



Explore Girl Scouts

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.

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

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 and 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.



Fun with friends.
New adventures.
Making a difference.

Get started at:
[girlscoutsofmaine.org/join](https://www.girlscoutsofmaine.org/join)



www.girlscoutsofmaine.org
888-922-4763
customercare@gsmaine.org



Why Girl Scouts?

You want a brighter, happier tomorrow for your girl—and that's exactly what we want, too. Studies show being a Girl Scout improves girls' confidence and makes them better prepared to weather life's challenges. That's because everything a Girl Scout does is based on:

Finding their people



Forever friendship is a powerful thing. It's what gives Girl Scouts the confidence to be themselves, unapologetically. It's what makes them feel safe

enough to try new things and cheer each other on. It's the support that can get them up on tough mornings, help them raise their hand in class, and even climb to the top of a mountain.

Discovering their joy



Every Girl Scout has their own curiosity, dreams, and talents—so when they decide which of the thousands of Girl Scout activities to try, the sky's the

limit. Whether visiting an animal shelter, camping, hosting a dance-off, or directing a music video, they're learning to take risks, trust their gut, and team up with others for good. But mostly? They're figuring out the things that will bring happiness to their lives for years to come.

Knowing their power



From planting trees to stocking the local food pantry, Girl Scouts learn firsthand that they have the power to help. In these complicated times, knowing

they can make a difference (and feeling the joy that comes from doing it!) may be more important than ever.

Building community



Groups of Girl Scouts from the same community, called troops, typically meet weekly or bi-weekly for an hour or two. Hand-

in-hand with adult volunteers, girls complete exciting activities and projects, explore their neighborhoods, and make new friends. Together, they earn badges to reflect the skills they've learned, the growing they've done, and the adventures they've had.

Living their best life



While we know being a Girl Scout helps girls earn better grades and make healthier decisions in the long-run, everything a Girl Scout does is

designed to make sure they feel seen, supported, and cared for—right here, right now. In a time when anxiety and depression are affecting young people in record numbers, we can't think of anything more important.

Getting involved



Girl Scouts of Maine is excited to welcome you! Whether you want to start a new troop in your community, join an existing

troop, participate individually as a Julliete or have questions—we're here for you!

Head to www.girlscoutsofmaine.org and start the adventure today!

You Can Make a Difference



Volunteer with Girl Scouts

Think back to when you were a kid. Remember that one grown-up who always brought the fun? The one who cared about what you had to say, and was always down to make your dreams come true?

They showed up not just because it was the right thing to do, but also because you made their life a little more magical.

You don't need to be a parent to step into those shoes—you just have to be there.

Volunteer with Girl Scouts and rediscover the wonder and possibilities of childhood. Your life will never be the same.

What if we have questions?

That's normal! And we've got your back with a network of support to assist you throughout your Girl Scout experience.

Just reach out to our Customer Care team at customercare@gsmaine.org or 888-922-4763.

Ways to Participate

- Join as an individually registered Girl Scout—design your own experience with flexibility to participate in a way that works best for you.
- Join an existing troop in your community.
- Start a new troop—we're here to support you with all the tools and resources you need to succeed!

However you choose to participate girls can engage in:



Badge & Journey Activities



Council Sponsored Programs



Girl Scouts at Home



Cookie and Fall Product Programs



Girl Scout Program Pillars: A Foundation for Success

At the heart of Girl Scouts' programming are adventures in our four pillars. All designed to meet her where she is now and grow along with her.



STEM

Computer science, engineering, robotics, and more.



Life Skills

Civic engagement, healthy living, global citizenship, and communication skills.



Outdoors

Adventure and skill building, including camping experiences for all age levels; from the backyard to the backcountry.



Entrepreneurship

The Girl Scout Cookie Program teaches goal setting, decision making, money management, business ethics, and people skills.



Girl Scouts is proven to help girls thrive in five key ways as they:



Develop a strong sense of self.



Display positive values.



Seek challenges and learn from setbacks.



Form and maintain healthy relationships.



Exhibit community problem-solving skills.



Paracord Buddy

Practice your knot-tying skills with this paracord key chain “buddy” using only a key ring, a length of paracord 12 inches long, and another length of paracord approximately 24 inches long.

Directions

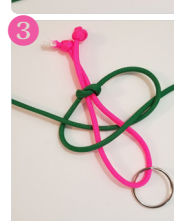
- Take the shorter piece of paracord and tie knots at each end of the paracord. Fold the paracord over to make a loop and place the keyring in the center of the loop.
- With the keyring closest to you (knotted ends farther away from you), lay the longer length of paracord underneath the other paracord towards where the feet are. This will be where the body starts, so make sure you have enough at the bottom for the legs.
- Use the following directions to make the body of your “buddy”:



1. Make a knot with the right end going in front of the loop to the left. And left end goes in front of the right end but comes out to the back of the loop. Pull both ends firmly tight to form a knot.



2. Make a similar knot, but now the left end goes in front of the loop to the right, and the right end goes in front of the left end but comes out at the back of the loop.



3. A patterned knot is made when you tightly pull the ends of each paracord. This pattern is called the Solomon bar.



4. Repeat 6-7 times or until you have about 2" left—knot the ends, which becomes the arms.



5. Snip off the remaining cord with your scissors. With the help of an adult, burn the ends to prevent fraying.

Your final Paracord Buddy!



*Daisy Buddy Camper,
GSME Outdoor Skills
Patch Level 1*



Clouds

Some clouds are white and puffy. Others are long and thin. Storm clouds appear darker because they carry more raindrops, letting less light through. The kinds of clouds you see can tell you about the weather. Learn the names of different clouds and what they look like. Then, using cardboard and cotton balls, make a cloud viewer. For some additional fun, sing the cloud song.

Directions

- Have an adult help cut out a rectangle in the center of a piece of cardboard.
- Write one kind of cloud along each side of the cloud finder so that all 4 sides have a different cloud name (Cumulus, Cirrus, Stratus, Nimbus).
- Using cotton balls or tissue paper, decorate each section of the cloud viewer to look like that kind of cloud.
- Use your cloud viewer over several days to identify the clouds you see.



Cumulus clouds are puffy. They usually mean the weather will be nice.



Cirrus clouds are long and wispy. They usually mean the weather will be nice.



Stratus clouds cover the whole sky. Mist or drizzle falls from these gray clouds.



Nimbus clouds are dark with rain or snow. They're found in thunderstorms or snowstorms.

Cloud Song

(to the tune of Do You Know the Muffin Man)

Cumulus clouds are piled up high,
Piled up high, piled up high
Cumulus clouds are piled up high
They soar on sunny days.

Cirrus clouds are wispy curls,
Wispy curls, wispy curls.
Cirrus clouds are wispy curls,
They float high in the air.

Stratus clouds are sheets of gray,
Sheets of gray, sheets of gray
Stratus clouds are sheets of gray
They hang low in the sky.

Nimbus clouds are dark with rain,
Dark with rain, dark with rain.
Nimbus clouds are dark with rain,
They come with thunderstorms.

Badge Link: Daisy Design with Nature



Happy Board

We all need a pick-me-up from time to time. When you feel big emotions or just need a pick-me-up, take a slow, deep breath and remind yourself of all the great things in your life and the things that help you feel happy, relaxed, loved, and confident.

Directions

- Close your eyes and think about a happy memory, favorite place, people who help you feel loved, and things that bring you joy.
- Use these ideas to decorate a piece of cardstock to hang in your room, by the bathroom mirror, or place you go to relax. You can use images, photos, quotes, words of encouragement, and more—anything that helps fill your heart with courage, confidence, joy, and love.

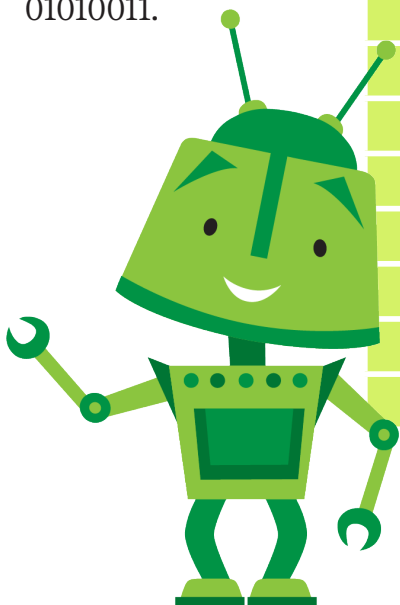


*Badge Link: Resilient.
Ready. Strong. and
Brownie My Best Self*



Make a Secret Binary Code Bracelet

Did you know that computers have a language of their own? Anytime you do something on a computer, someone needed to write a code to tell the computer what it needs to do. If you have ever played a game on a computer, someone needed to write out the directions for the computer to follow when you click different buttons. This is called binary. Use the binary chart to spell out your initials using beads and a pipe cleaner or string. Use 2 colors to represent the parts of the binary alphabet. Use one color to represent 1 and a different color for 0. You may want to use a 3rd color to indicate a space between the two letters. For example, GS (for Girl Scouts) would be: 01000111, 01010011.



Character (Upper Case)	Binary Code
A	01000001
B	01000010
C	01000011
D	01000100
E	01000101
F	01000110
G	01000111
H	01001000
I	01001001
J	01001010
K	01001011
L	01001100
M	01001101
N	01001110
O	01001111
P	01010000
Q	01010001
R	01010010
S	01010011
T	01010100
U	01010101
V	01010110
W	01010111
X	01011000
Y	01011001
Z	01011010

Badge Link:
Cybersecurity
badges



What I Need and What I Want

There are things we need and there are things we want. Both cost money! Let's find out the difference with this game.

Directions:

- Set up a pretend supermarket by cutting out pictures from newspaper ads or a supermarket flyer.
- Use a bucket or bowl as your "shopping cart." Pretend you are grocery shopping with your family. Decide what your family needs for food and other supplies to eat for a day. Put these items in your "shopping cart." Then add one or two wants.
- Then, go through your shopping carts and sort the items into two piles--needs and wants. Did anything change?



Badge Link:
Daisy Making
Choices and
Brownie
Philanthropist