



What is Girl Scouts By Mail?

Designed in January of 2005 as a Membership Initiative, Girl Scouts By Mail is a program for girls in grades K-8, that are not able to be affiliated with a troop for whatever reason. This is a way for them to still belong to Girl Scouts, even though they do not attend regular troop meetings.

Each month, for eight months, the girl will receive a themed packet that will include activities for them to do at home. Most of the activities are linked to a badge or patch for that age level. There is no work to turn in. They do this all on an honor system. Included with their first issue is a Girl Scout Catalog and GSMWLP order form, from which they can order handbooks, badge books or patches (these are optional and not required to work on packets).

If you know of a girl that is not able to be part of a regular troop and would like to receive this fun-filled at home packet, please contact Ruth Steffes at the Waite Park Regional Center at (320) 252-2952 or (800) 955-6032 ext. 224.

Brief descriptions of the issues:

Promotional Issue

This issue was designed to use as an information tool to introduce the Girl Scouts By Mail program.

Girl Scouts By Mail – Kindergarten

The main focus of the Kindergarten issues revolves around the Daisy Girl Scout Learning Petals and Promise Center.

Brief descriptions of the issues for Grades 1-6:

Issue 1: About Girl Scouting

The focus of this issue is on the Girl Scout Promise and Law, and Girl Scouts in general and has activities relating to these. It also, talks about Girl Scout History and Juliette Gordon Low (the founder of Girl Scouts). In the Grade 6 issue, it briefly touches on STUDIO 2B and Destinations for Girls.

Issue 2: Be Healthy, Be Fit

The focus of this issue is about healthy habits and being all that you can be. It gives her healthy recipes, safety tips, as well as exercise tips.

Issue 3: Camping Fun

The focus of this issue is to introduce you to camping and learn some new skills, as well as, going camping through the council. This issue is in conjunction with the Council's Annual Camp Brochure.

Issue 4 : Family & Friends

The focus of this issue is about being part of a family. It will also teach her about having friends, as well as being a friend. Some activities could focus on family heritage and family traditions, while others could focus on friendships.

Issue 5: Explore & Discover

The focus of this issue is about exploring and discovering new things. It could touch on the sciences, computers, creative writing or composing, or math.

Issue 6: The Four Seasons

The focus of this issue is on enjoying the Four Seasons that Minnesota has to offer. It could touch on holiday ideas, along with important factors that happened within that season.

Issue 7: Rainy Day Activities

Oh! What to do on those rainy days when there is nothing to do. There is no focus to this packet, it gives the girl a mixture of fun-filled activities.

Issue 8: Outdoor Adventures

The focus of this issue is to learn about the great outdoors. It could be about animals and their habitat, the eco-system and the environment, or the solar system.

Brief descriptions of the issues for Grade 7:

Issue 1: Write Now

The focus of this issue is about Journaling. A way of how to get your true feelings out. It also refers to the Girl Scout Promise and Law, Girl Scout Basics and Girl Scout History and Juliette Gordon Low (the founder of Girl Scouts).

Issue 2: Uniquely Me – The Real Deal

You know the things you like to do, the music you enjoy listening to, and the TV shows you like to watch. But in this issue, you will dig a little deeper. Try the activities in the packet, to see which qualities you value most in yourself and others.

Issue 3: Fitness & Nutrition

The focus of this issue is about being fit & healthy. Learn about eating disorders, food & sleep habits and start an exercise journal.

Issue 4: Discover the Mystery

Discover the mystery in your everyday life. Mystery comes in all shapes and forms. It could involve being a detective in a forensic case, digging through the past, space discoveries, inventions, researching a topic of interest. & of course, the unexplained mysteries!

Issue 5: Looking In & Reaching Out

What's special about you? *"Everything."* This packet offers you a chance to get to know yourself better - to think about who you are and what's going on in your life.

Issue 6: Cooking Creations

Creative cooking is a great way to express yourself. Meals can be prepared to reflect the color, climate, and flavor of a place. If you can't visit a faraway place now, you can still take a "tasteful journey" by enjoying international cuisine right in your own kitchen. Here's your chance to be a creative cook.

Issue 7: Stash Your Cash

In this issue you will learn how to make the most of your dollar. Learn how to save money while still enjoying the things you like to do. Learn what an Entrepreneur is and how you can start your own business.

Issue 8: Friendships

Everyone needs to belong — to feel connected with others and be with others who share attitudes, interests, and circumstances that resemble their own. Learn what a healthy friendship is all about.

Brief descriptions of the issues for Grade 8:

Issue 1: Express It!

Express yourself through Journaling. A way of how to get your true feelings out. It also refers to the Girl Scout Promise and Law, Girl Scout Basics and Girl Scout History and Juliette Gordon Low (the founder of Girl Scouts).

Issue 2: Uniquely Me – Inside & Out

Love the skin you're in, no matter what. Its unique shape or size, feels great. This packet is designed to help you discover and appreciate the unique you.

Issue 3: Body Image

The focus of this packet is about. . . Healthy Mind, Healthy Body, Healthy Spirit. Learn about the role & effects the media has on teens.

Issue 4: Take Charge

In this issue you will learn how to take charge of your life and learn about personal safety.

Issue 5 Don't Sweat It & Pamper Yourself

Everyone needs a chance to relax and pamper themselves. In this issue you will learn how to handle stress and get some great tips to pamper yourself.

Issue 6: Relationships

When things are going great with our friends, life is good. When things are going not-so-great, life can turn super- crummy, super-fast. Learn what a healthy friendship is all about.

Issue 7: Hodgepodge

What are your talents? Do you like trying new things or are you a coach potato? Let's find out.

This issue offers you a sampling of different things to do.

Issue 8: College 101 & The Job Search

It's never too early to think about college and a future career. Discover yourself and how to begin that path to your future with the help of this issue.