

Traditions

Fast Fundamentals



Overview

Traditions give Girl Scouts a sense of history—and inspire them to be the best they can be. Sharing traditions with millions of Girl Scouts—and the huge network of Girl Scout alumnae who came before them—helps remind girls they belong to a big, powerful, and inclusive sisterhood. Here are some examples of traditions in the Girl Scout community:

Girl Scout Week	Girl Scout Week is something to celebrate—seven straight days to show off your Girl Scout pride and lift all that this worldwide sisterhood has given you, your community, and the world. Girl Scout Week is usually celebrated around Girl Scout’s Birthday, March 12.
Kaper Chart	A “kaper chart” is a Girl Scout tradition for dividing up troop responsibilities. A kaper is a job or chore that must be done. A kaper chart indicates all the jobs available and who is responsible for each one. A “Do It” and “Did It” can with names on popsicle sticks works well as a beginning way to allot duties. Using a kaper system right from the start will help with the long-term group behavior management of a troop.
Juliette Gordon Low’s Birthday	Juliette Gordon Low was born on October 31, 1860 a few months before the Civil War began. Girl Scouts of all ages honor Juliette Low’s birthday on or near October 31. Younger girls enjoy hearing the story of the founder, some plan a field trip or special outing like roller-skating, while older girls may choose to do a service project.
SWAPS	Girl Scouts often make small tokens of friendship to exchange with the Girl Scouts they meet while traveling. These little gifts are called “SWAPS,” which stands for “Special Whatchamacallits Affectionately Pinned Somewhere.”
Friendship Circle	Representing the unbroken chain of friendship among Girl Scouts and Girl Guides around the world, the Friendship Circle involves Girl Scouts standing in a circle, crossing their right arms over their left, and clasping hands with their friends on both sides. Everyone then makes a silent wish as a friendship squeeze is passed from hand to hand around the circle.

Pearl of Wisdom



- Consider making your SWAPS from donated or recycled material. Also think about making your swap so that it can be worn, used, or displayed. They are the perfect way for Girl Scouts to meet one another and promote friendship.
- Did you know? Juliette Gordon Low once said “To put yourself in another’s place requires real imagination, but by doing so each Girl Scout will be able to love among others happily.”

Activity 1: Bed Roll Swap Activity

SWAPS are small tokens of friendship that girls exchange with other Girl Scouts they meet. They come in handy when you meet a lot of different troops during events like World Thinking Day, summer camps, and when you travel with your girls. Bed Roll swaps are a fun way to celebrate summer and camping.



Materials:

- Felt
- String
- Pins
- Pipe Cleaners
- Permanent Markers
- Paper

Instructions:

1. Cut out a piece of felt that is 2 x 4 1/2 inches.
2. Roll the felt and secure by twisting two small pieces of pipe cleaner around the ends.
3. Feed the string through to create a hanger for the bedroll swap.
4. Write your troop number and state on the side of the bedroll, or by adding a paper tag.
5. Stick a pin through on layer of felt.

Activity 2: Girl Scout Week

Instructions: Discuss with service unit ways to celebrate Girl Scout Week utilizing example below. Service units can decide on their own if they would like to provide a patch or prize for completing the activities.

Celebrate Girl Scout Week

On March 12, we celebrate our Girl Scout birthday! Did you know that Girl Scouts used to establish seven days of service during girl Scout week? Let's revive that tradition! Girl choose at least ONE activity and ONE of the additional activities to complete each day. Cross off the activity you've completed and have your leader or caregiver sign in the appropriate place.

Sunday: Girl Scout Sunday & Girl Scouts Birthday

- Do a good deed for someone
- Learn about Girl Scouting in another country
- Fly a flag at your home
- Celebrate Girl Scouts birthday with a birthday cake
- Make a poster to display at school or your community for GS Week

Monday: Community Day

- Put some bird food outside for our feathered friends
- Help clean up an area in your community or at school
- Recycle as much as you can today
- Pick three toys to donate to your organization of choice
- Plan a flag ceremony for your school. Invite veterans to come

Tuesday: Spread the Cheer Day

- Say "Hello" and smile to as many people as you can today
- Do something to help someone without being asked
- Visit with an elderly friend or family member
- Learn to say "hello, goodbye, please and thank you" in another language
- Make a friendship gift for someone special

Wednesday: Health & Safety Day

- Do at least 20 minutes of exercise
- Discuss with an adult ways to handle stress
- Check your smoke detectors and fire extinguishers
- Eat only healthy snacks. Stay away from food high in sugar and salt
- Learn some stretching exercises and do at least three of them

Thursday: Outdoor Day

- Do a rubbing of a leaf, tree bark, or other nature or draw a nature scene
- Take a scavenger hike. Find something in nature that starts with each letter of the alphabet
- Plant a vegetable, flower, or herb in a pot to enjoy
- Identify three different plants in your neighborhood
- Play games outside for at least 30 minutes

Friday: Family and Friend Day

- Write a note to a family member or friend about how much you appreciate them and why
- Draw a picture of your family or friends
- Do something special for your family or a friend and leave them a note
- Be extra nice to your siblings. Do a good deed for them
- Plan a route and take your family on an evening walk

Saturday: Girl Scout Sabbath

- Recite the Girl Scout Law to your family and talk about what it means
- Read or reread the Juliette Low story
- Plan something special for Leader Appreciation Day on April 22
- Learn about when Girl Scouting first started
- Invite a friend to join Girl Scouts

Additional: One to be completed on your personal day of worship/reflection

- Think of different ways you can serve God or your country. Do one of them
- Attend a religious service AND wear your Girl Scout vest/sash
- Take a walk and spend 20 minutes in quiet reflection
- Say/sing grace at a meal OR share a thankful list

Leader Signature

Date

Activity 4: Kaper Chart Planning



Utilize our fillable
Kaper Chart

Instructions: To make a kaper chart, first decide:

1. Which kapers should be divided (e.g. there are different capers for camp vs. meetings vs. field trips)
2. Whether the kapers should be handled by groups or individuals
3. If groups, group size
4. What type or style to use
5. How to rotate the girls

What is a Kaper Chart?

A kaper is a job or chore that must be done. In Girl Scouting, a kaper chart indicates all the jobs available and who is responsible for each one. In other words, a kaper chart is a way of dividing the jobs so that each girl has a part.

Sample Kaper Chart Troop 2222

Kaper	Assigned Girl
Host	Jennifer
Song Leader	Mackenzie
Chat Log Monitor	Casey
Start Friendship Squeeze	Maddi
Show and Tell Starter	Sarah
Lead Pledge of Allegiance	Layla
Lead Promise and Law	Erin
Time Keeper	Christy
Photographer	Lissa

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Keep in mind that kaper groups allow leaders to mix the girls in different ways. Typically, groups would stay together for a few times and then are mixed up again. Sometimes girls are rotated more often to give them an opportunity to meet lots of different girls. Sometimes groups use a combination of kaper charts for different functions: e.g. one for groups splitting major jobs, one for flag ceremony jobs.

S'more Info

<p>Traditions and Ceremonies: Information on Girl Scout traditions and ceremonies.</p>	<p>Volunteer Essentials:</p>	<p>Juliette Gordon Low</p>
<p> girlscouts.org > Members>For Volunteers> Traditions and Ceremonies</p>	<p> gswo.org/volunteeressentials</p>	<p> girlscouts.org/about > History</p>



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