

Want to meet a real-life Supergirl? Just talk to a Girl Scout Junior who wakes up every day ready to play a new role. Juniors are explorers when they go camping for the first time. They're CEOs when they market and sell cookies. They're scientists when they do energy audits and go on nature walks. And they're product designers and writers when they earn their Innovation and Storytelling badges. Not to mention change makers, big-idea thinkers, and future leaders. Supergirl, indeed!

As a Junior (grades 4-5), she might:

- Share stories (and smiles) with new friends in her troop
- Try new experiences and learn new skills as she earns badges
- Sell cookies (and have fun doing it)
- Explore the outdoors at camp and beyond
- Choose an issue she cares about, then do something to make a difference as part of a Girl Scout Leadership Journeys
- Earn her Bronze Award, the first of Girl Scouts' highest awards



Developmental Milestones (Grades 4 & 5)

Physical

- May be clumsy because of growth spurts
- Develop hand-eye coordination quickly
- Start showing signs of puberty may notice or feel self-conscious about changes in their bodies
- Show improvement in handwriting and the ability to use tools

Language

- Their language skills are becoming more abstract and complex
- They are able to give accurate directions to others
- Participates in group discussions
- Summarizes and restates ideas
- Gives effective oral presentations
- Uses a variety of words, not the same ones over and over again

Cognitive

- Realize that people see others differently than they see themselves
- Start predicting the consequences of an action and plan accordingly
- Begin to rely on friends, the news, and social media to get information and form opinions
- Develop a better sense of responsibility and can take on more planning and doing at troop meetings

Social Emotional

- Are insecure or have mood swings and struggle with self-esteem and peer pressure
- Test limits and push boundaries (For example, they may try to figure out which rules are negotiable, and which are not.)
- Have a deeper understanding of how relationships with others can include more than just common interests

Girl Scout Foundations

National Program Portfolio

As Girl Scouts progress from Daisy to Ambassador, the awards they earn symbolize new and higher levels of achievement—and ultimately a deeper understanding of what it means to be a leader. While she may be exposed to these subjects at school, in other youth programs, or even on her own, at Girl Scouts she'll experience them in a unique way that puts her on a path to a lifetime of leadership, adventure, and success. And because our program is girl-led, girls decide what they'll do, together. Below is a list of all the badges she can earn as a brownie. For more information visit <https://www.girlscouts.org/en/our-program/badges.html>.

Into to Program Pillars and Journeys

- **Outdoors:** When girls embark on outdoor adventures, they learn to confidently meet challenges while developing a lifelong appreciation of nature.
- **Science, technology, engineering, and math (STEM):** Whether they're building a robot, developing a video game, or studying the stars, girls become better problem-solvers and critical thinkers through STEM activities.
- **Life skills:** Girls discover they have what it takes to become outspoken community advocates, make smart decisions about their finances, and form strong, healthy relationships. As you help girls plan their activities, give them opportunities to explore and up their game in each of the pillar areas.
- **Entrepreneurship:** By participating in the Girl Scout Cookie Program or fall product program, girls learn the essentials of running their own business and how to think like entrepreneurs.
- **Journeys:** are a path for girls to explore their community in thematic progression from many perspectives and experiences, using the 3 Girl Scout keys to leadership: Discover. Connect. Take Action.





National Program Badges & Journeys

Junior

STEM

Automotive Engineering



Automotive Design Automotive Engineering Automotive Manufacturing

Coding For Good



Coding Basics Digital Game Design App Development

Cybersecurity



Cybersecurity Basics Cybersecurity Safeguards Cybersecurity Investigator

Robotics



Programming Robots Designing Robots Showcasing Robots

Math In Nature



Shapes in Nature Numbers in Nature Design With Nature



Animal Habitats Balloon Car Design Challenge Crane Design Challenge Detective Digital Leadership Digital Photographer



Entertainment Technology Paddle Boat Design Challenge Space Science Investigator STEM Career Exploration

Life Skills



Democracy for Juniors Drawing Gardener Independence Inside Government Jeweler Junior First Aid Junior Girl Scout Way



Musician Playing the Past Practice with Purpose Scribe Simple Meals Social Butterfly Staying Fit



National Program Badges & Journeys

Junior

Outdoors



Camper



Eco Camper



Flowers



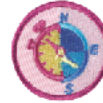
Geocacher



Horseback Riding



Junior Snow or Climbing Adventure



Junior Trail Adventure



Outdoor Art Explorer

Entrepreneurship



Budget Maker



Business Jumpstart



Cookie Collaborator



My Cookie Team



My Money Plan



Product Designer

Journey Awards

It's Your World — Change It!

It's Your Planet — Love It!

It's Your Story — Tell It!



Agent of Change Set



GET MOVING! Set



aMUSE Set

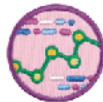
Engineering



Think Like an Engineer



Take Action



Think Like a Programmer



Take Action

Computer Science



Think Like a Citizen Scientist



Take Action

Outdoor STEM



Animal Habitats



Camper



Eco Camper



Take Action

Outdoor

Additional Awards



Global Action Award Year 1



Global Action Award Year 2



World Thinking Day 2023 Award

Guiding Your Troop

As a Junior Girl Scout leader you are responsible for showing girls the ways of Girl Scouts. The most important part of Girl Scouts is our three program processes.

- **Girl Led**-Girls play an active role in decision-making, goal-setting and leading their Girl Scout Leadership Experience
- **Cooperative Learning**-Girls work together toward shared goals and learn from one another in an atmosphere of respect and collaboration that encourages the sharing of skills, knowledge and learning.
- **Learning by Doing**-Also known as experiential learn-by-doing, is a hands-on learning process that engages girls in a cycle of action and reflection that results in deeper understanding of concepts and mastery of practical skills.

How to make things Girl Led with Juniors

Girl Planning Process	Girl Process at Troop Meeting	Adult Facilitation in Planning	Adult Facilitation at Troop Meeting
Strategize about how to carry out a troop meeting, determining what their goals are and what resources they need.	At meetings girls lead or partner up to facilitate activities for the other girls in their troop	Model and provide strategies for solving problems and making decisions.	Support girls in leading by supervising activities and being available as needed.

How to plan your troops year using the VTK

The Volunteer Toolkit (VTK) is your official source for delivering easy, fun troop meetings year-round! This fully customizable digital planning tool provides you with Girl Scout program content, award requirements, and other resources, so you can keep your Girl Scout year running smoothly.

My Troop	Explore	Year Plan	Meeting Plan	Resources
You will see your girls contact information in this tab	<p>Wondering where to get started? You can see all the exciting options in the EXPLORE tab. You'll be able to:</p> <ul style="list-style-type: none"> • Browse prebuilt tracks of badge and Journey activities • Create your own activity track with your girl(s) • Preview tracks and badge requirements before you add them to your year plan • See an overview of all preselected tracks at the bottom of the page. It's even printable, so you can easily review your options! 	<p>From this tab you can:</p> <ul style="list-style-type: none"> • Set meeting dates and locations • Add badges, Journeys, and activities to your plan • Preview badge and Journey requirements <p>Don't worry! You can always add, remove, or change your plan as you go, one meeting at a time</p>	<p>Make every meeting a success! Here you'll find:</p> <ul style="list-style-type: none"> • Suggested badge outlines • Material lists—supplies you will need • Printable meeting aids • A customizable agenda 	<p>Where do badges belong on her uniform? Which awards can she earn at the next grade level? If you've got questions, you'll find the answers you need on the RESOURCES tab</p> <ul style="list-style-type: none"> • Access the Family Hub • Use the Badge Explorer to find all the available badges for your girls grade level and the steps she needs to do to complete them.

Troop Safety- Ratios

For Troop Meetings

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 25 Girl Scout Juniors
- There should be one extra adult for every additional 1–10 Girl Scout Juniors

For Outings, Activities, Travel and Camping

- The adult-to-girl ratio is two unrelated volunteers, including one female, for up to 16 Girl Scout Juniors
- There should be one extra adult for every additional 1–8 Girl Scout Juniors

Planning Your Troop Meeting Based on Characteristics of Juniors

	In-Person Meeting	Hybrid Meeting Blend of in-person & online	Completely Virtual Meeting
Suggested Meeting Length	75 minutes	60 minutes	45 minutes
Average Attention Span	30 minutes per activity	25 minutes per activity	20 minutes per activity
Parent/caregiver Involvement	Parents/caregivers should discuss with their girls what they learned at the troop meetings.	Parents involvement in off-line activities is required. Example: parts of a badge or craft	Parents /caregivers help girls get set up and started during meetings

Tips for Planning

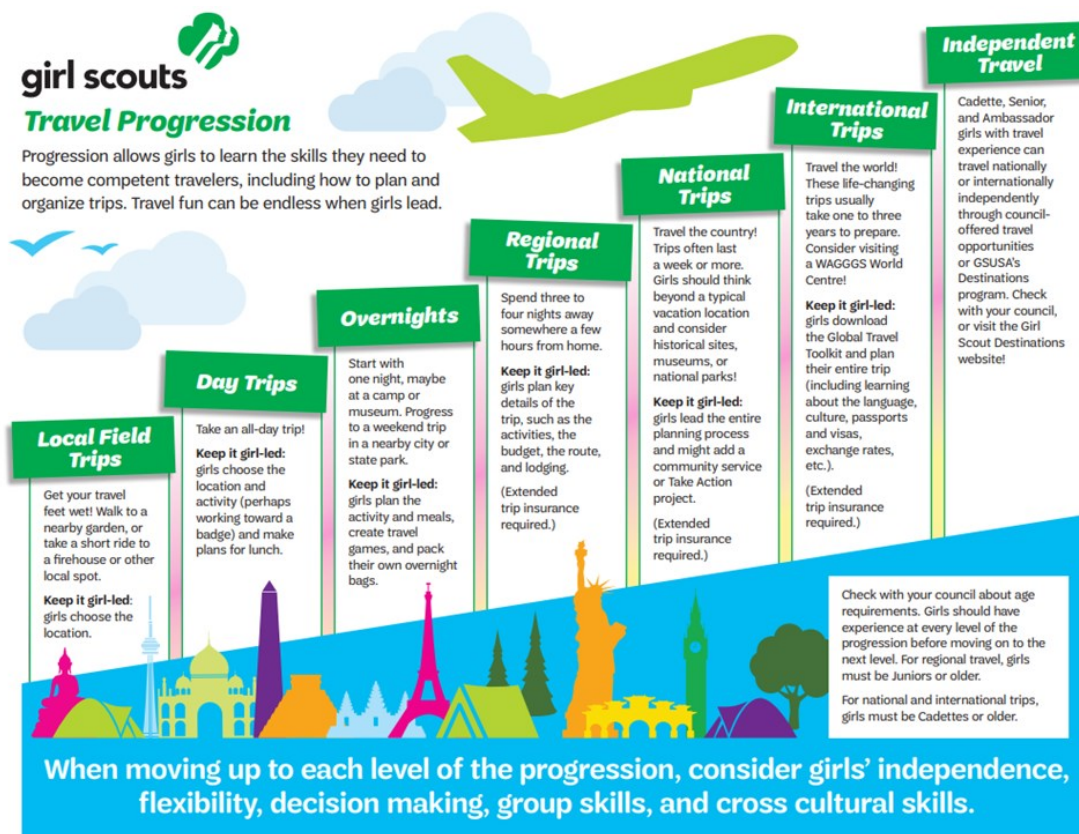
- Let the girls make choices about what they want to do (options of games to play, songs to sing, colors to use, which badge to earn, etc.).
- Have the girls take turns leading the opening and closing ceremony each week.
- Try letting the girls lead a step from the badge that the troop is earning.
- If instructions are typed or written, you may summarize the instructions verbally and put complete directions screen for the girls to refer back to.
- Girls may also use chat function of your virtual meeting space for communication.
- When making decisions in reflections, have open conversations about how conclusions have been made and explore other alternatives.
- Revisit decisions that have been made in the past to determine if that was the best decision, or if it's time for a change.



Troop Trips and Travel

Girls love trips. And Girl Scouts is a great place for them to learn how to plan and take trips, because travel is built on a progression of activities—that is, one activity leads to the next. Girl Scout Daisies, for example, can begin with a discovery walk. As girls grow in their travel skills and experience and can better manage the planning process, they progress to longer trips. Here are some examples of the progression of events and trips:

- **Short trips to points of interest in the neighborhood (Daisies and older):** A walk to the nearby garden or a short ride by car or public transportation to the firehouse or courthouse is a great first step for Daisies.
- **Day trip (Brownies and older):** An all-day visit to a point of historical or natural interest (bringing their own lunch) or a daylong trip to a nearby city (stopping at a restaurant for a meal)—younger girls can select locations and do much of the trip planning, while never being too far from home.
- **Overnight trips (Brownies and older):** One (or possibly two) nights away to a state or national park, historic city, or nearby city for sightseeing, staying in a hotel, motel, or campground. These short trips are just long enough to wet their appetites, but not so long as to generate homesickness.
- **Extended overnight trips (Juniors and older):** Three or four nights camping or a stay in a hotel, motel, or hostel within the girls' home region (the Upper Midwest). Planning a trip to a large museum—and many offer unique opportunities for girls to actually spend the night on museum grounds—makes for an exciting experience for girls.



Travel Progression Checklist for Troop- If your group is thinking about travel, consider first whether the girls are mature enough to handle the trip. In determining a group's readiness for travel, assess the group's:

- | | |
|---|---|
| <input type="checkbox"/> Ability to be away from their caregivers and their home | <input type="checkbox"/> Ability to get along with each other and handle challenges |
| <input type="checkbox"/> Ability to adapt to unfamiliar surroundings and situations | <input type="checkbox"/> Ability to work well as a team |
| <input type="checkbox"/> Ability to make decisions well and easily | <input type="checkbox"/> Skills and interests |
| <input type="checkbox"/> Previous cross-cultural experiences | <input type="checkbox"/> Language skills (where applicable) |

Outdoor

Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout, she'll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family.

Did you know that juniors are old enough to:

- Challenge Courses
- Snorkeling
- 3D Archery
- Backpacking
- Orienteering
- Paddle boarding

girl scouts

Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

Look Out
Share past experiences in the outdoors.
Talk about favorite outdoor places and why they're special.
Wonder what else can be seen in the outdoors.

Meet Out
Step outside to look, listen, feel, and smell.
Share what was observed.
Learn more about what was discovered.

Move Out
Plan and take a short walk outside.
Discuss being prepared for the weather.
Do activities to explore nature.
Plan and carry out an indoor sleepover.

Explore Out
Plan and take a short and easy hike.
Discuss what to take in a day pack.
Dress for the weather.
Plan a healthy snack or lunch.
Learn how to stay safe in the outdoors.

Cook Out
Plan and cook a simple meal outdoors.
Make a list of gear and food supplies needed.
Learn and practice skills needed to cook a meal.
Review outdoor cooking safety.
Practice hand and dish sanitation.
Create a Kaper Chart for the cookout.

Sleep Out
Plan and carry out an overnight in a cabin/backyard.
Discuss what to pack for the sleep out.
Learn to use and care for camping gear.
Learn and practice new outdoor skills.
Plan a menu with a new cooking skill.
Discuss campsite organization.
Plan time for fun activities.

Camp Out
Plan and take a 1- to 2-night camping trip.
Take more responsibility for planning.
Learn and practice a new outdoor skill.
Learn a new outdoor cooking skill.
Plan a food budget, then buy and pack food.
Practice campsite set up.
Plan an agenda that includes fun activities.
Explore/protect the surrounding environment.

Adventure Out
Plan and take an outdoor trip for several days.
Learn and practice a new outdoor skill.
Learn a new outdoor cooking skill.
Develop first-aid skills and use safety check points.
Budget, schedule, and make arrangements.
Participate in an environmental service project.
Teach and inspire others about the outdoors.
Imagine new experiences to be had outdoors.
Practice all Leave No Trace principles.

LEAVE NO TRACE PRINCIPLES:

- Plan Ahead & Prepare
- Leave What You Find
- Respect Wildlife
- Minimize Campfire Impacts
- Travel & Camp on Durable Surfaces
- Dispose of Waste Properly
- Be Considerate of Other Visitors

Troop Finances

As with other activities, girls progress in their financial and sales abilities as they get older. Below are some examples of the abilities of girls at the brownie age level:

- The group volunteer handles money, keeps financial records, and shares some of the group-budgeting responsibilities.
- Girls discuss the cost of activities (supplies, fees, transportation, rentals, and so on).
- Girls set goals for and participate in council-sponsored product sales.
- Girls may decide to pay dues.

Uniforms

Girl Scouts at each level have one recommended element (tunic, sash or vest) for the display of official pins and awards which should be worn when girls participate in ceremonies or officially represent the Girl Scout Movement. For all girls, the unifying look includes wearing a choice of a tunic, vest or sash for displaying official pins and awards, combined with their own solid white shirts, khaki pants/skirts and a scarf.

Girl Scout Junior Vest



Place your first Journey awards at the bottom of your vest. As you earn additional Journey awards, work your way up.

If your Journey awards and badges don't fit on the front of your vest or sash, you can wear them on the back.



Girl Scout Junior Sash



Place your Journey awards above your badges.