

RECIPE FOR STRONG AND HEALTHY TROOP

Serves: Girl Scouts
Prep Time: One Troop Meeting
Cook Time: Forever

- Leadership
- Girl Only Safe Space
- New Experiences
- Supportive Adults
- Promise and Law
- Fun and Play
- Outdoors
- Regular Progressive Experience
- Inclusive Sisterhood

Incorporate all ingredients with girl led cooperative learning, and learn by doing girl led activities. Stand back watch it grow and serve.



RECIPE FOR GIRLS DISCOVERING CONNECTING AND TAKING ACTION WITH WHAT SHE HAS LEARNED

Serves: Girl Scouts
Prep time: 15 min at the end of a troop meeting or event
Cook time: Forever

- What did you learn?
- What new things did you try?
- How can you use this?
- What do you want to try?

Individually add each ingredient to every girl at the end of your troop meeting. Watch carefully as each girl rises to meet their potential.



