



New Daisy First 4-Week Troop Meeting Plan

Meeting 1: Getting to Know You

Meeting Supplies:

- **Nametags with yarn or string** (*template in Troop Meeting Resources*)
- **Markers/Crayons/Pens**
- **Large sheet of paper/large poster board** (*stickers if desired*)

1. Pre-Meeting Activity: Create A Name Tag (10-15 Minutes)

Welcome Girl Scouts as they enter, have them make and decorate a name tag. You should have this available for the first few meetings since new members may join at different times.

2. Opening Activities: Getting to know each other Icebreaker (5-10 minutes)

This is meant as a warmup to get to know each other. Name Game is a good one to start with. “My name is... And I like to... (pick something that starts with the first letter of your name or something you like to do).” You can substitute for any ice breaker found in Troop Meeting Resources.

3. Troop Business: Circle Time (10 minutes):

Sit everyone in a circle. Tell them this is called a “Troop Circle” or “Daisy Circle” and is where the troop will conduct its business.



- Teach the Girl Scout Sign (right hand, three fingers, hold down pinky with thumb)
- Open the meeting with a repeat-after-me version of the Girl Scout Promise (It’s OK to use one of the handouts if you need it). Add in the Girl Scout Law at your discretion.
- Teach the quiet sign; when the leader raises their hand the youth should raise their hands as well and be quiet.

4. Major Activity: Troop Agreement and Troop Mural (20 minutes)

- Brainstorm a list of things to remember so the troop can be safe and have fun at the meetings at the same time. Encourage positive, helpful behavior. Write down on the poster board (can be brought to future meetings). Decorate with markers and stickers.
- If there is time left, play Girl Scout approved Ice-Breaker game in Troop Meeting Resources.

5. Clean Up (5 minutes)

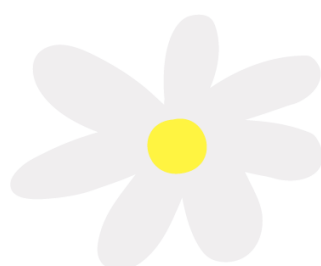
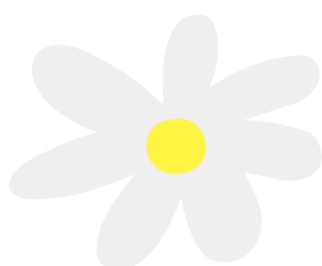
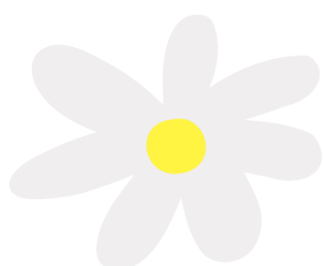
Choose one or two youth to be the clean-up leaders. Explain to the group that the clean-up leaders will change every meeting and that everyone will get a chance to be the leader. Even though there are leader(s), everyone still helps to clean up the room. The leaders give that last look over and thumbs up that it's all clean.

6. Closing (5 minutes)

- Sing '*Make New Friends*' as a repeat-after-me song using the first two lines.

<https://www.youtube.com/watch?v=E5uafJjkgio>

- Collect name tags to reuse at the next meeting!



Meeting 2: Building Friendships

Meeting Supplies:

- **Nametags from last meeting and new templates with yarn or string for new members**
- **Markers/Crayons/Pens**
- **Construction paper cut into strips, or scissors and construction paper so youth can cut into strips - depending on development level**
- **Glue Sticks**

1. Pre-Meeting Activity: Create A Name Tag

Welcome Girl Scouts as they enter, have them make and decorate a name tag. You should have this available for the first few meetings since new members may join at different times. Youth who already made a nametag can color pages in Troop Meeting Resources.

2. Opening Activities: Getting to know each other Icebreaker

Review the Icebreaker games in Troop Meeting Resources and choose one or two to play.

3. Troop Business: Circle Time (10 minutes):

Sit everyone in a circle. Tell them this is called a “Troop Circle” or “Daisy Circle” and is where the troop will conduct its business.

- Choose a youth to be the Promise/Law and Pledge of Allegiance Leaders. Help the troop with a repeat-after-me version of the Girl Scout Promise. Add in the Pledge of Allegiance and Girl Scout Law at your discretion.
- Put the attendance sheet on a clipboard, choose a youth to be the Attendance Leader, and assist them in taking attendance.



4. Major Activity

Make A Kindness Chain. Take strips of paper glue the ends together inter-lapping through the loops. (This can be a pre-meeting activity for several follow-up meeting until the chain can reach around the whole group in the opening circle - or just make necklaces to give to each other). If youth are able to write or adults are able to help, they can encourage words of kindness and friendship to be written on the strips of paper.



5. Clean Up

Choose one or two youth to be the clean-up leaders. Explain to the group that the clean-up leaders will change every meeting and that everyone will get a chance to be the leader. Even though there are leader(s), everyone still helps clean up the room, but the youth leaders give that last look over and thumbs up that it's all clean.

6. Closing (5 minutes)

- Sing '*Make New Friends*' as a repeat-after-me song using the first two lines. <https://www.youtube.com/watch?v=E5uafJjkgio>
- Collect name tags to reuse at the next meeting!

Meeting 3: Getting to know Girl Scouts

Meeting Supplies:

- **Nametags from last meeting and new templates with yarn or string**
- **Markers/Crayons/Pens**
- **The Story of Juliette ‘Daisy’ Low (*with actions*)**
- **Dry Cereal (Cheerios or other cereal with a hole through it)**
- **Yarn**
- **Sandwich bags**

1. Pre-Meeting Activity: Create A Name Tag

Welcome Girl Scouts as they enter, have them make and decorate a name tag. You should have this available for the first few meetings since new members may join at different times. Youth who already made a nametag can color pages in resources.

2. Opening Activities: Getting to know each other Icebreaker

Review the Icebreaker games and choose one or two to play.

3. Troop Business: Circle Time (10 minutes):

Sit everyone (adults and youth) in a circle. Remind them that this is called a “Troop Circle” and is where the troop will conduct its business.



- Choose a youth to be the Promise/Law and Pledge of Allegiance Leaders. Help the troop with a repeat-after-me version of the Girl Scout Promise. Add in the Pledge of Allegiance and Girl Scout Law at your discretion.
- Put the attendance sheet on a clipboard, choose a youth to be the Attendance Leader, and assist them in taking attendance.
- Collect any permission or health forms that families have brought.
- Teach the group the quiet sign. When the leader raises their hand, everyone else should raise their hands as well and be quiet. Explain we also do this sign when reciting the promise and law and also in the Girl Scout Handshake.

4. Major Activity

1. Read: The Story of Juliette ‘Daisy’ Low (with actions).
2. Make a simple bird feeder

The Story of Juliette Low

Youth can give all the sound effects, or they can be divided into 8 groups. When their words or names are said, they chime in with the sound effect.

Practice these sounds:

Little Girl.....Stand and giggle

Juliette Low.....Curtsy and say “Be my friend.”

Georgia.....Say, “Hey, y’all!”

Horses.....Say, “Neeiiggggghhhh!”

Lord Baden-Powell.....Bow formally and say “How do you do!”

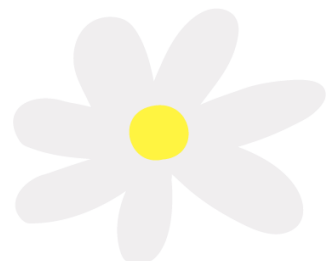
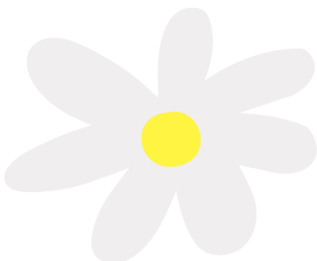
London.....Sing “London Bridge is falling down.”

Boy Scouts.....Make Scout sign and say, “Be prepared!”

Girl Scouts.....Sing the line “Girl Scouts together, that is our song.”

Once upon a time there was a little girl named Juliette Low who lived in Georgia and loved to ride horses. After she grew up she went to London where she met Lord Baden-Powell where he founded the Boy Scouts. She was fascinated by the work he was doing. She studied with him for a while and decided to found a troop of Girl Scouts for little girls who liked to ride horses in Georgia. So, Juliette Low said “good-bye” to the Boy Scouts in London and came home with the idea that Lord Baden-Powell gave her. She formed a group of little girls who liked to ride horses and be together, in a group of Girl Scouts. They loved it so much that the idea spread and now there are troops all over the world.

Now, aren’t you glad that a little girl named Juliette Low, from Georgia who liked to ride horses, went to London and met Lord Baden-Powell, founder of the Boy Scouts, and came home to start the wonderful world of Girl Scouts!!



Make a Simple Bird Feeder

The first Girl Scout troop started by Juliette Low enjoyed bird watching and kept bird books where they made observations about the birds they saw. Make a simple bird feeder by stringing cereal on a piece of yarn about two feet long. Place the bird feeder in a sandwich bag to take home. Explain to youth they can hang the 'feeder' from a tree limb and watch the birds/animals who eat. Relate the feeder and bird watching back to the first Girl Scout troop, and how they bird watched and kept bird books.

5. Clean Up

Choose one or two youth to be the clean-up leaders. Explain to the group that the clean-up leaders will change every meeting and that everyone will get a chance to be the leader. Even though there are leader(s), everyone still helps clean up the room, but the youth leaders give that last look over and thumbs up that it's all clean.

6. Closing: Friendship Circle (5 minutes)

The Friendship circle represents the unbroken chain of friendship among Girl Scouts and Girl Guides around the world. Girls Scouts stand in a circle, cross their right arm over their left arm, and clasp hands with their friends on both sides.

- Sing '*Make New Friends*' as a repeat-after-me song using the first two lines. <https://www.youtube.com/watch?v=E5uafJkgio>
- Pass the Friendship Squeeze. To pass a friendship squeeze, determine who will start the squeeze. This person should silently think a happy thought for the girl next to her and gently squeeze her hand. That girl will do the same and squeeze the next girl's hand until the squeeze has gone all the way around the circle.



Meeting 4: Getting to Know the Outdoors

Meeting Supplies:

- **Nametags from last meeting and new templates with yarn or string**
- **Outdoor Scavenger Hunt Sheet** (*see Troop Meeting Resources*)
- **Edible Fire Materials** (*see Troop Meeting Resources*)
- **Additional Activity** - Leaf rubbing (1/2 sheet white paper, crayon, cardboard, leaf)
 - Take the girls outside to find a leaf. Create a crayon rubbing of the leaf.

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2. Opening Activities: Getting to know each other Icebreaker

Review the Icebreaker games and choose one or two to play.

3. Troop Business: Circle Time

4. Major Activities

1. Edible Fire (*see resources*)

One essential skill in outdoor cooking is fire building. Before learning to cook or going on a cookout or troop camping experience, you should have practice in fire building and fire safety. A good fire can serve many uses: cooking, heat, light and protection, etc. Remember, a fire that is improperly made or left unattended can quickly become a destructive force. Use this unique way to demonstrate fire building and fire safety at a troop meeting.



Each youth can build their own fire as fire building and fire safety is discussed. After it's built and the leader has approved, they can enjoy their snack!

- Pass out all supplies
- Remind youth to be patient and do the project along with you as you tell them the parts of a campfire
- Go through steps (*in resources*)
- Tell them "Now we are leaving our campsite... so you can EAT your campfire!"

2. Outdoor Scavenger Hunt/Nature Walk (*if you have an area outside to walk around*)

Using the scavenger hunt/nature walk found in resources, mark off items you observe or see, or take with you to use on an outdoor walk or hike with your family. If you have time, you can also do the leaf rubbing activity.

5. Clean Up

Choose one or two youth to be the clean-up leaders. Explain to the group that the clean-up leaders will change every meeting and that everyone will get a chance to be the leader. Even though there are leader(s), everyone still helps clean up the room, but the youth leaders give that last look over and thumbs up that it's all clean.

6. Closing: Friendship Circle (5 minutes)

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Troop Meeting **Resources**

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

**The word "God" can be interpreted in a number of ways, depending on one's spiritual beliefs. When reciting the Girl Scout Promise, it is okay to replace the word "God" with whatever word your spiritual beliefs dictate or replace it with the word "Good".*

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 saw and do
respect myself and others
respect authority
use resources wisely,
make the world a better place,
and to be a sister to every Girl Scout

Girl Scout Mottos

Be Prepared
Do A Good Turn Daily
Always Leave A Place Better Than
You Found It

Girl Scout Mission

Girl Scouting builds girls of
courage, confidence, and character
who make the world a better place.





Song Lyrics

Girl Scout Law Song

With hand motions

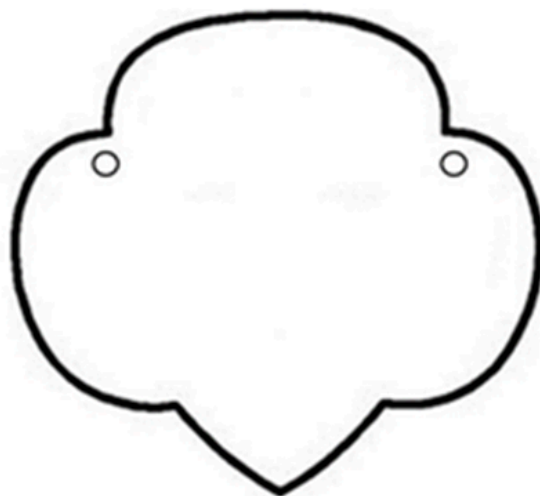
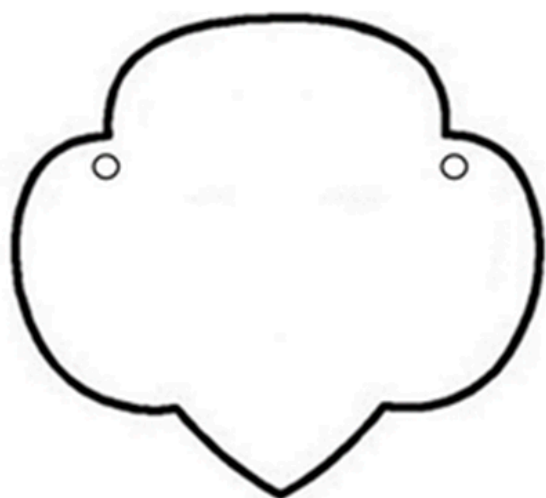
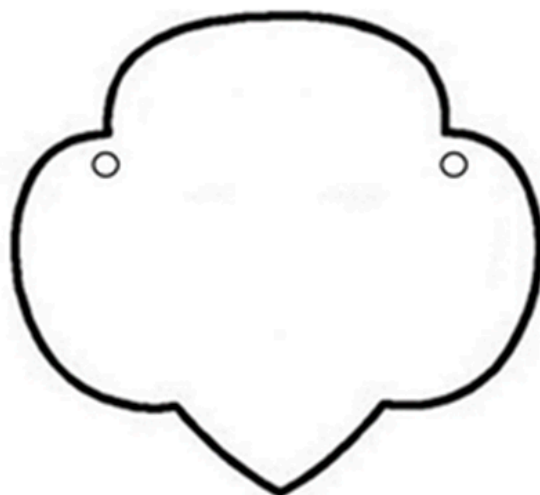
<https://youtu.be/ekPSXH-vVA?si=g2mIkWcm8R7FAaDu>

I will do my best to be
Honest and fair (open hand gesture)
Friendly and helpful (make hand shake motion)
Considerate and caring (hug themselves)
Courageous and strong (make 'muscles')
Responsible for what I say and do (make GS sign)
I will respect myself and others (point to
themselves and then to everyone else)
Respect authority (rub fingers together)
Make the world a better place (make a circle
above head)
And be a sister to every Girl Scout (link arms with
other girls)

Make New Friends

Make new friends,
but keep the old.
One is silver
and the other's gold.
A circle is round,
it has no end,
That's how long
I want to be your friend.

Trefoil Nametag Template



Icebreakers

1. Dancing Names

Encourage adults to play along. Ask everyone to stand up and form a circle. Choose someone to begin. Have them say their name and come up with a move - it could be a dance move, or a silly face, or a motion of a favorite sport - any kind of move to accompany their name. Then have the person to their right say their name and come up with their own move. After that, start over - the whole circle says the first person's name and does their move, then the second name and move and so on. Continue around the circle, starting with the first person each time and adding a new one as you go around. By the time you make it all the way around the circle, the group should know everyone's name and will be laughing at some of the ridiculous things they had to do as well!

2. I Like My Girl Scout Who (AKA I Like My Neighbor Who)

If you have an active group who love to run around, *I Like My Girl Scout Who* is an exciting, fast-paced way for them to discover common interests. Have your group stand in a circle (If you like, you can set up chairs, but make sure the number of chairs is one less than the number participating). For each round, one person will stand in the middle of the circle. When in the middle of the circle, they must say their name and something that they like. Some examples include:

- “Hi, I’m Parker and I like my Girl Scout who... Likes Thin Mints!”
- “Hi, I’m Jordan and I like my Girl Scout who... Likes camping.”
- “Hi, I’m Quinn and I like my Girl Scout who... is wearing green.”

As soon as the speaker finishes their statement, everyone (including the speaker) who agrees with the speaker's statement must run and find a new spot in the circle. Whoever does not find a new spot remain in the middle of the circle and repeats the process. The fun can go on forever, but keep an eye out and make sure everyone introduces themselves at some point in the game.

3. Whisper Line-Up

Need a quiet day? Whisper Line-Up tests the group's listening skills while keeping the volume low. The goal in this game is to form a single-file line, so first you'll have to set an objective for the order you would like the group to line up. Some sample of objectives include:

- Alphabetical order by first name
- Alphabetical order by last name
- Birthdays of birth months
- Height
- Number of letters in their name

The catch is they must complete the challenge while speaking quietly - only whispering is allowed in this game!

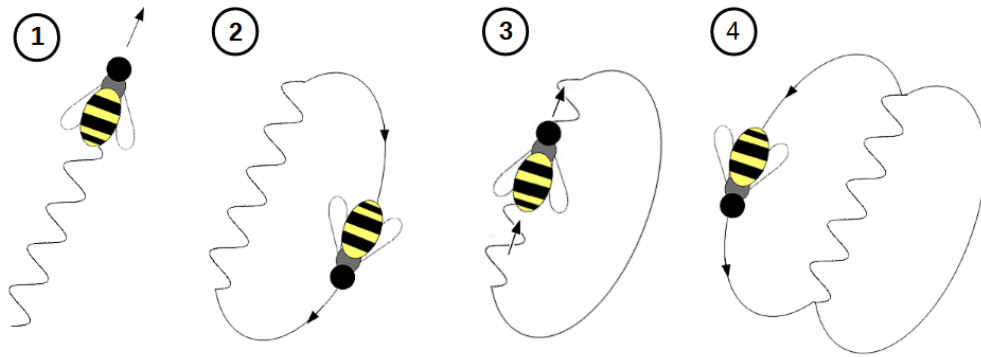
Need more of a challenge? Don't let anyone talk AT ALL! This gives them the opportunity to discover new ways of communicating, like gesturing with their hands.

4. Duck Duck Goose with Names

This game is a fun way for kids to memorize their classmates' names while playing a familiar game that gets them moving around. You will need an open space without anything that kids can trip over. Sit kids in a circle cross-legged and facing each other. To start the game, assign one kid to be "it." The person who is "it" begins by announcing their name and walking around the outside of the circle just like Duck, Duck, Goose. They tap each participant's head and say their name. If they get to somebody's head whose name they don't know, they must say "you're it!" and run around the circle to their original seat. The new "it" should stand up as fast as possible, announce their name, and trade places with the "it" person that tagged them. Then, they continue naming people until they get a name they don't know. The first to name all the classmates in the circle wins!

5. Bee Dances

Explain to youth that you are going to learn how to communicate like a community of bees. Bees dance to help guide other bees to flowers to help them find food and aid in pollination. Divide youth into pairs and give them each a piece of ribbon. Explain that the ribbon represents a flower, one person should hide the flower while the other person closes their eyes. Once the ribbon is hidden, the person who hid it should guide their partner using the waggle dance instructions (*see diagram*). Trade places after the flower is found!



6. Build Me A Story

An adult starts the story and passes to the next person. (This is a good way to incorporate both youth and adults). A Leader will start a story and you will each take a turn telling a part of the story as you go around the circle.

Example:

Person 1: "I went for a walk today and saw a bear wearing...."

Person 2: "_____, and eating...."

Person 3: "They said to me....."

7. Keen Observer

4-5 similar looking but different species of plants are hidden from the group. Break into teams of two. One person will be the Observer, and the other will be the Chooser (they can switch roles and do it again if they want to). The observer must choose a plant from the group and describe it to the Chooser. They have one minute to describe, and the Chooser must guess which plant the observer was describing. For extra fun, head outside as a group and use the plants that you can see around you!

8. Linked Up (race to find a connection)

Gather your group in a large open space. Ask participants to sit on the ground. Explain that the ultimate objective is to create one large linked-arm circle in which every person finds a common connection with one another. Ask one youth to start the game. They stand with one hand on their hip, and then share one or more statements about themselves to the group. When someone from the rest of the group hears a statement that they have in common with the first person, they are invited to link elbows with them. For example, “I like horses,” “I have a sister,” or “I like to read.” When someone from the groups hears a similar statement (for example, they too have a sister), they jump up and race to be the first to link arms. The others who didn’t “link” sit back down and wait for another chance to find a connection. This second person then shares something about themselves to the larger group, to attract a new person to link elbows with them, and so on. This process of sharing and linking continues one by one until everyone has had a chance to say something about themselves. To complete the circle, you as the facilitator and last person, will say “and to complete the final link, we will form a circle of friendship because we all have Girl Scouts in common!” Then you join the long chain of connections and walk to one end of the chain and link it to the other. You can choose to sing “Make New Friends” while linked in the circle.

Edible Fires

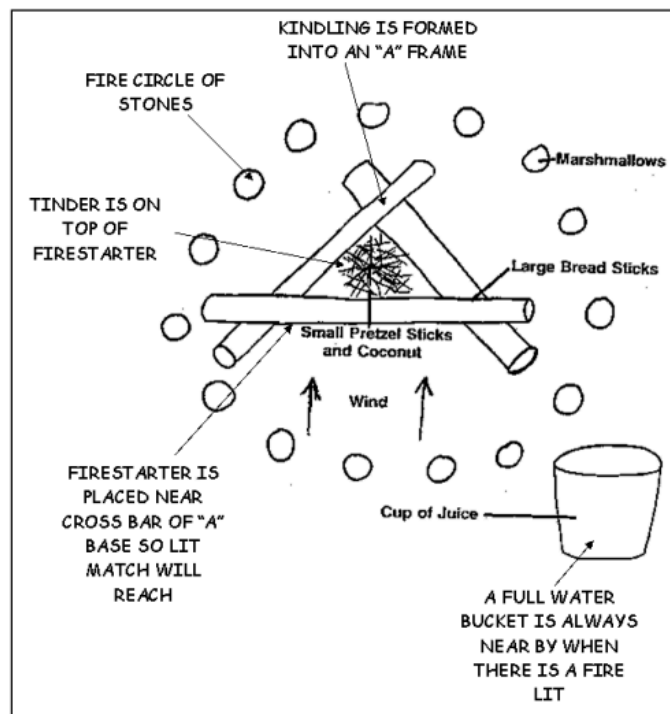
A fun way to teach fire safety!

You Need:

- Paper plates
- Mini Marshmallows (or Jelly Beans)
- Paper Ketchup Cup or Dixie Cup
- Pretzel Sticks
- Shredded Coconut
- Small Tootsie Rolls (no mini's)
- Candy Corn (or RedHot Cinamon Bits)

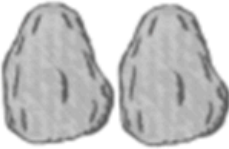
Note - Check with parents for allergies and dietary restrictions and replace foods with appropriate substitutes as needed.

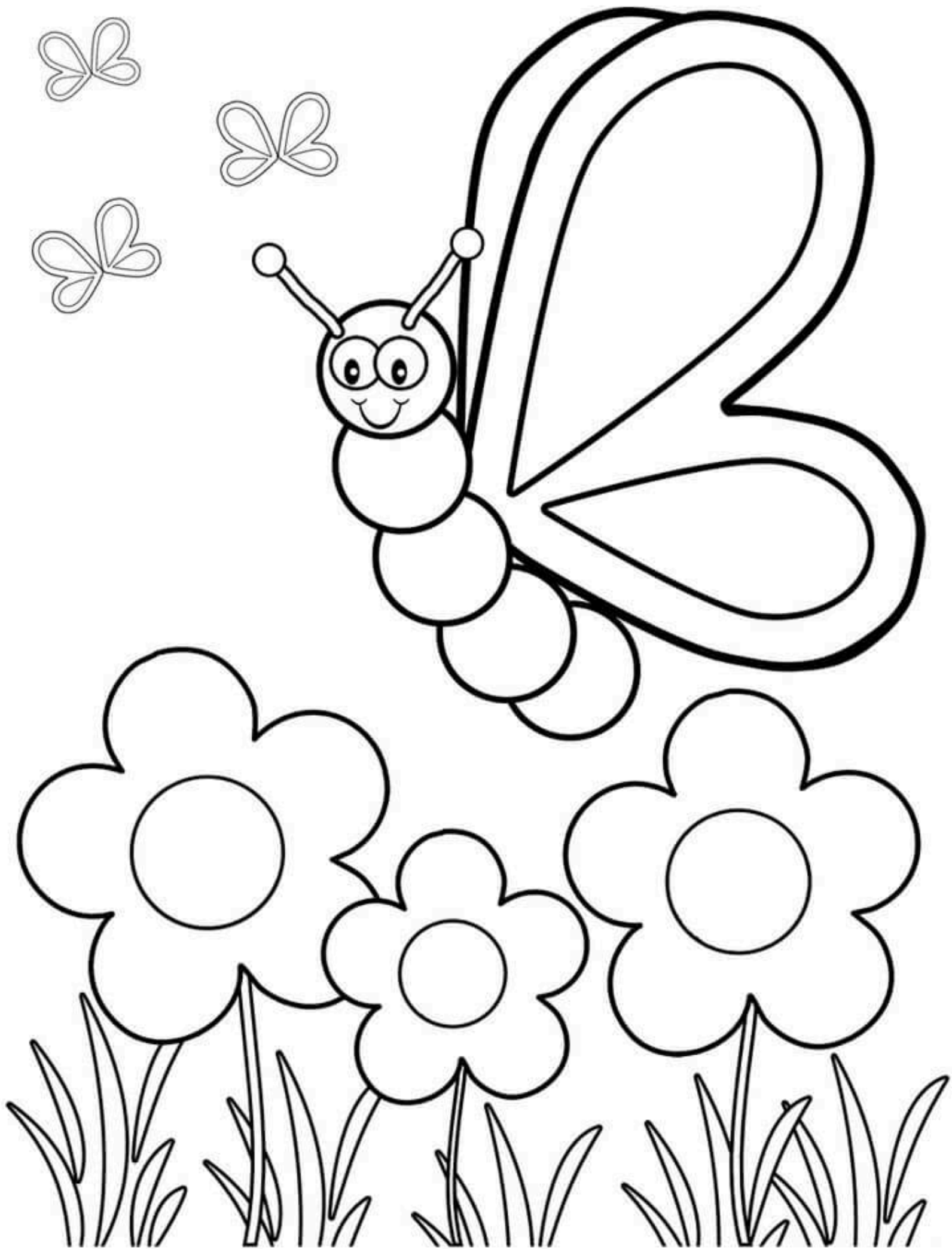
- Fire Bucket - Ketchup cup or small Dixie Cup - Fill with water & set by plate
- Fire Ring - Marshmallows - Arrange in circle around plate (that you sit behind)
- Logs - tootsie rolls - arrange according to fire type
- Kindling - Pretzel sticks - arrange according to fire type
- Tinder - Shredded coconut - Place in small fluffy pile in the center
- Fire flames - Candy corn or Red Hots - Place in "fire" as flames

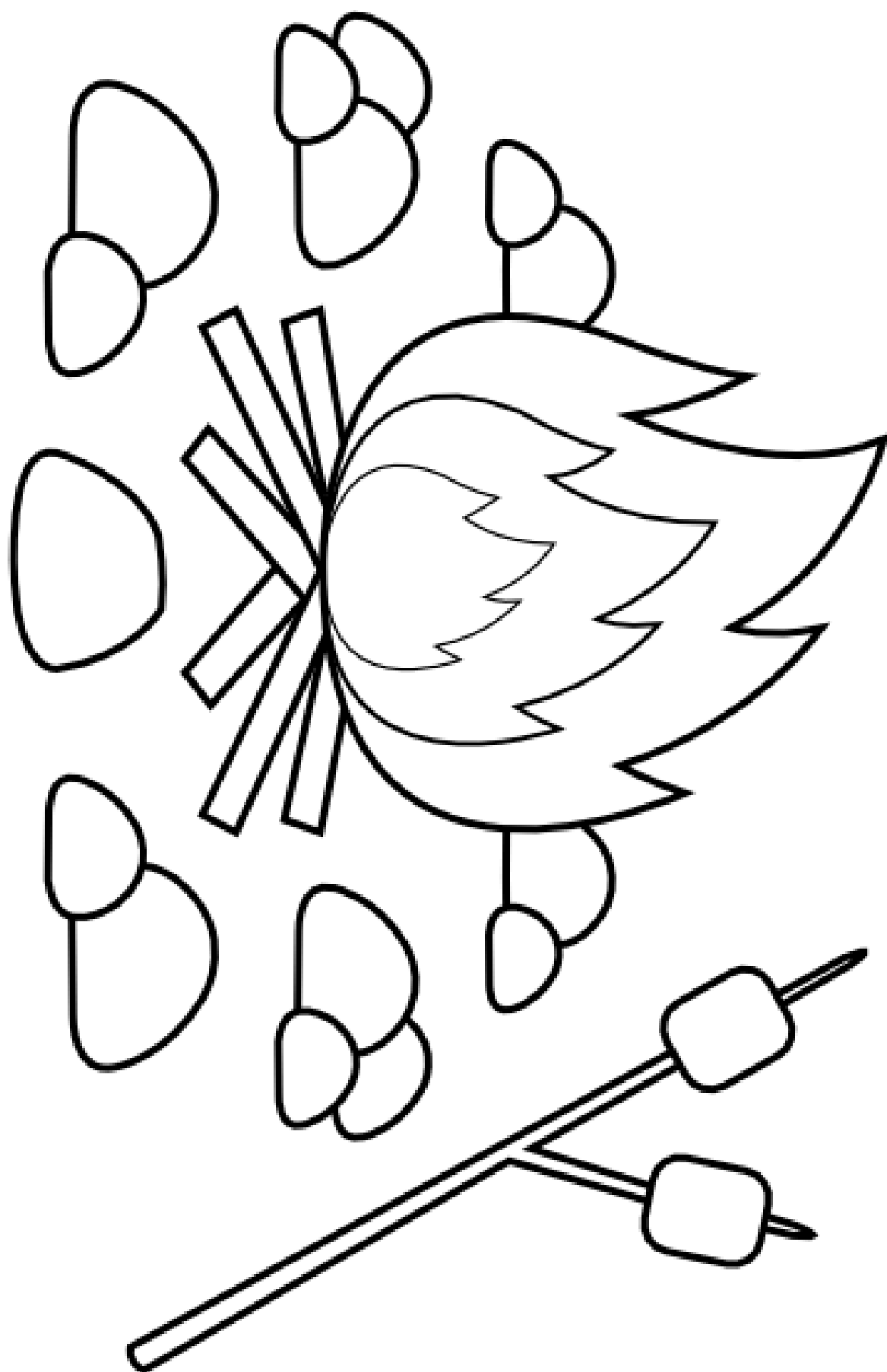


Scavenger Hunt- Nature Walk

Can you find all 20?

 bird	 tree roots	 ant	 spiderweb
 green leaf	 acorn	 flower	 log
 two similar rocks	 mushroom	 squirrel	 tall grass
 stick that looks like a letter 'y'	 flying bug	 brown leaf	 cloud
 dandelion	 animal footprints	 wild berries	 pine cone





Additional Meetings

If your troop finishes all the above meetings, check out the following links for additional meeting ideas!

Outdoor Art Badge: Daisy Level

<https://www.girlscouts.org/en/activities-for-girls/daisies/daisy-outdoor-art-maker-badge-activity.html>

Girl Scout Outdoor Challenge 2024

<https://www.girlscouts.org/en/activities-for-girls/for-every-girl/girl-scouts-love-the-outdoors-challenge.html>

Ready Resilient Strong Patch

https://www.girlscouts.org/content/dam/gsusa/forms-and-documents/activity-zone/all-ages-levels/GSUSA_Resilient-Ready-Strong_Activity-Guide.pdf

