



## Girl Scout Birthday Week Activities March 8-14, 2009

**Parents/Guardians:** The Girl Scout Birthday (March 12) is a significant week for all Girl Scouts to celebrate the beginning of the Girl Scout Movement. This program activity will continue to help girls learn to live by the Girl Scout Promise and Law, and preserve the traditions that have made the Girl Scout program a success. These activities are strictly optional. Those girls who successfully complete the activities and return this signed form to their Girl Scout leader will receive a special Girl Scout Birthday patch.

Younger girls may need assistance to complete the patch activities. We ask that **parent/guardians of Daisy Girl Scouts** be sure that two requirements are completed each day, and the **parent/guardians of Brownie and Junior Girl Scouts** be sure that two requirements (at least one must be starred\*) are completed each day. A parent or guardian should sign the bottom of the form. **Cadette, Senior, and Ambassador Girl Scouts** should complete three activities each day (at least one must be starred\*), and sign their own form. Activities that have been completed must be marked off and the form signed.

**Leaders:** Bring the completed activity forms to the April leader meeting to receive the patches.

### Sunday, March 8

#### GIRL SCOUT SUNDAY

- \*Think of three different ways you can serve God or your country. Do one of them.
- Take part in a religious service.
- Say or sing grace at a meal.
- \*Do a good deed for someone.
- Wear your Girl Scout uniform or shirt today.
- Spend 20 minutes in quiet reflection.
- Other \_\_\_\_\_

### Monday, March 9

#### LIVE BY THE GIRL SCOUT LAW

- Learn what WAGGGS stands for (see [www.waggggs.org](http://www.waggggs.org)). List and locate all four World Centers on a map or globe.
- Invite a friend to your next troop meeting.
- \*Recite the Girl Scout Law to your family.
- \*Read or re-read the Juliette Low story.  
(see <http://www.scoutingweb.com/scoutingweb/SubPages/JLStorySimple.htm>)
- \*Spend time working on a Girl Scout Award (Petal, Try-It, Badge, Sign, Interest Project, Focus Book, or Journey Book)
- Take part in a flag ceremony sometime this week or research how one is performed.
- Learn about when Girl Scouting first started. Tell a friend.
- Do a service project.
- \*Read a book to a young child or older person.
- Other \_\_\_\_\_

## Tuesday, March 10

### EXPLORE THE WORLD

- \_\_\_ Design a future Girl Scout uniform and share it with someone.
- \_\_\_ Make a collage of all the places you would like to visit or have visited.
- \_\_\_ List careers that you would like to pursue and list why.
- \_\_\_ Do a science project that explores the environment.
- \_\_\_ Play a game on [www.girlsgotech.org](http://www.girlsgotech.org)
- \_\_\_ Visit the GSUSA website ([www.girlscouts.org](http://www.girlscouts.org)) and the Girl Scouts of Minnesota and Wisconsin River Valleys website ([www.girlscoutsrv.org](http://www.girlscoutsrv.org)) . List one new Girl Scout opportunity you found on each site.
- \_\_\_ \*Learn about a country you would like to visit, and cook/prepare something from that country. Share your creation with your family.
- \_\_\_ Interview someone who has lived in another country. Compare the similarities and differences of the country they lived in to that of the United States.
- \_\_\_ Interview someone who is in a career you are interested in pursuing.
- \_\_\_ Other \_\_\_\_\_

## Wednesday, March 11

### EMBRACE HEALTH AND SAFETY

- \_\_\_ \*Do at least 20 minutes of exercise.
- \_\_\_ Discuss with an adult ways to handle stress and to lighten any stress you may have been feeling.
- \_\_\_ Check to see if your smoke detectors and fire extinguishers are working properly in your home. Go over your family emergency plans.
- \_\_\_ \*Eat only healthy snacks today. Stay away from foods with high amounts of sugar and salt (candy, soda, chips).
- \_\_\_ Visit an anti-smoking, anti-drinking, or anti-drug website like the Campaign for Tobacco Free Kids ([www.tobaccofreekids.org](http://www.tobaccofreekids.org)) or Students Against Destructive Decisions ([www.sadd.org](http://www.sadd.org)).
- \_\_\_ Learn how to play a new sport. Teach someone else how to play.
- \_\_\_ Visit McGruff the Crime Dog's website ([www.mcgruff.org](http://www.mcgruff.org)) to learn about stranger danger and do at least two activities.
- \_\_\_ Investigate Sunwise ([www.epa.gov/sunwise](http://www.epa.gov/sunwise)) for sun safety tips.
- \_\_\_ Learn what it means to eat "organic" foods. Go to the store, buy and try something organic or teach someone else about "organic" foods.
- \_\_\_ \*Learn some stretching exercises and do at least three of them.
- \_\_\_ Other \_\_\_\_\_

## Thursday, March 12

### INNOVATIVE AND SAVVY

- \_\_\_ Write a poem about a place you visited.
- \_\_\_ \*Create a nature collage by using only things found in nature.
- \_\_\_ Teach a young child or older person a new craft or game.
- \_\_\_ \*Make a new dance to your favorite song.
- \_\_\_ Discuss with friends what color looks best on you.
- \_\_\_ \*Learn to tie a knot or practice the ones you already know.
- \_\_\_ Make a piece of jewelry and give it to someone special.
- \_\_\_ Work with a friend and sketch a picture of one another.
- \_\_\_ Other \_\_\_\_\_

**Friday, March 13**

**WORLD OF FRIENDSHIP**

- \_\_\_ Make a scrapbook of your family.
- \_\_\_ Do something extra special for your family or a friend and leave them a note.
- \_\_\_ \*List three things you can learn from your friends.
- \_\_\_ List three things your friends can learn from you.
- \_\_\_ Make a friendship bracelet for someone special.
- \_\_\_ \*Be extra nice to your sisters and brothers. Do a good deed for them.
- \_\_\_ Pretend you cannot talk for 15 minutes. Try to get someone to understand you.
- \_\_\_ Other \_\_\_\_\_

**Saturday, March 14**

**THE GREAT OUTDOORS**

- \_\_\_ Learn about perennials, annuals, deciduous, and coniferous plants.
- \_\_\_ \*Do a rubbing on a leaf, tree bark, or any other thing in nature.
- \_\_\_ Go on an ABC scavenger hike. Find something in nature that starts with each letter of the alphabet.
- \_\_\_ Plant a vegetable, flower, or herb in a pot to enjoy.
- \_\_\_ Identify three different plants in your neighborhood.
- \_\_\_ \*Play games outside for at least 30 minutes.
- \_\_\_ Plan to attend a Council-sponsored event.
- \_\_\_ \*Learn a new outdoor activity with your family (i.e., fishing, archery, hiking, etc.).
- \_\_\_ Other \_\_\_\_\_

GIRL SCOUT NAME: \_\_\_\_\_

LEVEL: (circle one) Daisy Brownie Junior Cadette Senior Ambassador TROOP #: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_  
(for Daisy, Brownie, Juniors only)

GIRL SIGNATURE: \_\_\_\_\_  
(for Cadette, Senior, Ambassador only)

**Please return to your troop leader at your first meeting after March 14.**

## **Girl Scout Birthday Week Activities IDEAS FOR TROOPS**

Visit a retirement or nursing home and sing Girl Scout songs. Be sure to learn some old favorites and ask those who were Girl Scouts to sing along with you.

Fabric paint infant-sized t-shirts or bibs with the words "Future Girl Scout." Donate them to a local hospital to be given to baby girls born during Girl Scout week. Be sure to provide some information about Girl Scouting for the new baby's family to read.

Find out about famous female inventors like Grace Hopper (inventor of the computer language Cobal), Margaret Knight (inventor of windshield washers), Hedy LaMarr (inventory of a secret communication system for the military), Mary Anderson (inventory of the flat bottomed paper bag), Ruth Wakefield (inventor of chocolate chip cookies), and Marjorie Joyner (inventor of the permanent wave machine). How many famous female inventors can you add to the list. What is your idea for a great invention.

Read the book "*Sadako and the Thousand Paper Cranes,*" by Eleanor Coerr. It is a true story about a girl who lived in Japan toward the end of World War II. Find out why Sadako is a heroine to the children of Japan. Share this story with another group of children through a story hour at your school or public library.

Discuss ways to solve disagreements without fighting. Find out what a win/win solution is. Make up some situations and practice ways to settle disagreements without fighting.

Invite someone who has served in the Peace Corps or other group to talk to your troop about the work they do around the world. Invite others in your school or community to participate in the program.

Show your appreciation to local police or firefighters by providing a home cooked breakfast or lunch at their station. Be sure to set up and clean up afterwards.