

## Unleash her inner **G.I.R.L.** (Go-getter, Innovator, Risk-taker, Leader)™



Give your **G.I.R.L.** the options and let her choose what she wants to do. It's a chance for her to use her decision-making skills, and it makes it **girl led**, which is what **Girl Scouts** is all about!

### **STEP 1: DISCOVER**

#### **Discover the Girl Scout Promise and Law.**

- With an adult, read the lines of the Girl Scout Promise and talk about what it means.
- Have an adult say each line of the Girl Scout Law, and repeat it after them. Then see how many you can remember.

#### **The 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.

### **STEP 2: CONNECT**

Now it is time to connect the Girl Scout Law with what you already know! Choose one activity from each part of the Girl Scout Law to complete.

#### **Honest and Fair**

- Play a game with a family member or friend and talk about the rules and follow them
- Share a snack with a family member or friend and be sure you each get an equal amount

#### **Friendly and Helpful**

- Make a nice card for someone that is sick, lonely, or sad to cheer them up
- Help at home by doing a chore you don't usually do

#### **Considerate and Caring**

- Donate a toy to someone that needs it more than you do
- Say thank you every time that someone helps you today and see how you can help them

#### **Courageous and Strong**

- Try a food that you don't really like to be extra courageous today
- Help bring in the groceries from the car to show how strong you are

#### **Responsible for What I Say and Do**

- Make a promise to your family and then show you can keep it for a whole day
- Apologize to someone that you may have not been very nice to

#### **Respect Myself and Others**

- Choose a healthy new food to try and get some extra exercise to show you respect yourself
- Learn how to write a thank you card and send it to someone that did something nice for you

#### **Respect Authority**

- Think about three rules your family has and talk about why it is important to follow them
- Draw a picture of a police officer and share three things they do for our community

#### **Use Resources Wisely**

- Tell your family two ways they can save water around the house and practice with them
- Learn about things that can be recycled and make a box to collect them at your house

#### **Make the World a Better Place**

- Think of a place in your neighborhood that you could go clean up trash and make it nicer
- Plant some flowers or vegetables outside and watch them grow

#### **Be a Sister to Every Girl Scout**

- Make a card to invite a friend to join Girl Scouts with you, when you start kindergarten
- Talk to a current Girl Scout about their favorite Girl Scout activity

### **STEP 3: TAKE ACTION**

Show your family and friends that you are friendly, helpful, caring, and strong. Be sure to respect authority and use resources wisely, to make the world a better place.