

## Ingredients for Ultimate Troop Success

Tonight we're going to discover with you some key ingredients to developing a successful troop. We would like to connect with you and discover how your community can help deliver the key ingredients for ultimate troop success.

Our research shows, when girls participate in Girl Scouts, they benefit in 5 important ways.

As a Girl Scout she:

- Develops a strong **sense of self**
- Displays **positive values**
- Seeks **challenges and learns** from setbacks
- Forms and **maintains healthy relationships**
- Learns to **identify and solve problems** in her community

Let's begin to make our recipe for success.

Ingredients:

1. **When I say "A strong sense of self" what does that mean to you?**  
**What troop activities could a leader incorporate to encourage a "strong sense of self"?**
  - Girl Led
  - Reflection after meetings
  - Reward Accomplishments (Badges)
  - Incorporating the girls input
  - Ask for help when needed
2. **We want to build girls of Courage, Confidence and Character. What activities reinforce her positive values?**  
**What can adults do to help display positive values?**
  - Incorporate the Promise & Law (Have it be a part of your troop meeting, lead by example)
  - Respect differences
  - My promise my faith award
  - Leadership awards
3. **We want girls to step outside of her comfort zone and take healthy risks that will help her grow. How does a troop help a girl seek challenges and what does she learn from the setbacks. How do we teach a girl it is safe to step outside her comfort zone?**
  - Cookie Program
  - Outdoor experiences
  - Do something new
  - STEM
4. **Girls who participate can develop lifelong friendships. How do we help a girl develop and maintain Healthy Relationships? How should a troop promote girls to form and maintain healthy relationships?**
  - Girl Scout Tradition (example: friendship circle)
  - Conflict resolution plan for your troop
  - Attend Girl Scout events to meet other girls
  - Include parents in meetings and reward ceremonies and incorporate their strengths
5. **We like to get girls involved in her community. How do we encourage girls to identify and solve problems in her community? How does a troop support girls to get involved in her community?**
  - Community Service/ Take Action Projects
  - Earning Higher awards

- Volunteering

*Conclusion:*

When we put all of these ingredients together we have a girl with a strong sense of self, displays positive values, seeks challenges and learns from setbacks, forms and maintains healthy relationships, & identifies and solves problems within her community. Here is our girl who has had the opportunity for the ultimate Girl Scout Experience. It all starts with you.

Please take a moment to reflect what your take away is from this activity.