

Brownie Try-Its

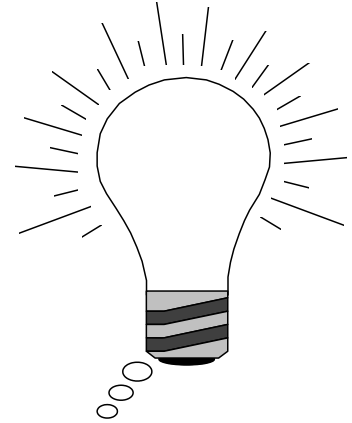
The following is a list of items from the Brownie try-Its Book that can be done with little or no planning. Fun things to do late at night or on a rainy day. Check out the book for complete description of the activities.

Animals

Animal Sounds - pg. 168

Around the World

Tapatan - pg. 171



Art to Wear

Knots - pg. 174

Building Art

Strengths of Shapes - pg. 176

Careers

Career Charades - pg. 179

Caring & Sharing

What If? - pg. 180

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Feelings - pg. 181

Differences are OK - pg. 181

Colors & Shapes

Weave Color Patterns - pg. 186

Mexican Yarn Painting - pg. 250



Creative Composing

Composing a Poem - pg. 189

Composing a Play - pg. 190

Composing a Message - pg. 190

Dancerize

My Own Dance - pg. 192

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Follow the Leader - pg. 192

Girl Scout Ways

Special Girl Scout Ways - pg. 202

About Girl Scouting - pg. 202

Her Story

Create Tales - pg. 208

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Games of Yesteryear - pg. 213

Math Fun

Alphabet Code - pg. 217

Music

Action Songs - pg. 225



My Body

Singing in Rounds - pg. 225

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Knee Jerk - pg. 228

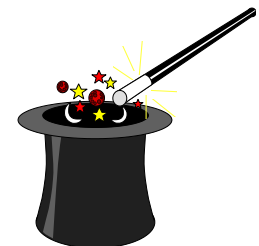
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Numbers & Shapes

Origami - pg. 231

Mobius Strips - pg. 232



Outdoor Fun

Knots - pg. 237

People of the World

Language Hunt - pg. 243

Play

Kim's Game - pg. 246

Red Light Green Light - pg. 246

Sheep & Hyena - pg. 247

Jan-Ken-Pon - pg. 247 [instructions on pg. 101]

Mr. Bear - pg. 247 [instructions on pg. 101]

Hawk & Hens - pg. 247 [instructions on pg. 101]

Senses

What's It Like? - pg. 265

Junior Badges

The following is a list of items from the Junior Badge and Sign Book that can be done with little or no planning. Fun things to do late at night or on a rainy day. Check out the books for complete description of the activities. Activities that involve make list, create a game out of it, by seeing you can come up with items that the other girls can't.

THE WORLD OF WELL-BEING

Becoming a Teen

pg. 19

9. Make a list of the positives & negatives of being a teen and compare lists.

Family Living Skills

pg. 27

3. Make up a skit, short story about what family life could be like in the future. What would change the most?

Healthy Relationships

pg. 33

1. Make a list of as many things as you can that you feel are essential for making and keeping friends. Then compare your list.
2. Do the "Role-Playing" activity in Chapter 2, "Relationships," of *the Junior Girl Scout Handbook*.
3. Hold a group discussion on friendship.
4. Learn how nonverbal communication can be as effective as verbal communication. "Emotion Charades"
5. Make a list of fun things to do with friends

Making Decisions

pg. 35

2. In a small group, share your experiences in making difficult decisions.
3. Make a list of important decisions you will have to make in the next ten years and compare.
5. With you troop or group, decide on a service project.
7. Create a story about a girl who has trouble making an important decision because two of her values are in conflict.
8. Think of the things and people that influence your decisions.
9. Discuss the following situations & role-play what you would do.
10. Set a positive goal for something you want to do in the next three months.

My Self-Esteem

pg. 38

2. Create a "brag bag." Write down as many things as you can think of that make you special.
4. Create three situations to role-play. They should involve characters who have important decisions to make, and who are tempted to follow the crowd rather than to think independently. Create two endings.
6. Select a real or "pretend" person who you feel shows a lot of self-esteem. Make a list of the characteristics that make this person feel good about herself.
7. List these twelve items in order of importance.
8. What is a goal? Make a list of three goals you would like to reach in a month.

THE WORLD OF PEOPLE

Celebrating People pg. 54

5. Imagine that you are from another part of the universe and you are circling Planet Earth in your spaceship. You have never visited Planet Earth before and you must make a report to your supervisors about this planet. Prepare a skit or role-play your answers.
6. Create your own declaration of young people's right.
10. Think of problems that might occur when people who are different live or work together. Write some of the problems on a slip of paper. In a group, pull out a slip and think of solutions or act out solutions to these problems.

Creative Solutions pg. 57

3. The Ardavania and Frazarian problem. Role-play different problems and solutions.
4. Create a giant machine. Each member of the group acts as a part of the machine - a wheel, a gear, a knob, etc.

Or

Sit in a circle. Start with a wound ball of yarn. Toss it to one of the members of the circle. That person begins a story. She tosses the yarn to another member of the circle, who continues the story.

Junior Citizen pg. 66

1. Make a list of ten things you think make a good neighbor. How are these related to good citizenship?
4. Design rules, regulations, or laws that might be needed for two of these situations:

My Community pg. 70

3. Design a community and pretend you live there. Draw a picture, write a short story create a short play, or write a song about a typical day in your life.
5. What are the best things about living in your community or staying at Pepinoak? Write an advertisement, make a poster, or make up a song that could be used in a commercial.

My Heritage pg. 72

6. Make a "wisdom list" or quotations, sayings and advice your parents, grandparents, and other older people have shared with you and share with the group.

On My Way pg. 77

4. Imagine your troop or group is traveling to a place where none of can speak each others language. Make up a skit. Some girls from the other country and some girls are from your troop.
6. Imagine spending a week's vacation in at least three setting below. You may only take ten articles of clothing for each trip. Which items of clothing will you take?

Traveler pg. 79

3. Design travel brochures or posters for three different places.
5. Plan a weeks itinerary for a representative from a friendly distant planet.

Women's Stories pg. 84

4. Create a display, poster, map, drawing, story or skit about one of the following:
5. Create a quiz, puzzle, word search, card game, or other kind of activity on women in history and share it your friends.
6. Present a skit, musical play. or dance on one of the following situations:

THE WORLD OF TODAY AND TOMORROW

Car Care

pg. 99

Math Whiz

Pg. 109

Ms. Fix-It

pg. 113

Puzzlers

pg. 117

Ready for Tomorrow

pg. 119

Science in Action

pg. 122

Water Wonders

pg. 130

9. Your troop is going camping. On the way, the car you're in gets a flat time. Create the following:
 1. Make a list of as many different ways math is used everyday. Compare your list with others.
 2. Make a list of geometric shapes in your surrounding and compare with others.
 7. Make up your own code for sending messages.
 9. Play a math game. [Nim, Herkle, 3 Bean Salad, etc.]
2. Do at least three of the following: [good thing to know while staying at camp.]
4. Play the game of Nim.
5. Play a game that involves logic and strategic thinking [Herkle].
6. Create a maze.
7. Create some optical illusions.
8. "Afterimages"
9. Develop your own crossword puzzles.
1. Go on a global product hunt among your things and those in the Program Center. Share your list with the troop.
7. Write a personal "credo" about how you feel about the environment.
4. Design a transportation system or type of transportation for a city or country in the year 2050.
8. Compare salt water and fresh water. Do at least two experiments to find out which:

THE WORLD OF THE ARTS

Architecture

pg. 139

Art in the Round

pg. 146

Art to Wear

pg. 148

Books

pg. 150

2. Design a school or house of the future.
3. Design a garden.
1. Create a figure out of available materials - Origami
 - A.1 Design an outfit for yourself or for someone else.
 - C.1 Measure your own face, then draw your face in actual size on a piece of paper. Make several different styles of hair to try.
4. Write one of the following: short story or rewrite a story ending.
5. Design a set of book covers for three books or stories.
15. Write your own book about Girl Scouting for someone who is a new member.

- Dance**
pg. 158
1. Select two different kinds of music and dance to them.
 2. Demonstrate in body movement at least two of the following:
 5. Learn about three different types of dances and demonstrate.
 7. Listen to several recordings of dance music. Create a dance.
- Folk Arts**
pg. 162
1. Draw a picture of yourself or of your whole family, as it might have been done by an artist before cameras were invented.
- Jeweler**
pg. 165
1. Make two pieces of jewelry using materials that are not precious. Macrame, paper, or handmade beads
- Musician**
pg. 167
1. Make up words and music for a nonsense song about something funny that happened in your troop or camp. [Use a ball of yarn to pass back and forth so everyone can add something to the song.]
- Music Lover**
pg. 169
3. Create a poem that music inspires.
- Popular Arts**
pg. 173
1. Find seven examples of symbols, such as the American eagle. Draw some simple shapes that could be used for symbols of things familiar to you. Design your own coat of arms.
- Prints and Graphics**
pg. 175
2. Make four rubbings of something raised or engraved.
- Theater**
pg. 180
7. Try to “mirror mimic” with someone else.
Say “I did it” five times, expressing a different emotion.
Create a pantomime based on a reaction to something.
Pretend to have a conversation on the phone with an person
Do an improvisation with a small group based on suggestions.
 8. Choose a familiar story. Make a list of important events in the story. Decide which events you’ll show in a scene. Act it out.
- Toymaker**
pg. 182
6. Create a physical game that you and your friends create.
 8. Create an educational game.
 9. Create a game, toy, or puzzle to challenge the imagination.

THE WORLD OF THE OUT-OF-DOORS

- Eco-Action**
pg. 192
1. Develop a list of personal “eco-actions” you can take that will have a positive effect upon the environment.
- Ecology**
pg. 195
3. Draw what your camera might record in the future for two of the following sites.
- Hiker**
pg. 201
2. With others in your group learn about hiking health and safety. Make a list of the most important things to remember. Know how to get emergency help on a hike.

- Outdoor Creativity**
4. Use the outdoors as an inspiration for a poem. Try writing a cinquain

pg. 209

or a Japanese haiku about something that you see or feel while in the outdoors.

8. Help plan an outdoor evening program. Include audience participation.
9. Plan a Girl Scout's Own that takes place in the outdoors, celebrating your relationship to or appreciation of nature.
7. Demonstrate several ways in which knowing how to tie a square knot may be useful to the group on one of your outings. Learn a new knot.
5. Discuss what you and the group will do in case of an emergency. Review the fire and evacuation plans posted at the site.
1. Learn three stretching exercise to do before walking. Practice warm up before you walk and cooling down after your walk.

Outdoor Fun
pg. 211

Troop Camper
pg. 220

Walking for Fitness
pg. 222

Cadette and Senior Interest Patches

THE WORLD OF WELL BEING

Emergency Preparedness

pg. 20

7. List what to do In case of crisis.
12. Know how to turn off the utilities where you live or staying.

Family Living

pg. 22

1. With a group, form a panel and address various viewpoints on issues related to families.
10. With a group or a friend, discuss and role-play the following family roles:

Managing Stress

pg. 27

2. Think about five situations you found stressful. Think of a way to bring humor or a sense of hope to each situation.
5. Learning to concentrate your energies on one activity at a time and completing it can help you to manage your time and reduce stress. Visualization is one technique for learning to concentrate.
6. Muscles tense under stress, sometimes without our realizing it.
7. Foot and Hand massage to reduce stress.
11. Family situations that are stressful - "role-play" hypothetical situations that may help you to understand the tension created by these problems and to talk about them by sharing your feelings.

Reading

pg. 31

1. Organize a read-aloud gathering. Have people read aloud poetry, short stories, or other pieces that they have written or that they have enjoyed reading.

Skills for Living

pg. 32

1. Show you are prepared by demonstrating or explaining how to do 10 of the following:

Tune in to Well-Being

pg. 37

6. Create a play, game, booklet, puppet show or slide show to help young children understand the importance of basic personal health habit.
8. With a group, brainstorm ways in which you might respond when your are at a social event.
12. Demonstrate your ability to do at least three of the following:

THE WORLD OF PEOPLE

Do You Get the Message?

pg. 46

1. With a group of at least four, form two teams and take opposite sides of an issue affecting your community.
6. Design an imaginary product and design an advertising campaign for it.
7. One of the most effective tools of communication is the written word.
 - Write an account of an incident involving someone your age.
 - Interview someone older than you about a school or work experience the person had at your age and then write a story.
8. Design a costume to communicate each of the following messages:
9. Which is more important, what you say or how you say it?
12. Write a resume that accurately conveys your school and work experience.

Games

pg. 48

1. Learn to play at least one game that you don't already know from each of the following categories.
 - card games
 - board games
 - electronic games
 - target games
 - tile games
2. Learn and play five games that require cooperation among the players.
4. Learn four games that are popular in other countries.
7. Invent your own game.
11. Challenge your logical and creative abilities by doing six work games or mathematical puzzles.
12. Discuss the different feeling that winning and losing games cause in participants.

Leadership

pg. 56

1. List the strengths you bring to your group. Use the list on the opposite page.
3. Through real-life situations or role playing, show that you are able to help a group do each of the following:
7. Select one or more persons you would like to interview on the topic of effective leadership. Prepare a list of questions that you want to include in you conversation.
8. With a partner or on you own, create a plan for improving some working procedure or method or operation that is currently used in you school, etc.
11. Identify an ongoing need. Recruit or join others to work together on the project.
12. Direct a project or task group with members your own age. Plan your work by identifying goals and ways to accomplish them.

**Understanding Yourself
and Others**

pg. 61

1. Teenagers often say, "Nobody understands me." Put together a booklet to help parents, teachers, and other adults gain a better understanding of what it means to be a teenager today.
2. Set a personal goal and try to achieve it by following the steps outlined in the section "Reaching Your Goals" in the *Cadette and Senior Girl Scout Handbook*.
4. Role-play situations that allow people to become more sensitive to and aware of another's point of view.
6. Write you autobiography, describing the one most significant event from every year or two of your life.

Women's History

pg. 63

10. Organize an event to honor the contributions of women: for example, a women's history fair, a women's film festival, or an awards program to honor the contributions of women in your community [adult leaders, etc.]

THE WORLD OF TODAY AND TOMORROW

Computers
pg. 77

6. Although computers can complete complex mathematical tasks very quickly, they cannot reason not do they have emotions or feeling. Participate in a debate about whether computers should be developed to run government offices?
8. Write a short story that projects how computers are part of your community in the year 2020.

Energy Awareness
pg. 78

3. Make plans for the possibility that your dwelling might be without electricity for three to five days. How will you keep warm or cool, cook food and keep it fresh, keep water pipes from freezing, and do your homework.

Entrepreneurship
pg. 81

3. In our fast-paced world, change is rapid and constant. List three innovations developed in the last five years that have significantly affected your life. Share your findings in a presentation discussion with your troop or group.
6. Write up a proposal describing in full detail your product or service.

Geology
pg. 83

4. There are types of maps that provide varied information about the earth's surface. Make a sketch map that highlights the interesting facts you found.

Space Exploration
pg. 91

2. Write your own science-fiction story about life on planet Earth in the future or life elsewhere in the universe.
3. Imagine you are an architect 100 years in the future. Design a human space colony for a planet, a moon, or an asteroid in our solar system.

THE WORLD OF THE ARTS

Artistic Crafts
pg. 96

1. Compare forms of fine arts, industrial arts and artistic crafts that are part of our daily lives. Have a group discussion on the differences, and importance of each in our society.

Creative Writing
pg. 98

2. With one or more other girls or by yourself, plan a story hour for young children, senior citizens, or another group in your community. Read aloud from the writings of your favorite author, or from you own writings.
4. Sharpen your observation skills with this activity in sensory writing. Write down everything you see, hear, smell, taste or feel. Later, organize your thoughts into a poem, play, or short story.
6. Try your hand at shaped verse or picture poetry.
8. Write a children's story. Illustrate it with pictures or drawings. Read it to a young child or leave it to share for another camper.
9. Write a short story, poem, or play that takes place in a fantasy world.
11. Write a segment for your favorite half-hour TV show.

Fashion Design & Clothing

1. Color is one of the most important aspects of fashion design. Not

pg. 100	everyone looks good in every color. The colors you wear need to be suited to your skin, hair, eye coloring, and even personality. Collect pieces of fabric [your clothes]. Make a score sheet that includes the names of the participating girls. Rate each other on the different fabrics and discuss afterwards.
Invitation to the Dance pg. 105	<ol style="list-style-type: none"> 4. Make a chart of your measurement and analyze your figure type and what size you need. 1. Design or select a warm-up exercise, aerobic dance, or jazzercise routine you can use to prepare your body for participation in a dance activity.
Music pg. 109	<ol style="list-style-type: none"> 9. Compose your own dance. 1. Imagine that you are a radio disc jockey or are conducting a music-listening program. Select some music and what you want to say about each song and give your performance. 9. Make up a tune or your own and play or sing it. Write it down.
The Performing Arts pg. 111	<ol style="list-style-type: none"> 7. Develop an original solo performance in your art form.
Visual Arts pg. 119	<ol style="list-style-type: none"> 8. Brainstorm with someone else and list all the careers you can think of that relate to the visual arts.