



Get Your Glow On

Activity Packet





Fireflies give magical glitter to summer nights, thanks to their ability to create light! In this packet, you'll learn more about fireflies and what makes them glow. You'll also do activities that help you think about the things that make you glow! Our goal is to learn more about these amazing insects and the science behind how they shine their light, discover different parts of nature that glow where you live, and to discover what makes you feel happy so that you glow from the inside out.

Activity by Program Level:

- DAISY - Bolded Step
- BROWNIE - Bolded Step + 1 Additional Step
- JUNIOR - Bolded Step + 2 Additional Steps
- CADETTE, SENIOR, AMBASSADOR, AND ADULT - Bolded Step + 3 Additional Steps





Discover

1. What is responsible for making fireflies glow and how does it work? Are there other things that glow naturally in the world around you?

2. Where can we find fireflies on the west coast? Discover the difference between east coast and west coast fireflies.

3. Draw the anatomy of a firefly with labeled parts. Are there differences between different types of fireflies? What are they?

4. Discover more about fireflies: What type of bug are they? What do they like to eat? Where do they like to live?



5. Create your own firefly masterpiece! Draw or paint a beautiful firefly or even sculpt one out of pipe cleaners or glowsticks!

6. Put your hands out in front of you and imagine you are holding a ball of light. This light might be any color... what color do you see? Imagine that the ball of light is starting out small, maybe the size of a golf ball. Move it around between your hands. What does it feel like? Is it warm or cold? Does it make a sound? Start pulling your hands farther apart and imagine the ball of light is getting bigger and bigger. How does it change? How does it make you feel? Now put your hands together over your head and hold them there. Imagine that the ball of light is floating above you. When you put your hands down, you will be pulling the ball of light over you, so it covers you like a warm fuzzy blanket (or a cool shower of water!). When the light covers you completely, you are surrounded by its power – your power! What do you do when you feel powerful?

7. Becoming a Girl Scout means tapping into a supportive group of people who help you glow every step of the way. When it comes to caring for your mental wellness, the Girl Scouts Mental Wellness patch reminds you that you're never alone in facing challenges and further invites you to dive into and understand your emotions. You can do this by participating in activities, such as making art or writing poetry, that foster resilience and help you to better understand your world. No matter the season, never doubt your ability to rise up, and remember—you got this. [Explore the program and our FREE activities for girls in grades 4–12.](#)





Connect

1. Find out which species of fireflies are endangered and what they need to thrive in their environments.

2. Work with your parents/caregivers to make the space you live in more firefly friendly.

3. Share with a friend what you've learned about fireflies being endangered and how they can also help to create firefly friendly spaces.

4. Fireflies that glow use their light to communicate with each other. Make up your own "light language" using a flashlight to create messages with a friend!



5. Something that can keep you glowing is reflecting on things in your life that you enjoy and appreciate. Create a gratitude journal to write about things that you are thankful for in your day. You can share about a snack or food you enjoyed, about time you spent with a friend, something you saw that was beautiful or funny, a sense of accomplishment from completing homework or chores, or anything that brought a smile to your face.

6. Who do you talk to when you feel like you are losing your glow? (Ex, trusted adult, close friend). What do they do or say that helps you get it back?





Take Action

1. It's time to get your GLOW on! You've learned about what makes fireflies glow but what makes YOU glow from the inside out? Could it be things like moving your body, talking to a friend, sharing a snack with someone you love? Do 3 things that make you feel like you're glowing and share them with a friend or family member.

2. Research where you can see bioluminescence in your region and go on a field trip to see it with your own eyes! Check out: [Blue Waters Kayaking](#) to start!

3. Contribute to our collective firefly knowledge by participating in a [community science project](https://xerces.org/endangered-species/fireflies/community-science) [<https://xerces.org/endangered-species/fireflies/community-science>]



4. Sometimes people can lose their "glow" too. Create a "happy box" filled with 5 things that make you smile such as photos, art supplies, books, or favorite toys. Open the box when you're worried, upset, or just need a little cheering up, share your happy box with a friend or your troop! Or select a different activity from the [Ready, Resilient, Strong](#) Patch.

5. How do you shine your light? Brainstorm ideas of ways that you can support your friends, family, or community. You can share ways that brighten other people's day or ideas for community service to give back and support others. Create a small poster with icons that symbolize your ideas and share it with your community!

