



Make S'more Friends Leader Guide

National S'mores Day (August 10) is the perfect time to gather with new and old friends, share Girl Scouts, and enjoy the last days of summer before school starts.

Use the activities in this packet, and your own ideas, to create a custom s'mores celebration with a creative twist, no campfire required!

Included in this packet:

- S'more Songs
- S'mores SWAP
- S'mores Recipes
- Solar Oven S'mores Activity
- Solar Oven Showdown
- Campfire Safety Patch Activity
- Troop Camp Training Information

Ready to host a Make S'more Friends bring-a-friend event? We've got you!

- Make S'more Friends flyer
- Let's Have S'more Fun Together postcard invites
- Make S'more Friends new member interest forms



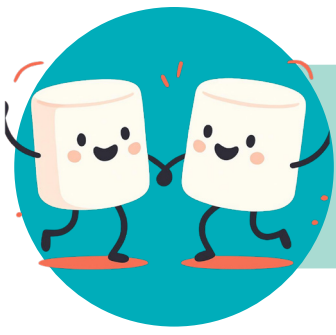
Troops: Host a Make S'more Friends event and submit at least 3 completed Make S'more Friends new member interest forms and/or register at least 1 new Girl Scout to your troop by October 22 to earn a free patch (while supplies last). Request printed Make S'more Friends activity packets by September 14.



Service units: Complete an Intent to Hold an Event form by August 20 for a Make S'more Friends event and receive an activity kit with supplies (while supplies last).



Check out our [Bring a Friend webpage](#) to find the additional materials and for more info on printed packets, patches, and service unit kits.



S'more Songs

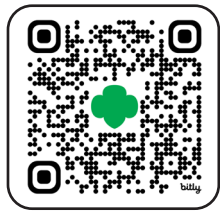


Girl Scout Spirit

*Tune: Down in my Heart
With hand motions (see video)*

I've got that Girl Scout Spirit
Up in my head, up in my head, up in my head.
I've got that Girl Scout Spirit
Up in my head, up in my head to stay.

...Deep in my heart
...Down in my toes
...All over me



Everywhere We Go

Call and response song. Try singing quietly the first time through and then get louder each time

Everywhere we go (Everywhere we go)
People wanna know (People wanna know)
Who we are (Who we are)
So we tell them (So we tell them)
We are Girl Scouts! (We are Girl Scouts!)
Mighty, Mighty Girl Scouts (Mighty, Mighty Girl Scouts)

And if they can't hear us
(And if they can't hear us)

We'll shout a little louder
(We'll shout a little louder)

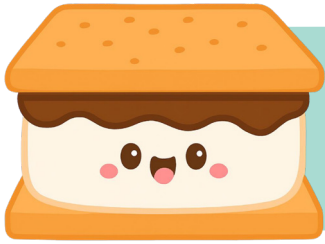


The S'more Song

Tune: On top of Old Smokey

On top of my cracker,
so yummy and sweet,
I'll put on some chocolate,
to make a good treat.
Then comes the marshmallow,
so sticky and soft,
and then one more cracker,
so it won't fall off.
I put it together,
so gently I press.
If I squeeze too hard,
it will make a big mess.
I'm ready to eat it,
this thing called a s'more.
Oh my, it's so yummy,
I think I'll have some more!





Solar Oven S'mores

Use the sun to make your own s'more—sweet or savory! Try the recipes on the next page and invent your own.

Note: Solar ovens do not require Troop Camp Training and are appropriate for all Girl Scout levels with adult supervision. Cooking over a flame (campfire, propane stove, box oven, etc.) does require a volunteer with Troop Camp Training Parts 1 & 2.

Materials

- Cardboard box with lid (pizza box, shoe box, etc.; 1 per 3–4 girls)
- Aluminum foil
- Black construction paper
- Tape (duct or packing)
- Plastic wrap
- Newspaper or scrap paper (for insulation)
- Scissors
- S'mores supplies (check dietary restrictions): graham crackers, chocolate, marshmallows
- Optional: decorations (stickers, markers, etc.); skewers/dowels/sticks

Want to turn this into a friendly competition?
Check out “Solar Oven Showdown” for instructions!

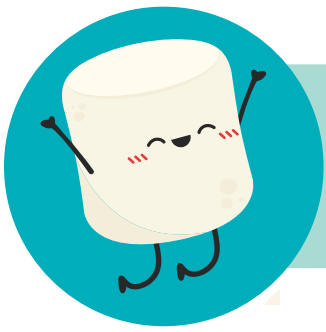
Instructions

There are lots of ways to construct your solar oven. You'll see that the box in this photo only used plastic wrap and aluminum foil, with no black paper or newspaper insulation, and it still worked great. Here are some basic instructions, feel free to customize!

1. Use a box with a hinged lid or cut a three-sided square in the lid to form a flap.
2. Cover the inside of the lid with foil (shiny side out). You can also foil the inside walls facing the sun.
3. Cover the bottom of the box with black construction paper.
4. Seal the opening with plastic wrap.
5. Add crumpled newspaper around the inside edges. (insulation optional)
6. As needed, prop the foil flap open with a stick so it reflects sunlight into the box.
7. Put the oven in direct sunlight and adjust until light reflects inside.



Tip:
Works best on a sunny, low wind day. Preheat 20–30 minutes before cooking.



S'mores Recipes

SWEET

Classic Sweet S'more

- Graham crackers
- Chocolate squares
- Marshmallows

Berry Blast S'more

- Graham crackers
- Chocolate or white chocolate
- Marshmallow
- Sliced strawberries or raspberries

Banana Split S'more

- Graham crackers
- Chocolate
- Marshmallow
- Banana slices

Cookie Crunch S'more

- Chocolate chip cookies (instead of graham crackers)
- Marshmallow
- Chocolate



SAVORY

Pizza S'more

- Crackers or flatbread
- Cheese
- Pepperoni or veggies
- Spoon of marinara sauce

Savory "S'more" Melt

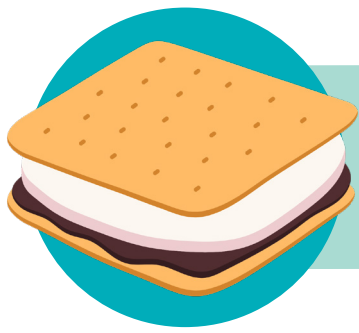
- Crackers or small bread slices
- Cheese (cheddar or mozzarella)
- Optional: tomato slice or basil

FANCY

- Gouda and jam on a cracker
- Cream cheese on a bagel chip with tinned fish
- Halloumi, tomato, and mint on a pita chip
- Babybel cheese on a ritz with pesto on top (or jam)
- Monterey jack on a club cracker with pepper jam
- Yellow cheddar on a pretzel chip with an apple slice on top

Create your own recipe book with this fun ["How to Make S'mores"](#) paper bag book from Primary Theme Park!





S'mores SWAPS

(Special **W**hatchamacallit **A**ffectionately **P**inned **S**omewhere)

Make a cute s'mores SWAP to trade with other Girl Scouts!



Materials

- Tan foam, cardboard, or heavy paper
- Black foam or cardboard
- Cotton balls
- Markers
- Googly eyes
- Glue
- Safety pins

Instructions

1. Cut tan squares about 1.5" x 1.5" (2 per SWAP) for the graham crackers.
2. Cut black squares slightly larger (1 per SWAP) for the chocolate.
3. Glue one black "chocolate" square to one tan "graham cracker."
4. Fluff a cotton ball (the marshmallow) and glue it on top of the "chocolate".
5. Glue the second tan square on top of the "marshmallow".
6. Add a safety pin, googly eyes, and a silly face, and your s'mores SWAP is ready!

Photo credit: <https://justjess-girlguides.blogspot.com/2013/07/delicious-camp-hat-craft-ideas.html>

S'more Jokes



Why don't s'mores ever argue? They stick together.
I made a smart s'more.. it was graham-atically correct.
Why do marshmallows never panic? They stay mellow.
Why did the marshmallow sit by the fire? For a glow-up.





Solar Oven Showdown

Most appropriate for Juniors and up

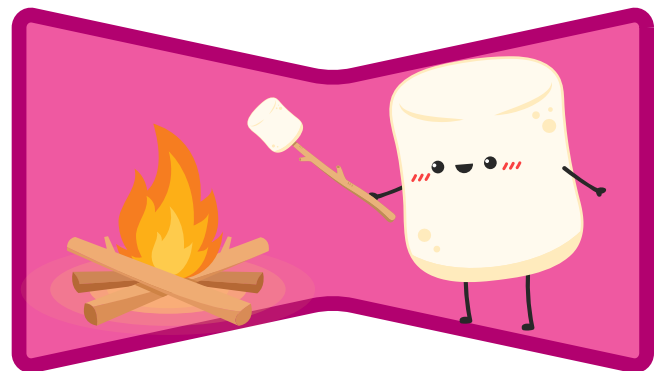
Design, build, and test a solar oven to make s'mores using the power of the sun.

Materials

- Small cardboard box with lid (pizza box, shoe box, etc.)
- Aluminum foil
- Black construction paper
- Tape (duct or packing)
- Plastic wrap
- Newspaper or scrap paper (insulation)
- Scissors
- Decorations (markers, stickers, etc.)
- Skewers/dowels/sticks
- S'mores supplies (check dietary restrictions): graham crackers, chocolate, marshmallows

Directions

- Divide into teams of 3–4.
- Explain that each team will design its own solar oven to cook s'mores.
- Do not give step-by-step building instructions—let teams experiment and problem-solve. You can provide a sample oven or photo for ideas.
- Decide the details of your showdown together before you begin. A couple options to get you started:
 - **Voting:** *Girl Scouts vote for their favorites*
 - Most Effective, Most Creative, Most Eco-friendly, Best Teamwork, etc.
 - **Scoring:** *Leaders score each team*
 - Teamwork and collaboration
 - Sharing materials
 - Problem solving
 - Creative team name and decorations
 - Oven construction and placement
 - How well the oven cooks
 - Cleaning up their area

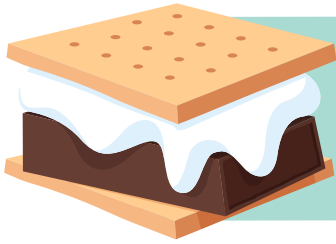


Clean Up & Closing

- Announce results and enjoy your s'mores.
- Girl Scouts clean up—this is a great opportunity to practice Leave No Trace!

Reflection Questions (optional)

- How long did it take to cook a s'more in your solar oven?
- How could you make your oven more efficient?
 - Change the angle of the reflector?
 - Use different insulation?
 - Change the shape or size?
- Use a thermometer to quantify how efficient your oven is and record your findings.
 - How hot did your oven get over time?
 - How does that compare with a regular oven?
- How did the weather (warm vs. hot, sunny vs. cloudy) affect how well your oven worked?



Campfire Safety Patch

Campfires are a useful tool when camping and enjoying the outdoors. They are a great outdoor source for heat, cooking, light, and they also help us connect with one another. Lots of lifelong memories are made while sitting around a campfire singing and sharing stories.

Campfires are a lot of fun, but they can be dangerous too. Learning how to have a safe campfire is an important part of being a Girl Scout. Before you can cook over a campfire, you must learn campfire safety. Adult Girl Scouts learn about it while completing Troop Camp Training Parts 1 & 2. Youth Girl Scouts learn all about it with the [GSME Campfire Safety Patch!](#)



Does your troop have at least one Troop Camp Trained (Part 1&2) volunteer? Check out the last page for more info!



Edible Campfire

Start working on your Campfire Safety patch by building an edible campfire! Follow the step-by-step instructions in the [Edible Campfire activity](#).



Troop Camp Training

Does your troop have a taste for the outdoors? Want to move beyond solar ovens and roast s'mores together someday over a real campfire?



Cooking over an open fire and sleeping under the stars are classic Girl Scout experiences, and the perfect adventures to share with your troop. If your troop doesn't already have at least one Troop Camp Trained (Part 1 & 2) volunteer, now is a great time to get started!

Whether you're brand new to camping or a seasoned Maine Guide, you'll gain practical skills, helpful tips, and fresh ideas to bring outdoor adventures to life for your Girl Scouts.

Step 1:

Complete the online, self-paced [Troop Camp Training Part 1](#) in gsLearn



Step 2:

Join us for [Troop Camp Training Part 2](#), a hands-on, fun learning weekend at one of our beautiful camp facilities. Sessions are usually offered each year in May and September.



**Thank you for making Girl Scouts of Maine
a sweet place to be, Happy S'mores Day!**

Girl Scouts of Maine | 888-922-4763
customer@gsmaine.org | www.girlscoutsofmaine.org