up

Girl Scouts have fun learning new skills, earning badges, and testing their abilities—but it's our community that makes us a must for your family.

In good times and bad, Girl Scouts is your:

FRIEND CIRCLE
4 out of 5 Girl Scouts have a best friend in their troop.
We stick together, stand up for one another, and are sisters for life.

DREAM CENTER
94% say Girl Scouts helps them try new things.
If a girl can dream it, Girl Scouts can take her there.

RELEASE VALVE
95% say Girl Scouts is a safe space.
The amazing support of Girl Scouts is more important than ever.

What Girl Scouts Means to Me

Use this space to draw or write about what it feels like to be a Girl Scout.

What We Value

Being “good” at everything isn’t the goal here. It’s the willingness to put yourself out there and really make an effort that will give you your fullest, funnest, and most successful life. That’s why both the Girl Scout Promise and Law—which members of all ages recite—start with the idea of trying to do your best.



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.

Girl Scout Law

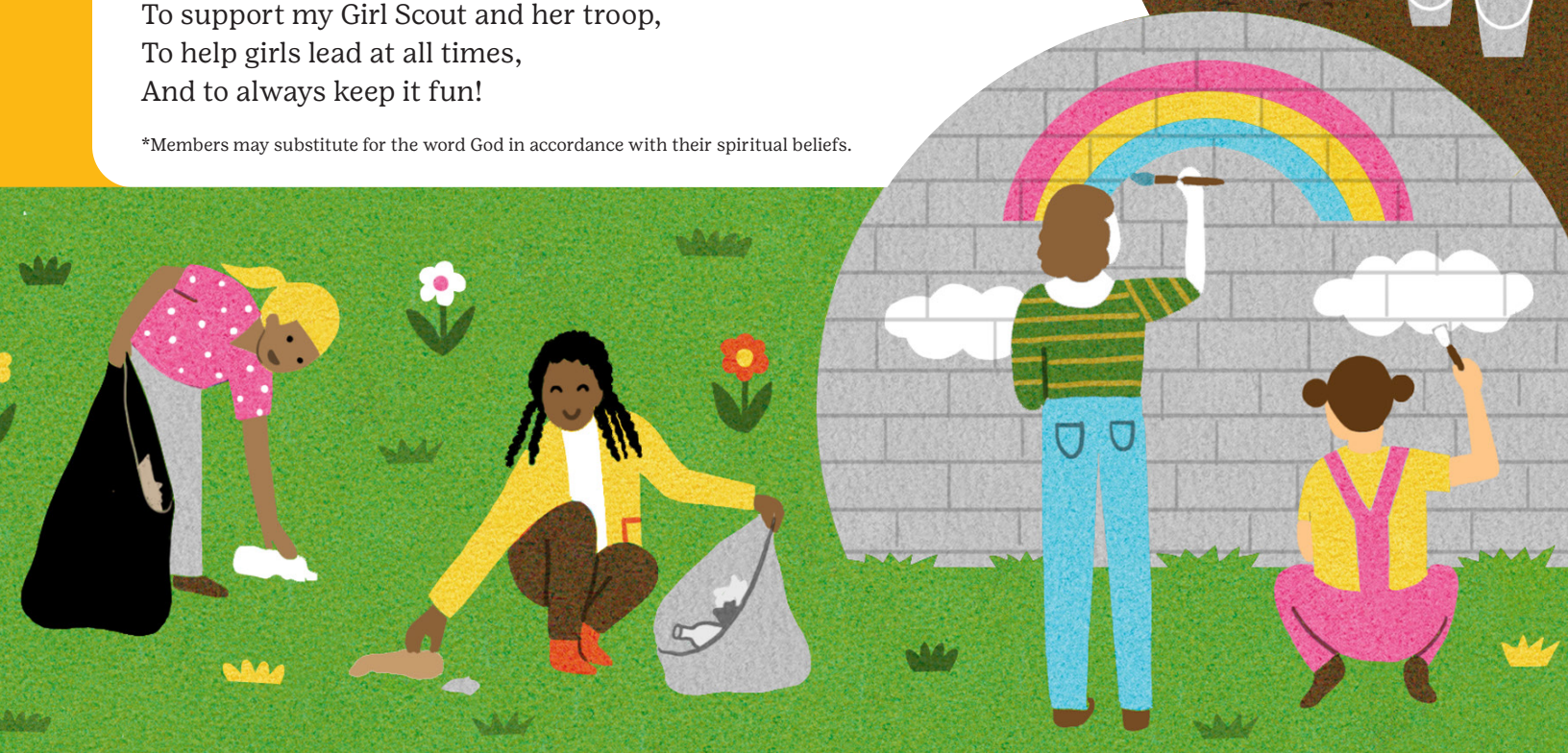
I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,

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.

Girl Scout Family Promise

On my honor, I will try:
To support my Girl Scout and her troop,
To help girls lead at all times,
And to always keep it fun!

*Members may substitute for the word God in accordance with their spiritual beliefs.





Ready, Set, Goals!

What do you want to be, do, or know more about? Fill in the first column of this chart with three ideas—dream big!—then ask your troop leader or another adult to help you find Girl Scout badges or awards to earn that can help you reach your dreams. Those go in the second column. Check out **girlscouts.org/badgeexplorer** to see all the different things you could try. Reaching your target has never been so fun.

I want to...	This can help
1.	
2.	
3.	

Get Started Now

Troop meetings are awesome, but why let the good times stop there? Head to **girlscouts.org/athome** to check out some of our favorite activities—then try them at home with your family or friends for free!

Wear It Where?

You're earning badges, patches, and awards—but where do they belong? Here's the rundown on what goes where on your tunic, sash, or vest.

Flag patch, council name patches, and troop numbers go on the front right, in that order, starting at the top.

Badges and Journey awards always go on the front, starting at the bottom. On a vest, badges go on the right and Journey awards on the left. On a sash, badges go below Journey awards.

Fun patches from trips and experiences always go on the back.

Need more help? Go to girlscouts.org/placement.



Daisies
Grades K–1



Brownies
Grades 2–3



Juniors
Grades 4–5

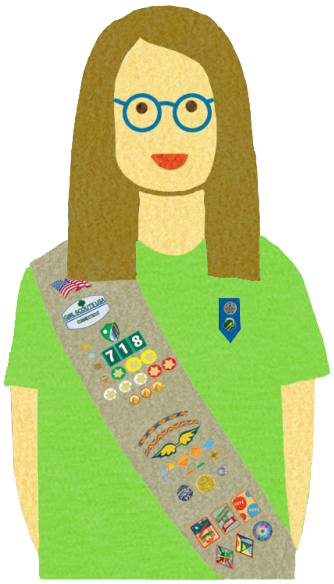


Cadettes
Grades 6–8

Just for Juliettes



A Juliette, or individually registered Girl Scout, has the same Girl Scout experience as other girls, just without being in a troop. If you're a Juliette family, connect with your council for support and to stay up-to-date on exciting events for the whole family.



Seniors
Grades 9–10



Ambassadors
Grades 11–12

Walking the Talk

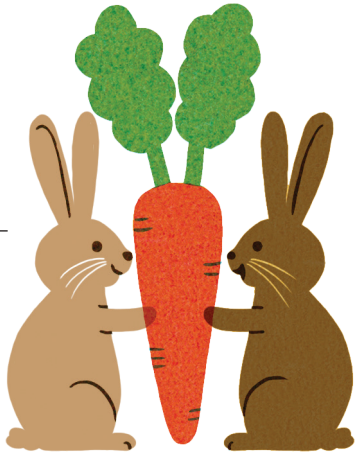
The Girl Scout Law isn't just a bunch of words we say for fun—it's how we live our lives. Sit down as a family and talk about what each of these laws means to you and how you can practice them together at home. Make sure everyone's voice is heard, then write down the ideas you come up with here.



Be Honest



Be Fair



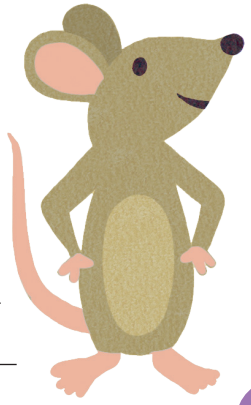
Be Friendly and Helpful



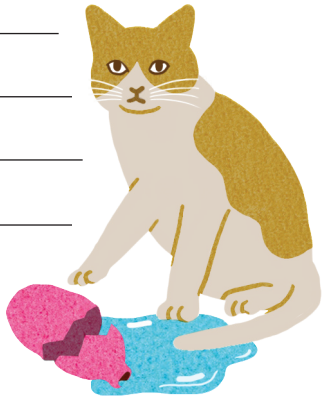
Be Considerate and Caring



Be Courageous and Strong



Be Responsible for What We Say and Do



And the Award Goes to...

From protecting our environment and supporting communities to changing laws, we know you shine brightest when you're making the world a better place. That's why we have three separate awards—the **Girl Scout Gold, Silver, and Bronze Awards**—to honor Girl Scouts who take their passions and turn them into actions in big ways.

- **Daisies and Brownies** learn the basics of what it means to be a good neighbor and how they can be helpful.
- **Juniors** can earn the Bronze Award by teaming up with other girls to make a difference in their towns.
- **Cadettes** can earn the Silver Award by researching an issue, making a plan, and taking action to improve their communities.
- **Seniors and Ambassadors** can earn the Gold Award by developing and carrying out lasting solutions to issues in their neighborhoods and beyond.



Pro Tip: Head to your local Girl Scout shop for official gear, helpful tips, and the latest on council events. Can't make it in person? We're always open at **GirlScoutShop.com.**

When I'm a Gold Award Girl Scout

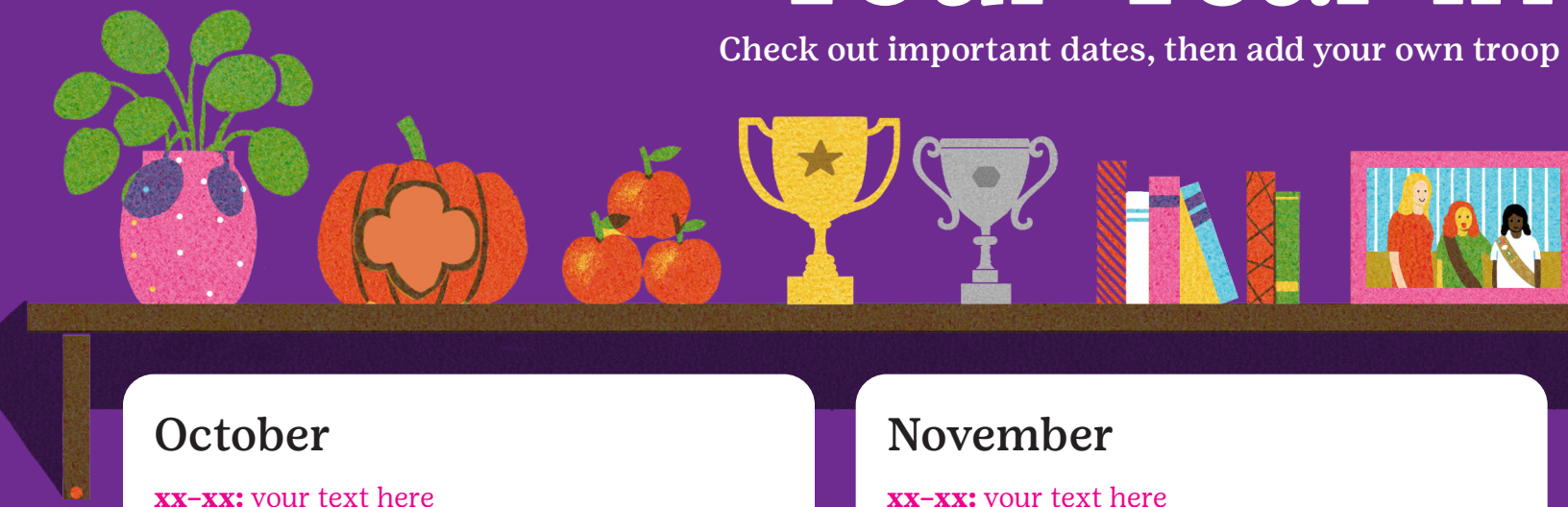
Gold Award Girl Scouts are rock stars, role models, and real-life heroes. How do they do it? By using everything they've learned as Girl Scouts to fix a problem in their communities and make a lasting change in their world. Use this space to draw, write, or make a collage about the problem you want to tackle to become a Gold Award Girl Scout—and how you'll feel once you've done it.

Already working toward your Gold Award? Incredible. Use this space to celebrate all you've already accomplished.

Want to give her the ultimate Girl Scout experience? Invest in her future and make every moment a shared memory by becoming an adult member at **girlscouts.org/join.**

Your Year in

Check out important dates, then add your own troop



October

xx–xx: your text here

November

xx–xx: your text here

February

xx–xx: your text here

March

xx–xx: your text here

June

xx–xx: your text here

July

xx–xx: your text here

Use this space to provide any additional information that is specifically relevant to your council and troops.
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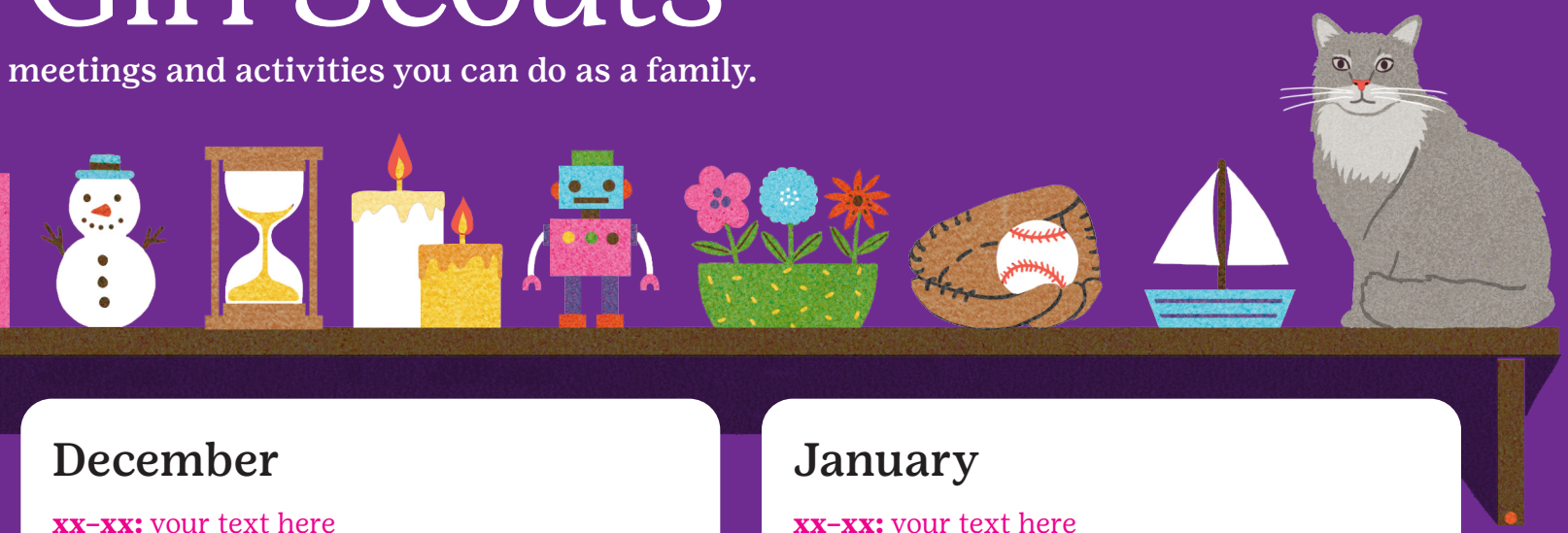
Girl Scouts

meetings and activities you can do as a family.



December

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January

xx–xx: your text here

April

xx–xx: your text here

May

xx–xx: your text here

August

xx–xx: your text here

September

xx–xx: your text here

Use this space to provide any additional information that is specifically relevant to your council and troops.
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Shake Up Family Time



Keep the Park in Your Heart

Take a walk, ride a bike, or have a picnic in the park with the whole family. Ask everyone to look around and name one thing they love about the park and one thing that could be better. This can also be a time to explore the history of your park and to learn about the Indigenous people who lived on this land before you.

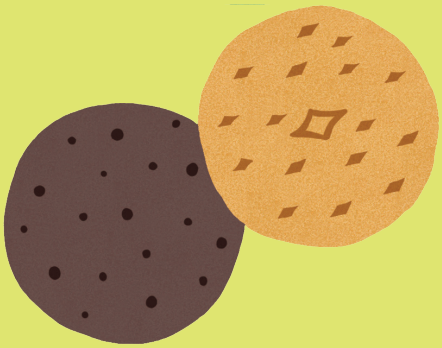
Is there no place to recycle bottles and cans? Not enough park benches? Would it be fun to have a skateboard ramp, or could the basketball court use a fresh coat of paint? Write down everyone's ideas, then connect with local organizations that advocate for parks. Maybe your family could join them and turn some of your ideas into reality.

If there isn't already a team of people helping your park, bring up the idea with other families—especially those you know through Girl Scouts—or at your local city council meeting to see if you can start one. Taking care of and learning about our outdoor spaces together is a fun way to build community, make friends, and improve the world for everyone.

Ever feel like your life is on a cycle of wash, rinse, repeat? Break out of the blahs with these activities that bring the fun and learning of Girl Scouts to the whole family.



Go for the Goal



Learning how to set and meet realistic goals is one of the most important things the Girl Scout Cookie Program teaches—and the benefits of having that skill go far beyond cookies.

Use the first chart on this page to plan how your family will help your troop reach this year's cookie goal. Then use the second chart to choose another goal you'd like to work toward. It could be anything from learning a new language to mastering a cool skateboard trick. With a little planning and some dedication, you can make it happen!

Earn the Girl Scout Cookie Entrepreneur Family pin with your girl, and give her the business smarts of tomorrow today! Learn how at **girlscoutcookies.org/entrepreneurfamily**.

Cookie Goal and Deadline

Selling Strategies	
1.	2.
3.	4.

My Second Goal and When I'll Meet It

How I'll Reach My Goal	
1.	2.
3.	4.



Focus on Feelings

Nobody's happy all the time—nor should they be. Sadness, anger, and even frustration are all healthy, normal feelings that can help us understand our lives and make them better. Still, we all need a bit of comfort now and then to get us through. Take time to make "calm kits" with your family and then discuss what everyone put in theirs. You'll each build a go-to source of comfort and learn a little about one another in the process.

For each calm kit, you'll need:

- A shoebox or similarly sized box
- A few pieces of paper and something to write with
- Any art supplies you have around—construction paper, magazine pages, glue or tape, crayons, markers, stickers, etc.
- Two to three small personal items that are special to you but that you don't need every day
- Anything else small and nonperishable that makes you happy

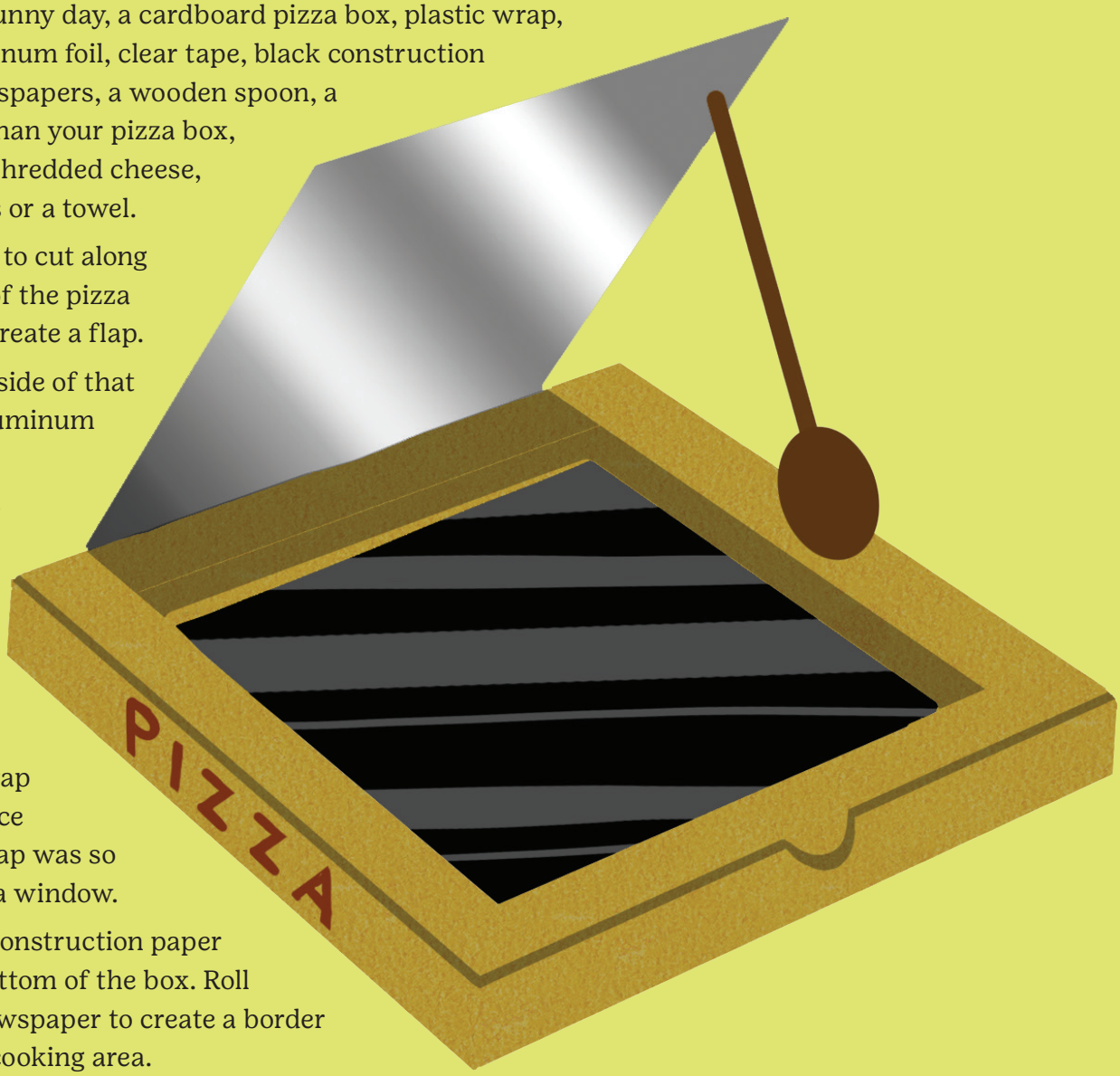
Once you've gathered everything, decorate the box and fill it with the things that could help you feel better when life gets hard. First, use the sheet of paper to write a list of simple activities that make you feel good—whether you love running and making art or playing with your pet and baking, write them all down. Once you're done, fold the paper and pop it in the box to remind yourself of healthy ways to deal with stress. Consider writing a pep-talk letter to yourself to remind you of your strength and resilience in tough times. You might want to include a small toy, book, photo of someone who inspires you, or other trinket that makes you happy. Keep your calm kit in a safe spot and know that it's there for you whenever you need a pick-me-up!



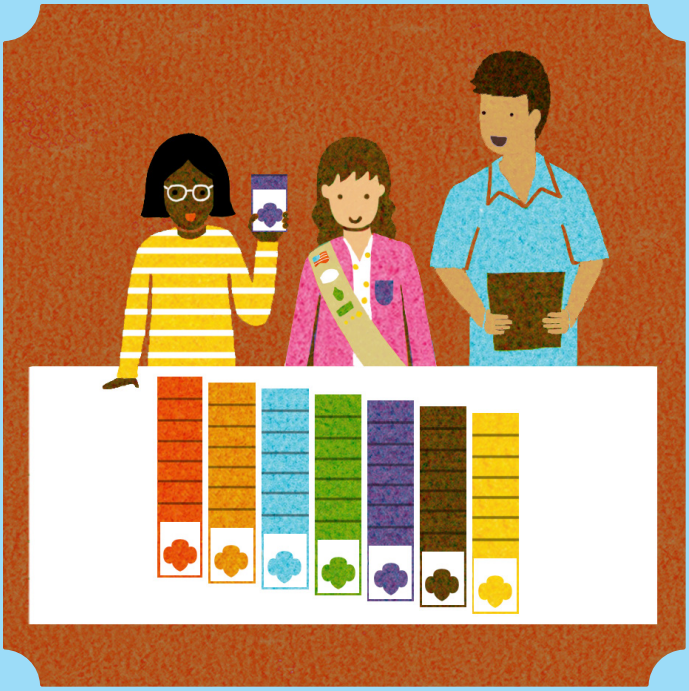
Nacho Grandma's Science Experiment

Did you know you can make tasty nachos without an oven or microwave? It's true! Follow these instructions to make a solar oven and cook up some melty goodness.

You'll need a sunny day, a cardboard pizza box, plastic wrap, scissors, aluminum foil, clear tape, black construction paper, old newspapers, a wooden spoon, a plate smaller than your pizza box, tortilla chips, shredded cheese, and oven mitts or a towel.



1. Use scissors to cut along three sides of the pizza box's lid to create a flap.
2. Cover the inside of that flap with aluminum foil.
3. Fold the flap back and open the lid. From the inside of the lid, tape a piece of plastic wrap over the space where the flap was so it looks like a window.
4. Tape black construction paper along the bottom of the box. Roll sheets of newspaper to create a border around the cooking area.
5. Take your solar pizza oven to a sunny spot. Place a plate of tortilla chips and shredded cheese inside the box.
6. Use a wooden spoon to prop open the foil-covered flap at an angle so it faces direct sunlight.
7. Wait for the cheese to melt—this may take a while if it's not very hot outside. Use oven mitts or a towel to lift your plate out of the cooker. Enjoy!





My Girl Scout Memories

There's nothing else quite like Girl Scouting, and you'll want to remember every minute of it! When you take a cool trip, learn something new, earn a badge or award, or do one of the activities from this booklet with your family, mark it down here so you'll never forget this incredible year.

I did . . .

I loved . . .



I learned...

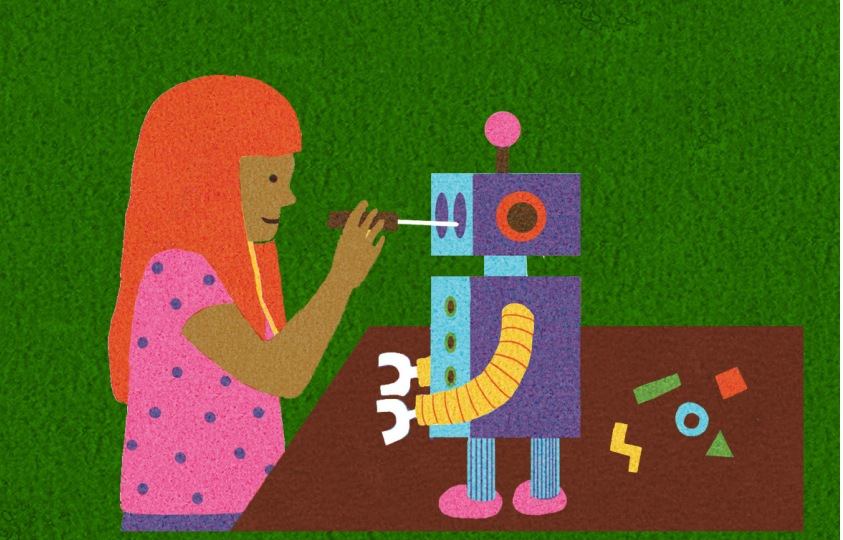
My Girl Scout Support Crew

When someone helps you on your Girl Scout adventures this year, add their name here with a note about what they did. You might want to include any guest speakers who spoke to your troop; the shop owner who let you set up a cookie booth outside her store; and, of course, your troop leaders! At the end of the year, check the list and send thank-you notes to all your amazing supporters.



Want a special place to keep track of even more Girl Scout moments? Check out the official Girl Scout memory books!

girlscouts.org/memory









Give a Little, Get a Lot

Just like at a potluck, where you only bring one dish but get to munch on a full feast, Girl Scouts works best with a community. When each family pitches in just a little or steps up to take on one or two tasks, everyone benefits big time.

Here are a few ways to help out that take less than an hour per week:

- Organize a troop snack calendar
- Manage a troop carpool calendar
- Put together at-home badge supply kits
- Set up and maintain a troop social media account
- Volunteer to take pictures or videos at troop meetings

Peek into Her Future

When you think of your girl a year from now, or even ten years from now, you likely picture a confident thinker and doer who does her best and makes the world a better place. Basically? You're picturing her as a Girl Scout. Not just this year, but next year and beyond. That's a good thing, because the longer she's in Girl Scouts, the brighter her future will be.

Secure her spot for the upcoming Girl Scout year and consider becoming an adult member at the same time! Head to **girlscouts.org/join** to learn when and how to sign up.

All Girl Scouts are sisters, which means that all of us—from parents to volunteers—are family. So have a family meeting (make sure to include your troop leaders!) to figure out who can do what for the troop this year. We're all in this together.



Come See Us

There's a whole world of Girl Scouting to explore at your local council store. The staff is your support team when it comes to finding the right badge booklet, making your Girl Scout smile with the perfect gift, or staying up on community and family events. Find your local store at the address on the back cover or check out **GirlScoutShop.com.**

Council Customization

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Your Council Name
123 Main Street
Anytown, USA 12345

- Email address
- Facebook page
- Instagram account
- Twitter account
- 1-XXX-XXX-XXXX

We're Here For You

Family helps family, and you're part of ours! Whether you have questions about the troop experience or are going through a rough time on a more personal level, Girl Scouts is here to support you and your family through it all. Never hesitate to reach out.

Girl Scouts of the USA National Headquarters
420 Fifth Avenue
New York, NY 10018

- girlscouts.org/contact
- instagram.com/girlscouts
- facebook.com/GirlScoutsUSA
- twitter.com/girlscouts
- 800-478-7248

girl scouts

All About My Troop

Fill in the details of your girl's troop and keep this handy all year long!

Troop number: _____

Troop co-leader phone: _____

Troop co-leader phone: _____

Meeting place: _____

We meet at _____ [TIME] on _____ [DAY], every _____ [NUMBER] weeks.

The girls in the troop are:

_____

_____

Important cookie dates:

_____

_____

My family is helping out by:

_____

_____

Other important information:

_____

_____

_____