



Friendsgiving Leader Guide

Friendsgiving is a fun, informal celebration where friends gather to share good food, spend time together, give back, and express gratitude. For your troop, it's also a great opportunity to bring a friend, introduce them to Girl Scouts, and enjoy some time together!

Whether you're sharing favorite foods, playing games, doing an activity, or giving back to your community, Friendsgiving makes it easy to welcome new Girl Scouts and help your troop grow. Choose the activities that inspire your troop and make Friendsgiving your own!

Inside this guide you will find:

- Friendsgiving Songs
- Gratitude Prompts & Scavenger Hunt
- Friendsgiving Craft & SWAP
- Native American Heritage Month
- Food from the Heart
- Community Service
- Global Poverty Day
- GORP Ceremony

Troops: Host a Friendsgiving event and submit at least three completed new member interest forms and/or register at least one new Girl Scout to your troop by January 4 to earn a free patch (while supplies last). Request printed Friendsgiving activity packets by November 16.



Also check out:

- Friendsgiving Coloring Postcard Invite for your troop to decorate and share with friends
- Writeable Bring a Friend Flyer to promote your Friendsgiving event
- Friendsgiving New Member Interest Form
- Printable Mindful Dice craft activity



Visit QR code or click
<https://bit.ly/gsmefriendsgiving>.



FRIENDSGIVING SONGS

Sharing a grace before a meal is a long-standing Girl Scout tradition. Like the Girl Scout Promise, graces can be adapted to reflect the many beliefs and backgrounds within our Girl Scout community.. Encourage Girl Scouts to use words that reflect their own beliefs and traditions. If you're not sure where to start, consider inclusive options such as "earth", "nature", or "land". There are many graces and variations, and you're welcome to create your own. The most important thing is taking a moment together to give thanks and celebrate friendship.

ADAM'S FAMILY GRACE

Tune: Adam's Family theme song

Chorus:

Da da da da (snap snap)(2x)
Da da da da, da da da da,
Da da da da (snap snap)

We thank you Lord for giving
the things we need for living
The food, the fun, the friendship,
and Girl Scouting fam-i-ly
(Chorus)

We've filled our plates and dishes,
With food that is nutritious,
And all that we can wish is,
To thank you very much.

(Chorus)

Variation:

(Chorus)

We thank you Lord for giving,
The food we need for living,
And now we're going to eat it,
Because we really need it!
(Chorus)

BLESS THIS FOOD

Tune: Row Row Row your boat

Bless, bless, bless this food
Bless all present here.
And help us now to spread your love
To people far and near.

WE ARE THANKFUL

Tune: Are You Sleeping (Try singing as a round!)

We are thankful, we are thankful *
For our food, for our food.
And our many blessings,
and our many blessings,
We thank you, we thank you.

**second part of round begins here*

WE THANK YOU

Tune: Kumbayah

For the food we eat, we thank you.
For the friends we meet, kind and true.
For the fun we share, all day through.
We thank you, we thank you.

THANK YOU

Tune: Twinkle, Twinkle Little Star

Thank you for the food we eat,
Thank you for new friends we meet.
Thank you for Girl Scouting days
As we learn in fun-filled ways.
May we always try to do
As we promised, duty true.





GRATITUDE PROMPTS

Use these questions or sentence starters to help your troop pause, reflect, and notice what they appreciate. Girl Scouts can share their thoughts in a circle or use them as prompts for writing, drawing, or other creative expression.

- What are three things you are thankful for today?
- Tell about someone in your life who makes you feel happy.
- What is something nice that someone did for you this week?
- Tell about your favorite stuffed animal or toy.
- What is your favorite thing about where you live?
- Write about one of your best friends and why they are special to you.
- What is your favorite thing about school?
- What is an event or occasion you are looking forward to?
- What's something you're grateful for about yourself?
- What is your favorite thing about nature?



GRATITUDE SCAVENGER HUNT

Invite your troop to notice the people, places, and things they are grateful for, adapting the activity as needed to fit your meeting space, time, and troop. Read the prompts aloud, one at a time, and have troop members identify something that fits each prompt. Then, give everyone an opportunity to share their discoveries in the circle.

- ☐ Find something you are thankful for in nature
- ☐ Give someone else something to make them smile
- ☐ Find something that makes you happy
- ☐ Find something that makes you feel safe
- ☐ Find something that reminds you of the people you love
- ☐ Find something that is unique to you

Make It Your Own

Beat the Clock: Set a timer for 5-10 minutes and see how many prompts the troop can complete.

Buddy Up: Pair up and complete the hunt together.

Look, Don't Collect: Find items, but leave everything where it is.

Act It Out: Instead of finding an item, act out or demonstrate your answer.



FRIENDSGIVING CRAFT

Beaded Corn Craft

All you need are pony beads and pipe cleaners to make this festive beaded corn craft!



Visit QR code for instructions or click <https://bit.ly/BeadedCornCraft>.



FRIENDSGIVING SWAP

Pumpkin Pom Poms

Making pom poms is fun, easy, and versatile. Follow this tutorial to make a pom pom pumpkin. Add a safety pin or glue it to a clothespin, and you have a swap!

TIP: the more times you wrap the yarn around the cardboard, the fluffier your pom pom will be!

Visit QR code for instructions or click <https://bit.ly/HalloweenYarnCrafts>.





FOOD FROM THE HEART (all levels)

Food from the Heart is a Girl Scouts of Maine patch program that helps Girl Scouts explore hunger and food insecurity and their impact on the community. Through the program, Girl Scouts learn how cooperation and community outreach are life skills that can be used every day, and how they can inspire others to make a difference in the fight against hunger.

Earn the patch in 5 steps:

- Step 1: Learn more about the resources available for people who may need help
- Step 2: Learn about hunger and food insecurity in your community
- Step 3: Learn about food nutrition
- Step 4: Choose a project based on what you have learned
- Step 5: Make a plan and take action



Visit QR code for the Food From the Heart patch program or click <https://bit.ly/FriendsgivingFoodFromTheHeart>.



Already earned the patch? For each year of participation in the GSME Food from the Heart patch program, add-on this red heart!



GLOBAL POVERTY DAY

Global Poverty Day, observed annually on October 17, raises awareness about the need to end poverty in all its forms and gives people experiencing poverty an opportunity to share their needs and concerns. This day is also known as and observed by the United Nations as the International Day for the Eradication of Poverty.

Check out the Global Poverty Day Toolkit to find selected activities, activity instructions, and a materials list for each activity.



Visit QR code or click <https://bit.ly/FriendsgivingGlobalPovertyDayToolkit>.





COMMUNITY SERVICE

Community service is a cherished Girl Scout tradition, reflecting the belief that Girl Scouts can make a meaningful difference in their communities. As you celebrate Friendsgiving, this tradition is a wonderful opportunity to gather girls together not only in gratitude for what they have, but also in generosity toward others. Here are some ideas to help you get started:

- Check with your service unit to see if they are planning a service-unit-wide community service opportunity or event.
- Many troops also have their own annual community service traditions. Ask around to find out!
- Help your troop locate and connect with your local food pantry. Ask what items are most needed right now and whether there are items they can't accept.
- Ronald McDonald House has locations in Portland and Bangor for families with children receiving medical care away from home. They have a general wish list as well as a special wish list to create care packages, such as NICU Comfort Bags.



Visit QR code or click
[https://bit.ly/
RonaldMcDonaldHouseWishList](https://bit.ly/RonaldMcDonaldHouseWishList).



Juniors and up: explore the new
Community Advocacy Awards.
Visit QR code or click [https://bit.ly/
gsusaCommunityAdvocacyAwards](https://bit.ly/gsusaCommunityAdvocacyAwards).



TRANSFORMING LEADERSHIP CONFERENCE

When you invite new friends to join you for Friendsgiving, you will want to share all the reasons why you love Girl Scouting. Don't forget to let them know about the amazing programming! The Transforming Leadership Conference, a girl-led day of programming for Girl Scouts in grades 6–12 and adults, is an excellent example of this. This annual event brings hands-on workshops, fresh perspectives, and a chance to build community with others across the Girl Scout Movement.

Youth sessions like *Make Your Mark*, *Fearless Voices*, and *Highest Awards: Stories & Next Steps* will help girls build confidence, sharpen new skills, and step into their roles as leaders.

Adult sessions such as *Courageous Conversations*, *Opening the Circle*, and *Youth Mental Health First Aid* will help adult members gain tools to support the next generation of leaders (and themselves)!



Mark your calendars!
Saturday, November 7, 2026
9:30 a.m. - 4:30 p.m.
University of Maine, Orono



Visit QR code or click
<https://bit.ly/FriendsgivingTLC>.



NATIVE AMERICAN HERITAGE MONTH

Throughout November, Native American Heritage Month celebrates the cultures, histories, and countless contributions that Native American communities have provided to the United States. Here are some ways to explore and learn more:



The Girl Scout Native American Heritage Celebration fun patch is designed for Girl Scouts of all levels to celebrate and honor the rich and diverse cultures, traditions, and histories of Native people, and to acknowledge the many contributions that the Native American community has made and continues to make across our nation.



Visit QR code or click
<https://bit.ly/gsusaNativeAmericanHeritageActivities>.



Learn about all five of the multicultural community celebration patches.



Visit QR code or click
<https://bit.ly/gsusaMulticulturalCommunityCelebrations>.



Girl Scouts of Maine acknowledge that we are on Indigenous land. The place we now call Maine is home to the sovereign people of the Wabanaki Nations: Penobscot Nation, Passamaquoddy Tribe, Houlton Band of Maliseet Indians and Mi'kmaq Nation. Here are some ways you can participate in land acknowledgment learning opportunities:

- Visit the website [Native Land](#) to find out whose land you are on
- Support local Indigenous organizations such as [Wabanaki REACH](#)
- Learn more about the deep Wabanaki cultural history of what is now known as [Acadia National Park](#)
- Watch a film featuring Indigenous actors and characters and keep an eye out for local productions such as “Wabanaki Stories”
- Read literature by Indigenous authors. Not sure where to start? Check out the [Freeport Community Library reading list](#) or check out the [Bristol story walk](#) which features different Wabanaki stories each month.



GORP CEREMONY

Since our founding in 1912, Girl Scouts have used ceremonies to mark meaningful moments, celebrate shared values, and help members feel connected to one another and to the Girl Scout community.

The GORP Ceremony is perfect for Friendsgiving, offering a simple and meaningful way to welcome new members into your troop while celebrating the unique gifts, strengths, and qualities each Girl Scout brings.

Inspired by the traditional Girl Scout snack GORP, the ceremony reminds us that, just like the different ingredients come together to make something special, every member contributes something important to the troop. As a troop leader, you can use this ceremony to create a warm sense of belonging, honor returning members, and help new Girl Scouts feel welcomed and valued from the very beginning.

Materials:

- A small table
- A large bowl
- Ingredients for the GORP mix as listed below in separate bowls
 - Adjust recipe as needed for dietary requirements
- A large spoon for mixing
- Cups for making individual servings after the ceremony
- Cut out strips for ceremony script (see next page)

GORP stands for
“Good Ol’ Raisins
and Peanuts” or
“Granola, Oats,
Raisins, Peanuts”

Process: Leader introduces the ceremony and then, one at a time, girls step forward to the large bowl, read their lines, and add their ingredient to the bowl.

Tips: Practice the ceremony ahead of time with your troop. Read the script with them and show them how they will each add an ingredient to the bowl. Talk about any substitutions or changes you want to make to the ingredients or the script. This is your ceremony—make it your own!



Girl Scout
Traditions and Ceremonies

Read more about Girl Scout traditions, the different types of ceremonies, tips for planning and hosting ceremonies, and much more in our Girl Scout Traditions and Ceremonies Handbook.



Visit QR code or clic
https://bit.ly/friendsgiving_traditionsandceremonies.



GORP CEREMONY SCRIPT

INTRODUCTION: Have you ever wondered what goes into making a Girl Scout? Well, we have a recipe to make that will show you what we're all about!



1

Girl Scouts come in all colors, from cities and towns, Every Girl Scout's a sister no matter what she looks like or how she sounds. (Add M&Ms to the bowl.)



2

Some of us are tall, and some of us are small. When we get together, size doesn't matter at all. (Add pretzel sticks and marshmallows.)



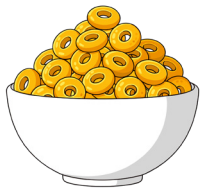
3

With our words and our actions, we show that we care. We try to do our best to be fair and square. (Add Chex cereal to the mix.)



4

Sometimes we act a little "nuts," and we love to joke and play. We'd love to put a Girl Scout smile into everyone's day. (Add nuts to the bowl.)



5

When we get together, we make circles so round. It's our never-ending friendships by which we are bound. (Add Cheerios to the mix.)



6

When we're planning and working, we just don't stop. We keep ourselves busy, and all around we will pop. (Add popcorn.)



GORP CEREMONY SCRIPT

NOTE: When printing double-sided, this is the back side of the ceremony script. If you are printing single-sided, you do not need to print this page.

Belonging
GSME



Friendsgiving



GORP
Kindness

Belonging
GSME



Friendsgiving



GORP
Kindness

Belonging
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Friendsgiving



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Belonging
GSME



Friendsgiving



GORP
Kindness



GORP CEREMONY SCRIPT



7

We respect all Earth's creatures, whether they're big or they're small. The Earth is our home, and there is room here for all. (Add Goldfish Crackers or Animal Crackers.)



8

It was 1912 when Juliette Low started us off, and like the girls back then, we're just "chips off the old block." (Add butterscotch, chocolate and white chocolate chips.)



9

We get a "kick" out of learning and doing new things, and a "kick" out of helping others, and spending time with friends. (Add Kix cereal to the bowl.)



10

When we were (previous Girl Scout level), we were fresh, new, and rare. But now we're (current Girl Scout level) and have experience to share. Added together, the number of years we have spent in Girl Scouting comes to _____. (Add raisins, counting out loud, or each troop member can contribute the number of raisins that represent the number of years they have been in Girl Scouts.)



11

Next we stir to the left and we stir to the right; we mix it together with all of our might. We welcome our troop to another great year, and hope the memories they make, they will always hold dear.



12

Now that our recipe is complete, we look upon what we have created. Each of the ingredients went into our recipe separately, just like each of us came into the troop separately. As the ingredients mix together to form one dish, we mix together to form a troop. But even as we look upon our mix, we can still see each ingredient as separate and unique. We each bring our own unique talents and characteristics to our troop to make it what it is.



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GSME



Friendsgiving



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