

Camping Activities Packet



Girl Scout Friendship Stick

The Friendship Stick has been a Girl Scout tradition for some time. It is a token of friendship that one person gives to another. A Friendship Stick must be carved and painted by the giver. The time, thought and effort that go into the making of a Friendship Stick are the true and greatest gifts. Each creator will make their Friendship Stick as unique and different as each friendship is.

A Friendship Stick is made of wood, a symbol of endurance. It symbolizes that friendship can grow like the trees of the forest – strong and long-lasting. It is curved to symbolize friendship with other Girl Scouts and Girl Guides around the world.

Friendship Sticks can be made from small twigs to be attached to a key chain or a large safety pin. Bigger ones can be made from branches from large trees that could be used in gardens. The top of a hiking stick can be made into a Friendship Stick and presented to a special friend. Troops could make them to present to people that have helped them in some way during the Girl Scout year.

Materials:

- Curved stick
- Paint & brushes (or markers)
- Saw & pocketknife
- Shellac (optional)

Procedure:

- Find a slightly curved fallen twig or branch; size depends on how you will be using the Friendship Stick.
- Peel away the bark with a pocketknife. If needed, saw off little branches. Even the ends and smooth the wood.
- Features can be either dug out with a pocketknife or simply painted on.
- Let dry; shellac if desired:
 - Eyes – one of the eyes is blue to represent all light-eyed people of the world and the other eye is brown to represent all dark-eyed people.
 - Smile – it's a smile of giving and of receiving.
 - X Tie – the 5 colors (green, black, blue, yellow, red) are represented in all the flags around the world. It is there with the hope that someday they may all fly together in peace.
 - Buttons – represent a rainbow to connect all of us in a spirit of friendship (colors: red, orange, yellow, green, blue, indigo and violet)
 - Bottom Button – green represents your acceptance of the Girl Scout Promise and Law.
 - Top Button – should be painted green for Girl Scouting.
 - Rectangle on the backside – blue represents faith, hope and charity for all.
- Present it to a friend.

Make it into a ceremony:

FRIENDSHIP STICK POEM:

This little stick means friendship of a very special kind.

A friend is great, you know, and very nice to find.

It is made by the giver from a stick off the ground.

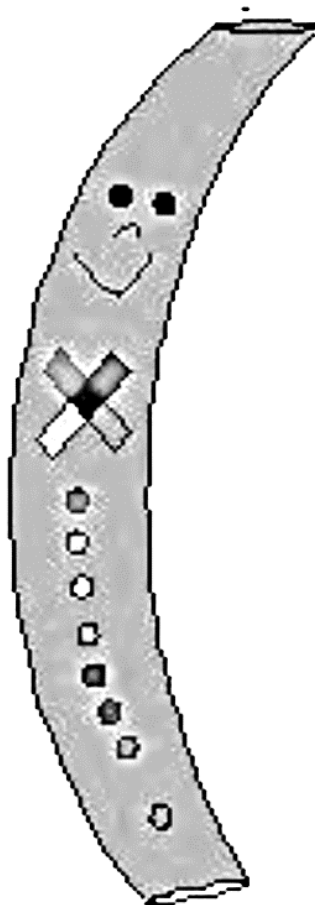
Just as friendship, in unexpected places, can be found.

It is bent to fit the curve of the earth.

It can also be a smile ... full of mirth.

Share your stick with a new found friend.

You might find the sharing will never end.



(*taken from GSCT <https://www.gsctx.org/content/dam/girlscouts-gsctx/documents/volunteers/troop-planning-resources/Friendship%20Stick%20Tip%20Sheet.pdf>, accessed Oct. 27, 2016)

Songs and Games

(For more songs and games, take our Songs and Games training!)

Dragons, Princesses, and Knights

Divide campers into two teams. Campers form two lines at opposite ends of the playing area, and march towards each other saying “We're going to war! We're going to win!” until they reach the center of the field. The counselor in charge tells them to “HALT!” Each player should be facing a player on the other team. On the count of three, the campers perform one of three motions (the whole team doing the SAME motion):

DRAGON (*arms raised above head, growling*)

PRINCESS (*arms low at side like you're twirling a skirt, saying “ooooo” in a girly voice*)

KNIGHT (*arms held in front like you are gripping a sword*)

Dragons beat princesses

Knights beat Dragons

Princesses beat Knights

The team that wins chases the losing team back to their starting position (find some way to mark this area). If a losing team member is tagged, they join the other team and the whole process starts all over.

Spread Arm Good-bye Circle

Extend arms sideways at shoulder level, drop halfway to sides, step one pace in and hold hands, not with the people on either side of you, but with the person next to them. Every other person will be holding hands and the arms will make an interesting zigzag pattern. Sing a good-bye song.

Girl Scout Good-Bye Song

(to the tune of “Twinkle, Twinkle Little Star”)

Now our Girl Scout meeting ends,

Say good-bye to all our friends

To our homes we Girl Scouts go

Singing songs to let you know,

We are happy as can be,

Working, playing, merrily.

Strut Miss Lucy

(to the tune of “Shortnin’ Bread”)

This way, thata way, this way thata way,

This way, thata way, all the way home

(Girls join hands with a buddy and sing while moving arms in a sawing motion, back and forth.)

Strut Miss Lucy, Strut Miss Lucy

Strut Miss Lucy, all the way home

(Girls, with their buddy, keep their hands above in an arch. Head girl in one line passes between the two lines making up any movement she wishes and falls in at the foot of the opposite line.)

Here comes another one just like the other one.

Here comes another one, all the way home.

(Buddy of the previous girl copies the movements just done by her buddy as she passes between the two lines then joins the foot of the opposite line. Both lines move up a wee bit and repeat the song over and over until everyone has had a turn.)

Singin’ in the Rain

Chorus (sung while swaying back and forth)

I’m Singin’ in the rain,

Just Singin’ in the rain

What a glorious feeling

I’m happy again

Call and repeat:

Fist out!

(chorus)

Thumbs up!

(chorus)

Wrists together!

(chorus)

Elbows in!

(chorus)

Tongues out!

(chorus)

Bums out!

(chorus)

Raindrops

If all the raindrops were lemon drops and gumdrops

Oh what a rain it would be

I’d stand outside with my mouth open wide

Singin’ “Ah – ah – ah – ah – ah – ah – ah – ah – ah...”

“Ah – ah – ah – ah – ah – ah – ah – ah – ah...”

If all the raindrops were lemon drops and gumdrops

Oh what a rain it would be

If all the snowflakes were Hershey bars and milkshakes

Oh what a snow it would be

I’d stand outside with my mouth open wide

Singin’ “Ah – ah – ah – ah – ah – ah – ah – ah – ah...”

“Ah – ah – ah – ah – ah – ah – ah – ah – ah...”

If all the snowflakes were Hershey bars and milkshakes

Oh what a snow it would be

Campfire Traditions:

Think ahead about the program:

Beginning (can be noisy or quiet):

- ✓ Opening songs
- ✓ Entrance songs
- ✓ Noisy songs
- ✓ Tall tales
- ✓ Jokes

Middle (can be noisy or quiet):

- ✓ Awards
- ✓ Teach new songs
- ✓ Skits
- ✓ Presentations
- ✓ Special guests

End (always quiet):

- ✓ “magic” stories
- ✓ Quiet songs
- ✓ Pretty songs
- ✓ Special endings
- ✓ Taps

Think about Beginnings:

- Is everyone dressed warmly?
- Is the ground or sitting log damp?
- Is there a special entrance? Ideas:
 - Have everyone enter singing and holding candles (perhaps a pretty round)
 - Have the fire lit and adults singing to welcome the girls while they enter silently

Think about Endings:

- Try ceremonial endings:
- Spiced tea and a special cookie eaten in silence
- Tell the story of some of the constellations (A Wonder Book & Tanglewood Tales by Hawthorne)
- Start a Night Watch where 1 girl keeps a log of night events and then passes the log along every hour

General Tips:

1. Have an MC – don’t have time where nothing happens.
2. Don’t let it go too long (45 min for Brownies; 1 hr for Juniors).
3. Try the flashlight routine (hold flashlight as a mic, shining up).
4. Make sure all can hear and see.
5. Prepare for mosquitos, smoke, and cold.
6. Don’t teach more than 2 new songs at one campfire.
7. Leave them wanting more – don’t do too much!



Girl Scouts' Own

The idea of Girl Scouts' Own came from the founder of Girl Scouting, Juliette Low, who understood young people so well. It is a special ceremony for Girl Scouts. It is a tradition, an important time in Girl Scouting. A Girl Scouts' Own is not a religious ceremony or service, but an inspirational occasion where Girl Scouts of every faith and creed can participate. A Girl Scouts' Own is based upon the beliefs and ideals of Girl Scouting. It allows girls to express their thoughts and feelings in a truly meaningful way.

Because it is the Girl Scouts' own ceremony, it is planned and carried out by the girls. It can take place at any time or date on the calendar, and is as universal as the meaning of the Promise and the Law.

The true meaning of Girl Scouts' Own is made clear by Sarah Louise Arnold in her book *The Way of Understanding*. Miss Arnold was one of the early volunteers in Girl Scouting and was President of the national organization from 1925-1928. She wrote that a Girl Scouts' Own:

". . . may be held at anytime or place where Girl Scouts are gathered together. But I always like to think of the Girl Scouts and their leader going silently through the twilight to meet around the campfire by the lake. Something in both leader and girls is growing as they watch the darkening sky in that quiet place. Together they share the blessed gift of reverence which comes to youthful, earnest souls. Can we make it any clearer through words? Probably not. There is a voice in the soul of the leader and in the souls of the girls that help them to understand the silence and the beauty. Volumes could not make it clearer nor deepen more surely the reverence in their hearts."

A Girl Scouts' Own should be all that its name implies!

The main purpose of a Girl Scouts' Own is to elaborate on a theme. Usually associated with Girl Scouting, the theme can be related to the troop, badges the girls have worked on, or experiences they have shared. The ceremony can take place at a meeting, out of doors, or at any special place. After the girls have chosen a theme/ place, they can plan their Girl Scouts' Own.

A small group is best when planning a Girl Scouts' Own, usually the Court of Honor, a patrol, or (with larger groups) a representative from each troop or unit. An adult is needed to help with ideas and to assist with resources.

Encourage the group to:

- Choose a theme and make a list of materials needed to express the theme in different ways.
- Decide on a time, such as sunrise, sunset, dusk, moonrise.

- Pick a site that is quiet and beautiful, for example, by a creek, in a forest grove, on a hilltop, in a city park, on a rooftop.
- List the parts of the ceremony and specify who will be responsible for each.
- Determine the order of the program, how we will open, who will direct the people to our chosen activity, what comes next, what we will sing, what we will do to close. (Customarily, girls walk quietly to the spot and leave quietly after the ceremony is over.)

A Girl Scouts' Own usually lasts 15-45 minutes.

- Girls need your guidance in planning their Girl Scouts' Own. However, remember that the ceremony is a Girl Scouts' Own, not a Leader's Own. So help the girls in developing their own ceremony, not what you think it should be.
- Make sure the girls are not rushed into planning something so quickly that they don't feel good about the outcome. Reassure them that they can do something meaningful and serious without being made fun of or having people tease them about what they feel.
- Use the following ceremonies as guideline only; don't have your girls use them word for word. Allow the girls to find their own ways of expressing the theme and their feelings. Use poems and choral readings only if these truly express the girls' feelings about the subject.
- Group participation is essential to a successful Girl Scouts' Own. There is no one person in charge. Each person with a part should know where and when her part is to take place. Some parts could be said by two, three, or even five people in unison; the whole group could sing a song.

Expressing Oneself in a Girl Scouts' Own

Each Girl Scout should have the opportunity to express the theme, either in her own words or through a poem, story, quotation, or song that means something special to her.

Theme: This is the time to share personal feelings, or to be silent as each individual thinks about a topic such as the following:

- | | |
|--------------------------|------------------------------|
| • Service to others | • Loyalty |
| • Friendliness | • Cheerfulness |
| • Duty to God or Country | • Nature |
| • Friendship | • Peace |
| • Responsibility | • Local Heritage |
| • Animals | • Citizenship |
| • Honor | • Different People/Countries |
| • Obedience | |

An Inspirational Girl Scouts' Own

A Girl Scouts' Own at camp may be merely a quiet walk around the camp to enjoy the sunshine, the trees, the lovely day. Groups may pause at favorite spots - the camp lodge, the lake, the brook

or beach, a campfire circle, a woodland cathedral, hillside, or camp green. Poems, songs, or thoughtful talks on a Girl Scout theme may be presented at each stop.

An International Girl Scouts' Own

A program of songs from other countries may be given before a display of world flags, a map of the world, or a series of "living pictures" - girls costumed according to the country represented and posing as typical family groups, craftspeople, or dancers. One person speaks on Girl Scouting and international friendship.

A Sunrise Girl Scouts' Own

In the spring and summer, particularly at camp, Girl Scouts like to gather at dawn to start the day off with an experience of seeing the sun rise. If arrangements are carefully made and the ceremony is simple, this can be a memorable event. The groups walk silently along a familiar path to a high spot previously chosen for its view to the east. If the ground is set with dew, the group remains standing. The ceremony may consist of a poem or short talk, a song, and then silence while the sun appears. If the time is exact, the group may simply walk to the spot, sing "God Has Created a New Day" just as the sun rises, and then file silently back.

Outdoor Activities:

Introduces campers to the outdoors and encourages them to be observant:

Daytime:

- Color games: divide into teams of 3 or 4; give each team a color; see how many different nature items in shades of their color that they can find in 3 minutes.
- Silence: how many nature sounds can you hear? (wind blowing, leaves rustling, birds singing, insects chirping...)

Nighttime:

- Stargaze on a hilltop or open area. See who can find planets, constellations, shooting stars, etc.
- Tie up a sheet between two trees and shine a flashlight onto it. See what is attracted to the light.
- Using the sheet as a screen, see how many troop members can be identified by their silhouette.



Rainy Day Activities:

- Prepare a RAIN BOX ahead of time (this can be Girl-led, and done at a troop meeting). Suggested items include:
 - Treats (i.e. candy bars)
 - A craft project



- Board games or card games
- Plastic garbage bags (for raincoat activity)
- Paper, pencils, crayons, etc.
- Have a raincoat fashion content: girls use large plastic garbage bags and tape to design and make raincoats. Then have a fashion show and see who has the best coat.
- Take your ponchos and umbrellas and go for a hike to study water erosion. Discuss where the water goes, in what places it moves faster and why (i.e. less vegetation = faster flow), examine how the water picks up dirt and debris, discuss why certain areas have more erosion than others).
- Play nature trivia games
- Make origami boats...sail in puddles...have a paper boat race!
- Have girls write in their journals about their Girl Scout camp experiences (reflection)
- Do edible fires:

