



Girl Scouts



By Mail

Promotional Issue

The Girl Scout Promise

On my honor, I will try:
To serve God and my country
To help people at all times
And live by the Girl Scout Law

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say or do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

The Girl Scout Motto

Be Prepared

The Girl Scout Slogan

Do a Good Turn Daily

The Girl Scout Mission

Girl Scouts builds girls of courage, confidence and character who make the world a better place.

What The Promise Means:

On my honor, I will try - A Girl Scout promises to work hard to be her best at all times.

To serve God - There are many ways to serve God. Your beliefs are very personal. Every day try to act in the way that your beliefs and your family teach you.

And my country - Saying the Pledge of Allegiance. Obey the laws of your community and country. Learn more about your country.

To help people at all times - You can help someone carry packages. You could fix something that's broken. Help someone find something that is lost. Plant trees.

To live by the Girl Scout Law - The 10 parts of the Girl Scout Law are 10 ways you can try to be the best person you can be.



Dear Parent or Guardian,

Your daughter has expressed an interest in becoming a part of Girl Scouts, but at this time, she is not able to be part of an established troop. Therefore, we have this exciting home-based program to offer her so that she can still be a part of Girl Scouting, even though she does not attend regular troop meetings.

Girl Scouts By Mail is a program for girls in grades K-8. Each month, for eight months, she will receive a themed packet that includes activities for her 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. She does this all on an honor system. Included with her first issue is a Girl Scout Catalog and GSMWLP order form, from which you can order handbooks, badge books or patches (these are optional, not required to work on packets).

This issue is a sampling of what she might expect in future issues. Even though packets are geared for each grade level, this packet is generic and includes all grade levels.

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 ecosystem 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.

We believe that Girl Scouts offers some of the best informal education and asset-building fun around. If your daughter is interested in taking part in this home-based program, please contact Ruth Steffes at the Waite Park Regional Center at 800-955-6032 or 320-252-2952 ext. 224. She will help you get your daughter registered as a member of the Girl Scout Movement so she can begin to receive her fun-filled packets. If at any time, your daughter has the opportunity to join a Girl Scout troop, these packets will discontinue.

Who can be a Girl Scout?

Any girl ages 5 through 17 or in kindergarten through the twelfth grade can become a member of Girl Scouts. Girl Scouting is open to girls of all races, backgrounds, social status, economic status, religious status . . . in part, "Every Girl, Everywhere." Adults (ages 18 & up) can be Girl Scouts too, as volunteers to support the program.

Program Levels

Daisy Girl Scouts	Kindergarten & Grade 1
Brownie Girl Scouts	Grades 2 – 3
Junior Girl Scouts	Grades 4 – 5
Cadette Girl Scouts	Grades 6 – 8
Senior Girl Scouts	Grades 9 -- 10
Ambassador Girl Scouts	Grades 11 -- 12



No matter where you live or what you do, all Girl Scouts have a few things in common. They make the Girl Scout Promise and they all try to live by the Girl Scout Law.

The Girl Scout Leadership Experience identifies three “keys” to leadership:

1. **Discover:** Girls understand themselves and their values and use their knowledge and skills to explore the world.
2. **Connect:** Girls care about, inspire, and team with others locally and globally.
3. **Take Charge:** Girls act to make the world a better place.

Special Girl Scout Ways



Girl Scout Sign

Use your right hand. Hold your three middle fingers up, use with your thumb to hold down your pinkie finger. This sign is made when saying the Girl Scout Promise. The three raised fingers stands for the three parts of the Girl Scout Promise.

Girl Scout Handshake

Shake hands with your left hand while giving the Girl Scout sign with the right hand. This is used when greeting another Girl Scout friend.

Quiet Sign *(used in a troop setting)*

Hold up your right hand with all five fingers open. This sign lets everyone know that it is time to listen and be quiet. Each person who sees this sign should stop talking and raise their hand until everyone is quiet. Variation: "The Girl Scout Sign is sometimes used instead of the five fingers".

Friendship Circle

Stand in a circle and cross your right hand over your left hand. Hold hands with the person that is standing next to you until you form a complete circle of girls.

Friendship Squeeze

While standing in your Friendship Circle, one person gently squeezes the persons hand on their left. This gentle squeeze is continued to be passed around the circle until it returns to the person who started the squeeze in the beginning.

Special Days of Girl Scouts

October 31st

Juliette Gordon Low's Birthday. (Also known as: Founder's Day)
Juliette Gordon Low is the founder of the Girl Scout Organization.

February 22nd

Thinking Day

This is the birthday of both Robert Lord Baden-Powell, who founded the Boy Scout movement in England, and his wife, Olave Lady Baden-Powell, the World Chief Guide of the Girl Guide/Girl Scout movement. This is the day that Girl Scouts and Girl Guides everywhere "think about" each other.

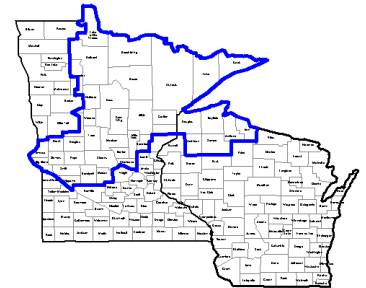
March 12th

Girl Scout Birthday

It was on March 12th, 1912, when the first 18 Girl Scout members were officially registered. The week in March that the 12th falls on is known as Girl Scout Week. The weekend before the 12th is Girl Scout Sabbath or Girl Scout Sunday.

Girl Scouts of Minnesota and Wisconsin Lakes and Pines

You are part of Girl Scouts of Minnesota and Wisconsin Lakes and Pines (GSMWLP). Currently we serve approximately 12,000 members in 40 counties in central, western and northern Minnesota & northern Wisconsin. We are one of two councils serving Minnesota and Wisconsin, and one of more than 100 councils in the United States. Lakes and Pines became a council on January 1, 2008.



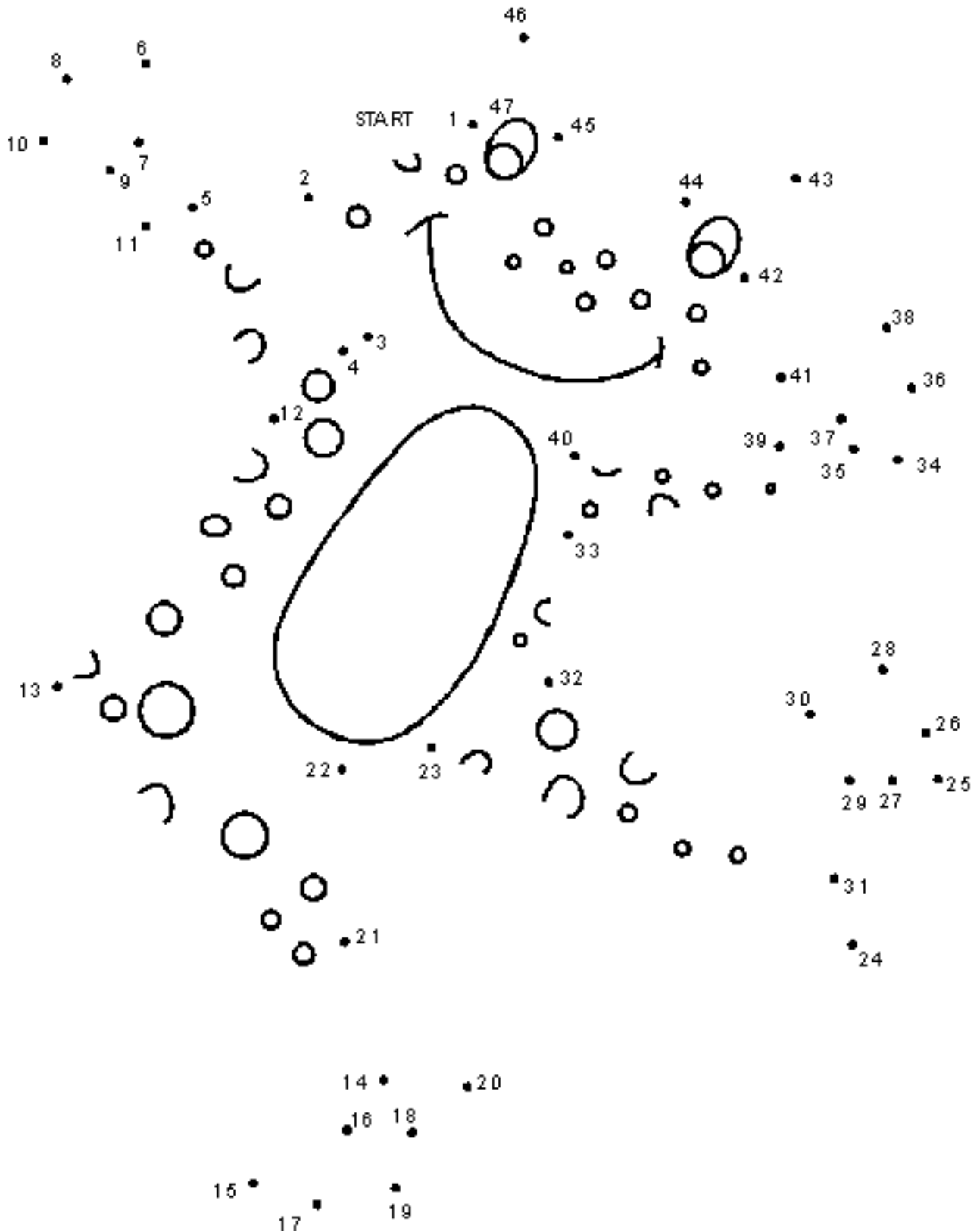
Girl Scouts of Minnesota and Wisconsin Lakes and Pines has 9 offices and 5 camps. They are as follows:

- **Waite Park Regional Center**
400 -2nd Ave S, Waite Park MN 56387
320-252-2952 or 800-955-6032
- **Alexandria Girl Scout Office**
460 Northsid Dr, Suite #30, Alexandria MN 56308
320-759-1196 or 800-339-4687
- **Bemidji Girl Scout Office**
750 NW Paul Bunyan Dr, Bemidji MN 56601
218-751-4886 or 800-955-6031
- **Brainerd Girl Scout Office**
803 Kingwood Str, Brainerd MN 56401
218-828-3515 or 800-955-6029
- **Chisholm Girl Scout Office**
PO Box 311, 118 Lake Str, Chisholm MN 55719
218-254-5696 or 800-862-0875
- **Duluth Regional Center**
424 W Superior Str, Ste G.3 Ordean Bldg.
Duluth MN 55802
218-726-4710 or 877-476-6748
- **Willmar Girl Scout Office**
PO Box 958, 311 4th Str SW, Willmar MN 56201
320-238-2125 or 866-323-1750
- **Eastern MN Home-Based Office**
Mora, MN 55051 320-241-7571
- **Greater WI Home-based Office**
LaPointe, WI 54850 218-969-4030
- Camp Austin (8 mi. N of Chisholm, MN)
- Camp Roundelay (6 mi. E of Wascott, WI)
- Camp Shingobee Timbers (5 mi. S of Walker, MN)
- Janette Pollay Program Center, Duluth MN
- Northern Lakes Canoe Base (13 mi. E of Ely, MN)

On March 12th we celebrate the Girl Scout Birthday.
Help us celebrate by coloring the birthday cake below.



Frog Dot-to-Dot



Alive or Not Alive

That is the Question???

The environment is made up of air, land, water, plants and animals. Both living and non-living things are part of your environment.

How can you tell if something is alive or not? Here are some clues:

- ✿ Is it breathing?
- ✿ Does it need water?
- ✿ Does it make or get its own food?
- ✿ Does it grow?
- ✿ Does it die?



If you answered yes to at least two of these questions, the thing is alive. Write down some of the things in your environment that are alive and some that are not alive.

ALIVE

(ex. a flower, a squirrel, a spider web)

NOT ALIVE

(ex. water, rocks, clouds)

Reference: Brownie Try-It Badge – Eco-Explorer



What Kind of Friend Are You?

Take the quiz below to see what kind of friend you are. You do not need to show anyone else.

1. My friend comes running with BIG news she can't wait to tell me.
 - A. I drop everything, listen, and let her know I am happy for her.
 - B. I listen to her for a second and then tell her MY big news.
 - C. I look away from the TV long enough to say, "I only get to watch this show once a day!"
2. I found out that a friend blurted out something I had sworn her to keep secret.
 - A. I find time when we can be alone and ask her to tell me why she did it.
 - B. I freeze her out for at least a month.
 - C. I tell all of her secrets to every kid in school.
3. My friend and I have gotten into a routine: every Friday night we rent a video and take turns sleeping over. My friend tells me she can't make it this Friday.
 - A. I call my cousin, whom I haven't seen in ages, and make plans with her.
 - B. I feel disappointed and jealous. I should come first.
 - C. I make plans without her every Friday for the next year!
4. When my friend and I decide what we want to do:
 - A. We usually take turns doing what she wants and what I want.
 - B. I feel like she gets her way a lot more than I do.
 - C. It's my way or the highway!
5. If I overheard a group at school saying bad things about my friend,
 - A. I would interrupt and defend her.
 - B. I would keep quiet because I don't want them talking about me.
 - C. I would join in since I have even more dirt to contribute!

If you got mostly:

- A's, you have great friendship skills.
- B's, you need to work harder on being a good friend
- C's you really need to work on being a good friend before you lose your friends.

If you didn't do as well as you thought you would, that's OK. Just remember how important your friends are to you and practice being a better friend to them.

Reference: *Junior Proficiency Patch – Health Relationships*



Pony Bead Shoe Decorations

Supplies needed:

- Two Small Beads
- Twelve Extra Matching Beads
- Shoes or Sneakers with Laces

Instructions:

Unlace the top eyelets of one shoe. Feed both laces through the loop on one of the Small Beads and then through the eyelet. String three beads onto each lace. Tie a knot at each end.



Fuzzy Desk Accessories

Give a set to your friends and they won't believe you made it!

Supplies needed:

- Empty container for pencil holder
- Plain Mini Photo Album
- Plain Picture Frame
- Silk Daisies
- Feather Boas (We used two, actual amount may vary)
- Low Temp Glue Gun (ask an adult for assistance)
- Scissors

Instructions:

This is surprisingly simply to do considering how good they come out! Just use hot glue to attach the feather boas, wrapping them evenly around the item to be covered. Remove daisies from their stems and glue into place to decorate.



Mardi Gras Half Mask

You will need:

- A Plastic or cardboard Mask
- Gemstones
- Feathers
- Tacky Glue
- Paint (optional)



Instructions:

Paint the mask gold (optional). Let dry.
Glue on feathers and gems.

Choose purple and green for Mardi Gras or choose your own colors.

Reference: Junior Proficiency Badge – Theater

Home Spa Techniques

Did You Know?

- *Essential Oils* are distilled by steam or water from the flowers, leaves, stems and the roots of a plant.
- Bath Salts leave your skin feeling and looking radiant.



Baking Soda Bath

Add 5 tablespoons baking soda to warm running water. Baking soda leaves skin feeling soft and smooth

Epsom Bath Salts

Add 1 cup Epsom salts to your bath when you need to feel uplifted.

Natural Hair Gel

Ingredients:

- 1/2 to 1 teaspoon unflavored gelatin

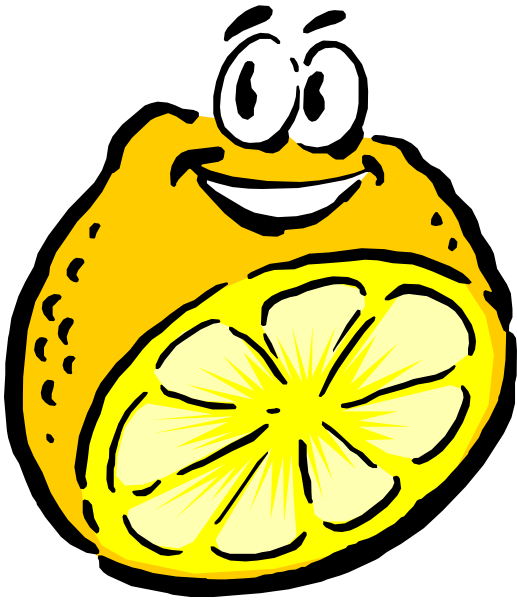
Directions:

Thoroughly dissolve gelatin in 1 cup warm water. Keep refrigerated in sealed container.

Odor Hunt

Gather together a group of friends or your family to assist you with this project.

Use fruit, coffee beans, eucalyptus leaves, flowers, onions, garlic, herbs, lemon juice, peppermint, pine needles, soil, spices, vanilla extract and vinegar to set up odor boxes and to use as mystery liquids. Place the object in the box and secure it so the box cannot be opened by the person smelling the item. If the object is a liquid, apply it to a cotton ball taped to the bottom of the box. Punch small holes on the top of the box.



Have each person describe the contents of an odor box using their sense of smell.

With a friend or family member, conduct an outdoor odor hunt. Find and describe outdoor smells. Classify the smells in various ways: strong-weak, sweet, musty, sour, etc.

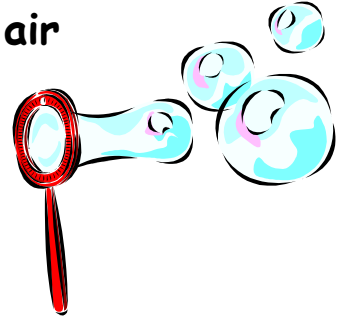
Bubble Challenge

What's the coolest bubble you can make and share with the world?

Bubble ~ a good round, thin film of liquid enclosing air

Bubbleology ~ the study of bubbles

Bubbleologist ~ someone who studies bubbles



Even if you have done it before, there's always something new to learn in bubbleology. You may even want to experiment on different days to compare how heat, humidity (the amount of water in the air), and other conditions affect your bubbles.

Bubble Solution Recipe

- 1 gallon plastic jug
- $\frac{1}{4}$ cup liquid dish soap (Dawn or Joy seem to work best)
- Optional: 40 drops of glycerin (can be found in drug stores)

Mix together the liquid dish soap, glycerin and water to fill up your gallon jug. Let it sit awhile before using. (You might want to experiment with different bubble solutions to see which one works the best.)



Things You Might Need:

- Tools: kitchen utensils, canning rings, string, plastic berry baskets, coat hangers, straws, etc. (anything with holes in it).
- Dishpans or plastic trays.
- Paper towels for clean-up.

**Make sure you do this
activity outdoors.**

Hints for Gigantic Bubbles with People

- Attach strings to a hula hoop so it can be lifted by the person to be inside a bubble or several people on either side of person to be in bubble.
- Have at least 1-inch of bubble solution in plastic wading pool.
- Don't wear a lot of clothes that will catch on bubbles and break them, (swim suits are perfect for this).
- Try this on a humid day.

Reference: Brownie Try-It Badge – Science Wonders

Make An Egg Go Through An Unlikely Opening

Ingredients:

- A peeled hard-boiled egg (extra-large size/grade egg).
- Glass bottle with a wide opening (the opening should be just a little smaller than the width of the egg). Many apple juice bottles work well for this demonstration. Also, make sure the bottle is dry.
- Matches
- An audience to show how cool this trick is.

Warning: Adult supervision is required. This experiment involves flames.

The Recipe:

- 1) Place the egg on top of the bottle and show others that it will not fit through the opening.
- 2) Light two matches and get them burning.
- 3) Lift the egg from the bottle and drop the burning matches into the bottle. Immediately replace the egg.
- 4) The egg might jump up and down a little, but don't touch it...just watch what happens next.



Food for Thought:

Did your egg go into the bottle?

The matches in the bottle heated the air in the bottle. Heated air expands. This hot air also had slightly greater pressure than the air outside the bottle. The bottled air pushed its way around the egg (maybe you heard or saw your egg jump up and down as the air pushed its way up and around it.)

When the air in the bottle cooled (this happens as soon as the matches go out or when the flame gets smaller), the air contracted. When this happened, the air in the bottle had slightly lower pressure than the air outside the bottle. This might sound odd, but the air outside the bottle, pushed the egg into the bottle.

PS. There was no sucking going on,
only pushing by the atmosphere.



Number Fun

				30
	4	4		17
1				20
7	8		0	22
				14
12	16	24	21	13

Try to fill in the missing numbers.

The missing numbers are integers from 0 to 10.

The numbers in each row add up to the totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up to the totals to the right.

Check your answers:

				30
0	4	4	9	17
1	2	9	8	20
7	8	7	0	22
4	2	4	4	14
12	16	24	21	13

What Causes Waves?

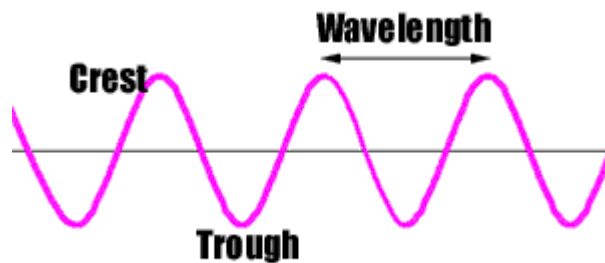
The winds cause waves on the surface of the ocean (and on lakes). The wind transfers some of its energy to the water, through friction between the air molecules and the water molecules. Stronger winds (like storm surges) cause larger waves. You can make your own miniature waves by blowing across the surface of a pan of water.



Waves of water do not move horizontally, they only move up and down (a wave does not represent a flow of water). You can see a demonstration of this by watching a floating buoy bob up and down with a wave; it does not, however, move horizontally with the wave.

A wave is a way in which energy travels from one place to another. There are many kinds of waves, such as water waves, sound waves, light waves, radio waves, microwaves and earthquake waves. All waves have some things in common.

The highest point the waves reaches is called the crest. The lowest point is called the trough. The distance from one crest to the next is the wave length. The number of waves that pass a given point in one second is the wave's frequency.



Tsunamis (sometimes called tidal waves) are different from surface waves; they are usually caused by underwater earthquakes, volcanic eruptions, or landslides.

What is a tsunami?

A tsunami (pronounced ([tsoo-nah-mee](#))) is a wave train, or series of waves, generated in a body of water by an impulsive disturbance that vertically displaces the water column. Earthquakes, landslides, volcanic eruptions, explosions, and even the impact of cosmic bodies, such as meteorites, can generate tsunamis. Tsunamis can savagely attack coastlines, causing devastating property damage and loss of life.

Waves in Your Kitchen

If you allow a bottle of salad dressing to settle, the oil and vinegar will separate forming a free surface which is essentially the same as an air-water interface on the surface of the ocean, your swimming pool or in a coffee cup. Because the density difference between the oil and vinegar is fairly small, the wave speed is reduced considerably. This gives you an excellent opportunity to observe the interface waves in slow motion.

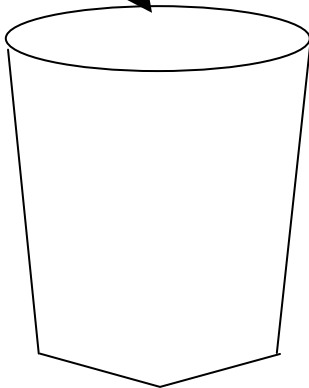
Other examples of free surface waves in your kitchen are waves in a coffee cup (rotating or not) and waves on low speed faucet streams. Keep your eyes peeled!

Make Your Own Waves

Put a few drops of **SOAP** in a glass of **WATER**. Stir well. What happens?

Can you see the soap?

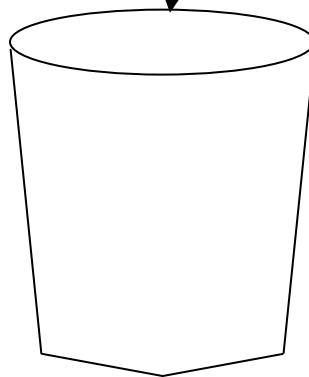
Draw the **SOAP** and **WATER** in the glass.



Put 2 tablespoons of **OIL** in a glass of **WATER**. Stir well. What happens?

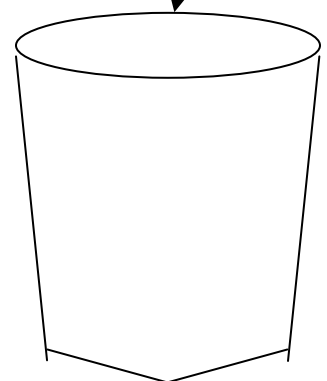
Do the oil & water mix?

Draw the **OIL** and **WATER** in the glass.



Add 1 tablespoon of **SOAP** to the **WATER & OIL**. Stir well. What happens?

Draw the **SOAP, WATER & OIL** mixture.



Word Search

Adventures in Girl Scouting

M A F S I H G C S X W E E C L
C U D A R N E P O H X G F R N
N I O V I O O L H O N A R A T
G L S P E R O O P C K T I F E
N D M U T N B D O E J I E T C
I A P S M B T C T P R R N S H
C O O K I E S U C U A E D G N
N T E E N S W O R E O H S A O
A C S L Y E M E N E Z B O R L
D K P Y E P C Z Z N S I Z T O
C O M M U N I C A T I O N S G
Q E T T E I L U J S L R I G Y
T H E I O Q S Y H T L A E H S
Q R C V E L I J C A R E E R S
S S C S V G M J H O T P G J T

ADVENTURES
ARTS
CAMPING
CAREERS
COMMUNICATION
COMPUTERS
COOKIES
COOKING

CRAFTS
DANCING
FRIENDS
FUN
GIRLS
HEALTHY
HELPER
HERITAGE

HOBBIES
JULIETTE
MUSIC
OUTDOORS
SCIENCE
SPORTS
TECHNOLOGY
TEENS

Make Your Own Word Search

Make up your own word search using a piece of graph paper or a grid that you create. Choose a theme and a title that reflects the words that can be found, such as weather, school, or seasons. Include at least ten words in your search. Ask friends or family to find the hidden words.

If you have access to the internet, you can also create a word search using the following link:

<http://puzzlemaker.school.discovery.com/WordSearchSetupForm.html>

Reference: Junior Proficiency Badge – Puzzler

A grid looks like this:
