

Junior Girl Scout Awards

Safety Award for Junior Girl Scouts

This award is designed for Girl Scouts to learn about different aspects of safety. You will learn various skills regarding first aid, fire safety, using 911, natural disasters, and others. This award can be earned by completing the activities at home, at our troop meeting place, online, or any combination of these.

Signs

Besides badges, Junior Girl Scouts can earn these four signs:

The Sign of the Star, the Sign of the Rainbow, the Sign of the Sun, the Sign of the World

These four signs, which only Junior Girl Scouts can earn, are based on the four program goals of Girl Scouting. The four program goals describe how you will grow and develop by doing Girl Scout activities.

The first program goal is for you to become the very best person you can. You should feel good about yourself and what you have already done, be open to new activities and challenges, and use your talents and skills in new ways. **The Sign of the Star** is about becoming your best.

The second program goal is for you to learn to respect other people, build strong friendships, and to learn to understand and appreciate people who are different from you. **The Sign of the Rainbow** is about building relationships.

The third program goal is for you to build your own set of values. These values will help you make decisions and guide your actions. **The Sign of the Sun** is about values.

The fourth program goal is designed to help you build leadership skills and to contribute to society by helping other people. **The Sign of the World** is about making your world a better place.

The Junior Aide Award

You can earn the Junior Aide Award when you learn to help with Daisy Girl Scouts or Brownie Girl Scouts. By helping younger girls, you take on a leadership role and become someone for them to look up to.

The Junior Girl Scout Leadership Award

To earn this pin, you do activities that concentrate on building leadership skills. Each step you take toward earning the pin will help you become a better leader.

Bridge to Cadette Girl Scouts Award

During your last year as a Junior Girl Scout, you can begin to do the activities to bridge to Cadette Girl Scouts. You get to do a Cadette Girl Scout activity on the way to earning this award.

The Girl Scout Bronze Award

This is the highest award a Junior Girl Scout can earn! To earn this award, you will do a project that shows you understand and live by the Girl Scout Promise and Law. There are steps that must be completed, and a project that must be done to earn this award.

All awards are voluntary, and are not required to be completed to be a Junior Girl Scout. All awards will be completed at home. I will provide guidance for all girls who wish to earn any of these awards, but will allow each girl to be in charge of her own awards, activities, and projects. Girls will need to give updates at meetings to share their progress, hear what others are doing, and ask any questions. Any patches or chapter information that the girls need I can provide for them if they do not have a Junior Handbook and/or Badge Book. Please look over all of the awards with your daughter and let her decide if she would like to earn any of these awards, and which one(s) she would like to work towards. If she would like to earn the Bronze Award, which will take 2-3 years, please remember that certain awards must be completed with the Bronze Award project in mind. I am here to be a source of information, ideas, and support for all girls working towards any awards.

Sarah Soden

704-491-4266

cleo409@yahoo.com

Safety Award for Junior Girl Scouts

Girls learn about safety as they work toward the Safety Award for Junior Girl Scouts. These activities reinforce the importance of safety in everyday life and in everything we do in Girl Scouting. After completing the activities, they can wear the award on their uniform vest or sash.



This award appears in *Safety-Wise*, and has also been adapted for the Web. The links after each activity go to pages helpful for completing it. Girls should complete safety activities or visit Internet sites with an adult, then discuss what they've learned and how the sites relate to the activity.

Complete eight activities showing how to be safe when:

1. Inspect your meeting place for safety hazards and find ways to make everything as safe as possible.

- **"How Not To" Photos**, StarGroup. With pictures of conditions not to have at your home or meeting place.
www.stargroup.com/hnt
- **Family Fire Safety Plan**, Los Angeles Fire Department. You don't have to live in Los Angeles to use this fire safety plan.
www.preparedness.info/lafd/fireprep/firesafetyplan.htm

2. Find out about 911 or the emergency service in your area. Role-play what you would say and do to report an emergency in your home or meeting place.

- **Emergency Medical Services**, National Highway Traffic Safety Administration. Vince and Larry, the crash dummies featured here, help determine when and how to call Emergency Medical Services (EMS).
www.nhtsa.dot.gov/kids/ems

3. Conduct an emergency evacuation drill of your meeting place.

- **Disaster Services**, American Red Cross.
www.redcross.org/services/disaster/keepsafe
- **Family Disaster Plan**, Federal Emergency Management Agency.
<http://www.fema.gov/kids/dzplan.htm>

4. Give first aid for a cut, burn, or sprain.

- **Everyday Illnesses & Injuries**, KidsHealth.
www.kidshealth.org/kid/ill_injure
- **Rescue 411, ThinkQuest.** A first-aid site by students.
library.thinkquest.org/10624/index.html?tqskip1=1&tqtime=0519

5. Treat a child who is choking.

- **Essential Skills: Choking**, British Broadcasting Corporation. Click "interactive test" for a lesson on how to treat a choking child.
www.bbc.co.uk/health/first_aid_action/es_choke.shtml

6. Give a reaching assist to someone in the water from the deck of a pool, a dock, or the shoreline.

- **Safe Passage**, U.S. Army Corps of Engineers. On all aspects of water safety.
<http://watersafety.usace.army.mil/safepassage/safe.htm>
- **Interactive Zone: Quizzes**, American Red Cross. Take the water safety quiz.
www.redcross.org/services/youth/izone/quizzes.html

7. Prepare for a storm or natural disaster that might occur in your area.

- **FEMA for Kids**, Federal Emergency Management Agency. Find out how to become a Disaster Action Kid.
www.fema.gov/kids
- **Disaster Preparedness for Pets**, Humane Society of the United States.
www.hsus.org/ace/18732

8. Read weather signs to learn when to go indoors (types of clouds, wind shift, thunder, etc.).

- **Severe Weather Awareness**, National Weather Service.
www.nws.noaa.gov/om/severeweather

9. Check out the safety features of a car that will be used for a group trip.

- **Staying Safe in the Car and on the Bus**, KidsHealth.
www.kidshealth.org/kid/watch/out/car_safety.html

10. Plan a group trip, and plan for safety.

11. Choose appropriate toys and make a room safe for a young child.

- **For Kids' Sake, Think Toy Safety**, KidSource Online.
www.kidsource.com/CPSC/toys_warning.html

12. Care for yourself and your friends if a stranger approaches you in a public place.

- **Do You Know How to Be Street Smart?**, KidsHealth.
www.kidshealth.org/kid/watch/out/street_smart.html

13. Choose the right clothing and equipment for three favorite Girl Scout activities.

14. Help people who disagree to resolve a problem.

- **Dealing with Bullies**, KidsHealth.
www.kidshealth.org/kid/feeling/emotion/bullies.html
- **Out on a Limb: A Guide to Getting Along**, University of Illinois Extension.
www.urbanext.uiuc.edu/conflict

Things I Did	Things I Learned

The Sign of the Star

Juliette Low spoke about "little stars that guide us." You can be your own "star" by improving your skills and talents, feeling good about what you have achieved in your life and in girl Scouts so far, and opening your heart and mind to new activities and experiences. You have the potential to shine brightly as you develop confidence, skills, and talents in your own unique way. In the Sign of the Star, you will do activities that allow you to develop your potential. Here are the requirements:



Try something new. Earn a badge in a topic that you know nothing about or that teaches you a brand new skill.	Signature:
What I did:	
What I learned:	

Boost your self-esteem (how you feel about yourself). Do at least four activities from the following badges: A Healthier You, Being My Best, Looking Your Best	Signature:
What I did:	
What I learned:	

Show off your talents. Display or demonstrate one of your talents to your troop, group, or others.	Signature:
What I did:	
What I learned:	

Complete two activities from the "It's Great to Be a Girl" chapter of the Junior Girl Scout Handbook.	Signature:
What I did:	
What I learned:	

Complete an activity from on of the following resources: <i>GrilSports, Issues for Girl Scouts: Girls Are great for Junior Girl Scouts</i> , or the "Just For Girls" section of Girl Scouts of the USA Website www.girlscouts.org . Or participate in a council event.	Signature:
What I did:	
What I learned:	

The Sign of the Rainbow

The world is made up of a rainbow of people. People are different, yet in many ways they are the same. They share many of the same goals and dreams. In Girl Scouting, you learn to respect the differences in people. You also cooperate with others and work together. In the Sign of the Rainbow, you will do activities that will help you to relate to others with understanding and respect. Here are the requirements:



Complete one of the following badges to learn more about the people in the world: World Neighbors, Global Awareness, Human Habitats	Signature:
What I did:	
What I learned:	

Do an activity from either <i>Issues for Girl Scouts: Connections for Junior Girls Scouts</i> , or <i>Girl Scouts Go Global</i> . Or you can participate in a council event in which you get to meet new girls. Be sure to try to make some new friends.	Signature:
What I did:	
What I learned:	

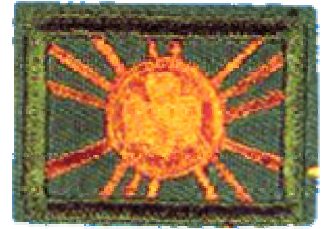
Do an activity from the "Family and Friends" chapter of the Junior Girl Scout Handbook.	Signature:
What I did:	
What I learned:	

Do an activity in which you help others get something done or help them learn a new skill. By helping out where you are needed, you show respect for others.	Signature:
What I did:	
What I learned:	

Do two activities from any of the following badges to learn more about people in your community: My community, Celebrating People, Local Lore.	Signature:
What I did:	
What I learned:	

The Sign of the Sun

When you follow your values in your life—remember, values are the things that are most important to you—you have a better sense of where you want to go and how to get there. In the Sign of the Sun, you will do activities that allow you to reflect on and practice both girl Scout values and personal values. Here are the requirements:



Live the Girl Scout Promise. Do an activity in which you serve God, your country, or other people.	Signature:
What I did:	
What I learned:	
Live the girl Scout Law. Choose one part of the Girl Scout Law and do an activity that helps you to practice it.	Signature:
What I did:	
What I learned:	

Earn one of these badges: It's Important to Me, The Choice is Yours, High on Life. Or you can earn the religious recognition of your choice.	Signature:
What I did:	
What I learned:	

Do an activity from "Girl Scout Basics" or "Adventures in Girl Scouting" in the Junior Girl Scout Handbook.	Signature:
What I did:	
What I learned:	

Read the section on values in the "It's Great to Be a Girl" chapter in the Junior Girl Scout Handbook. Read about "Values in Girl Scouting" and answer the "Test Yourself" questions on that page.	Signature:
What I did:	
What I learned:	

The Sign of the World

Girls Scouts promise to improve the world around them. You build leadership skills and contribute to your society when you do a service project that helps others. The Sign of the World helps you join forces with other Girl Scouts to make a difference in your communities. Here are the requirements:



Get started. Read the section on doing a service project in the "Adventures in Girl Scouts" chapter of the Junior Girl Scout Handbook. In a group, discuss some projects that you think your community needs.	Signature:
What I did:	
What I learned:	

Practice your citizenship skills. Complete one of the following badges: Model Citizen or Lead On.	Signature:
What I did:	
What I learned:	

<p>Learn more about protecting the world around you. Do an activity from one of the following badges: Earth Connections, Eco-Action, or Your Outdoor Surroundings.</p>	<p>Signature:</p>
<p>What I did:</p>	
<p>What I learned:</p>	

<p>Try an activity from one of the following Girl Scout resources: <i>Fun and Easy Nature and Science Investigations</i> or <i>Issues for Girl Scouts: Read to Lead for Junior Girl Scouts</i> or <i>Issues for Girl Scouts: Media Know-How for Junior Girl Scouts</i> or <i>Junior Girl Scouts Against Smoking</i>. Or participate in a council project that helps make the world a better place.</p>	<p>Signature:</p>
<p>What I did:</p>	
<p>What I learned:</p>	

<p>Look at the "Create and Invent" and "explore and Discover" chapters of the Junior Girl Scout Handbook to find a way to make or do something to improve your neighborhood or community. Now do it!</p>	<p>Signature:</p>
<p>What I did:</p>	
<p>What I learned:</p>	

What is leadership?

Leadership means to show the way; to guide or cause others to follow you; to direct; to be in charge. Every group has a leader. And it doesn't always have to be the same person all the time.

Leaders have...

- ❖ Creativity
- ❖ Ideas
- ❖ Determination
- ❖ Commitment
- ❖ Humor
- ❖ Enthusiasm
- ❖ Respect for Others
- ❖ Fair-mindedness
- ❖ Organizational Skills
- ❖ Decision-making Skills
- ❖ Inspiration
- ❖ Teaching Ability
- ❖ Goals
- ❖ Solutions
- ❖ Negotiating Skills
- ❖ Support
- ❖ Power
- ❖ Time-management Skills

So they can...

- ❖ Plan
- ❖ Find Solutions
- ❖ Organize
- ❖ Teach
- ❖ Support
- ❖ Empower
- ❖ Help Others Cooperate
- ❖ Keep the Peace
- ❖ Guide and Direct
- ❖ Keep Track of Time
- ❖ Take Risks
- ❖ Inspire
- ❖ Keep the Group Focused
- ❖ Help Others Be Leaders
- ❖ Help the Group Set Goals
- ❖ Help Make Decisions
- ❖ Evaluate Progress
- ❖ Work with Others

Leadership Style

Juliette Gordon Low was a memorable leader. She loved what she was doing, and one reason that girls and adults followed her was because she communicated her enthusiasm. She also was known for her ability to begin something, then step back and let others take over, once she was sure they were on the right track.

Leadership doesn't depend on being Ms. Perfect or Ms. Right-All-the-Time. Most people who have leadership experience tell stories about things that have gone wrong when they were leading a group. But they will also tell you what they learned from their mistakes.

Part of being a good leader is helping others feel good about their work. That means choosing the right person for the right job and encouraging others when they are doing something new. People always like to feel that what they are doing is important to the group effort.

Here are some common leadership styles. Which one best match your skills and abilities?

- ❖ Director: Gives very good direction and makes sure everyone does her or his job. She will make certain that rules are clear and that everyone is expected to follow them.
- ❖ Coach: Uses a style that provides both direction and supervision but encourages the involvement of everyone! She will explain the work that lies ahead, discuss decisions, and answer questions.
- ❖ Supporter: Works with other members of a group to set goals and list steps to achieve those goals. She encourages everyone to make decisions and gives each member the help they need.
- ❖ Delegator: Gives everyone a share of the work. She lets group members make decisions and take as much responsibility as they can handle. She is there to answer questions, but she wants them to take as much responsibility for their actions as possible.

Junior Aide Award

Would you like to learn more about being a leader? Do you enjoy sharing what you know with younger girls? Would you like to test your skills? While earning the Junior Aide award, you will help Daisy, Brownie, or bridging Brownie Girl Scouts. You will also learn more about the things you like to do, grow in leadership skills, and be a role model to younger girls. Here are the requirements:



Get Ready: Talk with your Girl Scout leader. With her help, find a troop or group of younger Girl Scouts you can work with.	Signature:
What I did:	
What I learned:	

Get Set: Talk to the leader of the troop or group of younger Girl Scouts. Find out what you can do to help out. Arrange with the Daisy Girl Scout or Brownie Girl Scout leader the times, dates, and places that you will get together with the younger girls. Discuss with her the activities you would like to lead for at least three meetings. You can use the Action Plan for help in planning.	Signature:
What I did:	
What I learned:	

Go! Meet with the younger girls. Partner with an adult leader to guide the activities you choose. Use the activity ideas below to help you plan:

Leader from troop I worked with:

My Girl Scout leader:

- ❖ Teach the girls a Girl Scout game or song.
- ❖ Lead an activity for Daisy Girl Scouts to earn a petal or for Brownie Girl Scouts to earn a Try-It.
- ❖ Help Brownie Girl Scouts complete their bridging activities.
- ❖ Help younger girls complete a service project.
- ❖ Plan a meeting in which you introduce outdoor activities to guide girls as they explore their environment.
- ❖ Introduce girls to activities from *Girl Scouts Against smoking*, an *Issues for Girl Scouts* book, or *GirlSports Basics*.
- ❖ Invite younger girls to participate in a Junior Girl Scout activity—at a troop meeting or on a trip.
- ❖ Work with younger girls at a council-sponsored event.
- ❖ Help girls plan a Thinking Day or other ceremony.

Work with your adult partner and decide when you are finished and if you are ready for the Junior Aide Award.

What I did:

What I learned:

Junior Leadership Award

The Junior Girl Scout Leadership Award offers you an opportunity to develop your leadership skills as you give service to your Girl Scout troop/group and in the community. By completing the leadership activities in this award, you will uncover the leader within you!



Complete Step One first, then Step Two and Step Three in any order, and do Step Four last. Here are the requirements:

Link to Leadership: Read the group and leadership sections in the "Adventure in Girl Scouting" chapter of the Handbook. Decide what leadership qualities you would like to develop and write them here.	Signature:
Leadership qualities I would like to develop:	

Succeed At Service: Develop leadership qualities by giving service to a community, school, religious, or Girl Scout organization. Your service experience must total at least six hours . Examples of Community Service opportunities are: Volunteering at an animal shelter or at the library Helping at a day care center Tutoring a younger child Working on a troop newsletter Reading to a person who is elderly or blind Being a coaching assistant for a sports team	Signature:
What I did:	
What I learned:	

<p>Position Yourself: Develop leadership qualities by serving in a leadership position for at least one month. You may serve in a troop/group, school, club, community, or religious setting.</p>	<p>Signature:</p>
<p>What I did:</p>	
<p>What I learned:</p>	

<p>Mentor (Teach) Others: Help others gain from the things you have learned. In your troop/group meeting share what you learned while completing Steps Two and Three. Explain how you served actively and responsibly in each step. Describe how the leadership experiences you completed helped you develop the qualities you listed in Step One.</p>	<p>Signature:</p>
<p>What I did:</p>	
<p>What I learned:</p>	

Bridging to Cadette Girl Scouts

Moving from one Girl Scout level to another is called bridging. You can begin to bridge to Cadette Girl Scouts in your last year as a Junior Girl Scout. As a Cadette Girl Scout, you will enjoy many of the same types of activities you did in Junior Girl Scouting, but as a Cadette Girl Scout you have more freedom, greater opportunities, and more responsibilities.



As a Cadette Girl Scout you have the opportunity to do Interest Projects, go on longer trips, teach sports skills to young girls, and earn a Silver Award and other awards. When you are ready to take the following bridging steps, you can earn your Bridge to Cadette Girl Scouts Award. Here are the requirements:

Step 1: Find out about Cadette Girl Scout books. Look through the *Cadette Girl Scout Handbook* or the *Interest Projects for Cadette and Senior Girl Scouts* and pick three activities that interest you.

1	2	3
----------	----------	----------

Step 2: Find out about GirlSports or other council-sponsored opportunities for Cadette Girl Scouts. Participate in one where Cadette Girl Scouts are also taking part.

My experience involved:

Step 3: Do one of the activities you picked in Step One, which you didn't do yet.

My experience involved:

Step 4: Participate in a service project with a Cadette Girl Scout. Or participate in a camping or hiking trip with a Cadette Girl Scout Troop.

My experience involved:

Step 5: Do something with a Cadette Girl Scout or Cadette Girl Scout troop.

My experience involved:

Step 6: Help plan your bridging ceremony. Plan ways to make your ceremony meaningful and unique for you and other Junior Girl Scouts who are bridging with you.

Date Completed:	Signature:	Leader's Signature:
-----------------	------------	---------------------