

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

Overview

Meeting Overview and Goal

Note to Volunteers: If you have a group of girls from different faith backgrounds, you can use this meeting to get them started on the My Promise, My Faith award. The girls can then do the rest of the steps with the help of their families and their own faith communities. On the other hand, if you have a faith-based troop — perhaps one that meets in a place of worship — you may want to guide the girls through the remaining steps in another meeting, using the people and resources at the place of worship to help you.

Prepare Ahead

- Get your badges [here](#).
- Talk to anyone helping you about what they will do at this meeting.
- **Activity 1:** Write or tape a copy of the Girl Scout Law on poster board.
- **Activity 3:**
- Prepare paper signs with:
 - FAIR
 - HONEST
 - Always Friendly and Helpful.
 - Never Friendly or Helpful.
 - Considerate and Caring.
 - Courageous and Strong.
 - Responsible for What I Say and Do.
 - Respect Myself and Others.
 - Respect Authority.
 - Use Resources Wisely.
 - Make the World a Better Place.
 - Be a Sister to Every Girl Scout.
 - **Activity 3:** Set up the stations around the meeting space
- **Activity 3, Station 9:** Review 5 projects from the **Map It! Brownie Projects** to share with girls. Jot quick notes about each so you can share them with your Brownies.
- **Activity 3, Station 10:** Print out **Make New Friends** and **Girl Scouts Together**. Make one copy of each.
- **Activity 6:** Print out the **My Promise, My Faith Steps**, one copy for each girl.

Get Help from Your Family and Friends Network

- See if anyone wants to lead or support an activity or meeting.

Award Purpose

- In this session, girls complete the first step toward earning their **My Promise, My Faith** pin.

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop.

Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led!

Materials

Activity 1: As Girls Arrive

- Poster board with Girl Scout Law
- Markers and crayons

Activity 2: Opening Ceremony

- **Girl Scout Promise and Law**

Activity 3: Stations of the Law

- Masking or painter's tape
- Station 1:
- Two poster boards, one with FAIR, the other with HONEST
- Sticky notes
- Pencils, pens, or markers
- Station 2:
- Sign saying Always Friendly and Helpful. Sign saying Never Friendly or Helpful.
- Masking Tape
- Pen or marker
- Station 3:
- Sign saying Considerate and Caring.
- Station 4:
- Sign saying Courageous and Strong.
- Station 5:
- Sign saying Responsible for What I Say and Do.
- Station 6:
- Sign saying Respect Myself and Others.
- Station 7:
- Sign saying Respect Authority
- Paper
- Markers or crayon
- Station 8:
- Sign saying Use Resources Wisely.
- Marker

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

- Station 9:
- Sign saying Make the World a Better Place.
- **Map It! Brownie Projects**
- Paper
- Pen or pencil
- Station 10:
- Sign saying Be a Sister to Every Girl Scout,
- **Make New Friends** and **Girl Scouts Together**, one copy for each group.

Activity 4: Pick Your Favorite Line

- Poster board with the Girl Scout Law

Activity 5: Snack

- Healthy snack items: fruit (strawberries, blueberries, cherries, apples, oranges, bananas), raisins, granola bars, crackers, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice, goldfish
- Poster board with the Girl Scout Law

Activity 6: Closing Ceremony

- **My Promise, My Faith Steps**

Detailed activity plan

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

- Poster board with Girl Scout Law
- Markers and crayons

Steps

Have girls decorate the Girl Scout Law poster board.

Activity 2 : Opening Ceremony

Time Allotment

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

10 minutes

Materials

- **Girl Scout Promise and Law**

Steps

Girls gather in a circle. Welcome them to **My Promise, My Faith** meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

Everything in Girl Scouting is based on the Girl Scout Promise and Law.

*Your faith and the Girl Scout Law probably have a lot in common! We created the **My Promise, My Faith** pin so you could find out what things in the Girl Scout Law are similar to things you learned from your faith.*

To earn your pin, you'll do five steps. One is to choose a line from the Girl Scout Law. Next, you'll find a woman in your faith community and ask her how she uses that line in her life. You'll also find three inspirational quotes from women that with your line of the Law. You'll make something to remind you about what you learned. And you'll pass on what you learned to friends, family, or people in your faith community.

In today's meeting, we'll do Step 1 together. The rest of the activities you'll do on your own or with your family. If you want, you can share what you all did at a later meeting. That's up to you.

For now, let's get started on that first step!

Activity 3 : Stations of the Law

Time Allotment

45 minutes

Materials

- Masking or painter's tape
- Station 1:
- Two poster boards, one with FAIR, the other with HONEST
- Sticky notes
- Pencils, pens, or markers
- Station 2:
- Sign saying Always Friendly and Helpful. Sign saying Never Friendly or Helpful.

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

- Masking Tape
- Pen or marker
- Station 3:
• Sign saying Considerate and Caring.
- Station 4:
• Sign saying Courageous and Strong.
- Station 5:
• Sign saying Responsible for What I Say and Do.
- Station 6:
• Sign saying Respect Myself and Others.
- Station 7:
• Sign saying Respect Authority
- Paper
- Markers or crayon
- Station 8:
• Sign saying Use Resources Wisely.
- Marker
- Station 9:
• Sign saying Make the World a Better Place.
- **Map It! Brownie Projects**
- Paper
- Pen or pencil
- Station 10:
• Sign saying Be a Sister to Every Girl Scout,
• **Make New Friends and Girl Scouts Together**, one copy for each group.

Steps

Each station is devoted to one line of the Law. Post each line on or near the corresponding station's area. (Make sure girls can sit around a station, or have room for writing or coloring, depending on the needs.)

SAY:

*At the end of this meeting, you will pick one line that you will explore further to earn the **My Promise, My Faith** pin.*

To help you pick a line you like, you'll see stations for every line in the Girl Scout Law. As you go to each station, find out what to do to help you understand what the line means.

Station 1: Honest and fair.

SAY: *Take a look at the first line of the Law. I will do my best to be honest and fair.*

For the FAIR board, post a sticky note that says:

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

- *What does it mean to be fair?* (Sample responses: Agreeing with what is right. Treating people in a way that does not favor some over others. Dividing candy up evenly between others.)

For the HONEST board, post a sticky note that says:

- *What does it mean to be honest?* (Sample responses: Returning something that you found and isn't yours. Playing a game and not cheating. Doing your homework without someone giving you answers. Tell the truth about something you did.)

Station 2: Friendly and helpful.

Hang the sign Always friendly and helpful at one end of the room and directly across, hang the sign Never friendly and helpful. Tell girls they are about to form a line, depending on where they think they fit. Have girls write their initials on two pieces of masking tape.

SAY: *Being friendly and helpful are good things to be, but do you think you are always friendly and helpful? Let's see where you stand.*

One side of room is for always being very friendly and helpful, and the other side is for never being friendly or helpful. Form a line and stand in the place where you think you best fit.

- *With your masking tape, mark your spot in the line. Now think about where you would like to be. Do you want to be closer to always being friendly and helpful? Take your second masking tape and mark the spot where you want to be.*
- *Take a look at your two marks. Are they far off or close together? What do you think you need to do to be friendlier and more helpful?*

Now try this:

Rearrange where you think you would stand when I call out the following scenarios:

How friendly or helpful would you be if you're feeling sick?

(Let girls rearrange, then do the same for next two scenarios.)

How friendly or helpful would you be if you're feeling hungry?

How friendly or helpful would you be if your sibling is being mean to you?

Station 3: Considerate and caring.

Have the girls form a circle.

SAY:

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

Can you call out some ways you are considerate and caring?

If girls need prompts, **SAY:**

You picked up your room without being asked.

You held the door open for your grandmother.

You offered to share your candy with a friend.

You cheered someone up by making them a card.

Cheering someone up is another way to be considerate and caring. What can you say to do that?

If girls need prompts, **SAY:**

That's a nice sweater.

That was an amazing goal you made in soccer.

I like how you draw.

You're always so friendly to others.

You have a great smile.

Great examples! Now let's practice that. Look to the person on your right and say something that will lift her spirits for the day!

When girls are done, **SAY:**

Now go around and each of you say one thing you will do to be more considerate and caring to someone in your family, at school, or in your neighborhood.

Station 4: Courageous and strong.

Have girls do five pushups.

SAY:

Your muscles are strong. When you act this way, you're showing you are strong.

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

What does courageous mean to you? Is it when you defend your friend against a bully? Or answer a question in class when you're feeling shy? Or when you safely climb a rock wall even when you feel nervous about doing it?

Station 5: Responsible for what I say and do.

SAY:

*The things you **say** can make people feel happy. They can also make people feel sad or upset.*

Can you think of examples of where you've made someone happy or sad with something you said? (Sample responses: I said mean things to my sister and hurt her feelings. Or I told my aunt I loved her and made her happy.)

Give girls time to answer, then **SAY:**

*The things you **do** can help other people. Your actions can also hurt people or make them unhappy. Do you always do what you say you will do? Let's say you promised to do pick up the clothes in your room but got distracted playing a video game. Or you promised to do a flag presentation but got invited to a party instead. What would you do in these cases?*

Give girls time to answer, then **SAY:**

Your actions can help others or make life hard for everyone. For example, being nice to your younger sibling not only helps your sibling but your parents, too!

Before you leave this station, as a group, take this pledge to be responsible for what you say and do by saying these two things out loud:

I won't say mean things and hurt people's feelings.

I will do the things I say I will do.

Keep It Girl-Led Tip

Girls might want to say the pledge with the Girl Scout sign or a hand sign they come up with.

Station 6: Respect myself and others.

SAY:

First, think about someone you respect. Who is she?

If girls need prompts, have them think of:

- A teacher

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

- A principal
- A crossing guard
- A family member
- A neighbor
- A faith leader

When girls are done, **SAY**:

What is it that they do that you like?

If girls need prompts, **SAY**:

- *She's fair.*
- *She's friendly.*
- *She's always helpful.*
- *She's kind to me and others.*
- *She tells great jokes.*
- *She has a good imagination.*
- *She's a talented musician.*
- *She's good at sports.*

Now call out one thing you respect about yourself. Each time you call something out, the other girls will clap once. Everyone should take a turn saying something they respect about themselves.

Give girls time to finish, then **SAY**:

When you respect yourself, you're proud of who you are. When you respect others, you appreciate them, whether they are the same or different from you.

Station 7: Respect authority.

SAY:

Draw a picture of someone in authority. A person who has authority is usually respected, has a powerful job, is in command, knows important things, and has experience.

If girls need prompts, have them think of:

- A police woman
- A principal
- A teacher
- A judge
- A faith leader
- A boss
- A parent

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

- A librarian
- A crossing guard
- A coach

Share your drawing and tell the group how you show this person respect.

When girls are done sharing, **SAY:**

Why do you think they deserve your respect?

Are you an authority to anyone? Who sees you as an authority and why? (Sample responses: a younger girl, someone you help out with homework.)

Station 8: Use resources wisely.

Our earth has resources, like air, food, and water. But what happens when those resources are in trouble? For example, when our air or water becomes polluted? When our water runs out? When we can't grow the food we need? As people living on this planet, those resources are our responsibility to take care of.

- *What kind of things can you do to help take care of the earth?*

Write ideas on a board as girls call them out. Sample responses: Use reusable bags, take shorter showers, recycle, create less trash.

Station 9: Make the world a better place.

SAY:

*The Girl Scout Law talks about making the world a better place and being a sister to every Girl Scout. One way we do this is through our Take Action project. That means see something we want to make better and figure out a way to do that. Like one Brownie troop worked to install a special swing for disabled kids at a park. Another troop planted 300 trees in their community. You also heard about some other Brownie projects in the station **Make the World a Better Place.***

Share at least 5 of your **Map It! Brownie Projects** findings. Then **SAY:**

- *Can you think of more ideas you might like to do to make the world a better place?*
- *Have you read a book, seen a movie or TV show, or heard a story about someone who made the world a better place? Share it with us!*
- *Are any of these ideas you are sharing something you would want to do as a group?*

Write down anything girls are interested in. Keep your notes to remind girls when they are brainstorming their Take Action Project.

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

Station 10: Be a sister to every Girl Scout.

SAY:

We're going to do a Sisterhood Sing off! You'll divide into two groups. One will sing Make New Friends while the other group acts it out. And the other group will sing Girl Scouts Together while the other group acts it out.

When girls are done, **SAY:**

What lines in the songs show friendship to others?

Does singing help you feel closer to your Girl Scout sisters? What else makes you appreciate each other?

Are there any songs you like that are about friendship? Which ones?

Activity 4 : Pick Your Favorite Line

Time Allotment

10 minutes

Materials

- Poster board with the Girl Scout Law

SAY:

Now that you've had fun exploring the lines of the Girl Scout Law, think about which line means the most to you.

Maybe we talked about a value that you already practice in your daily lifem or maybe it's a value you'd like to strengthen.

Maybe it's a value that's particularly important to your family.

Maybe it's a way of behaving that you'd like to see more of in the world.

Have girls sit in a circle and share the line that means most to them.

Activity 5 : Snack

Time Allotment

*Taken from the Volunteer Toolkit Badge Year for Brownies
My Promise, My Faith*

10 minutes

Materials

- Healthy snack items: fruit (strawberries, blueberries, cherries, apples, oranges, bananas), raisins, granola bars, crackers, carrot sticks, graham crackers, sliced cucumber and yogurt dip, juice, goldfish
- Poster board with the Girl Scout Law

While girls are enjoying their snack, have them write their initials next to their chosen line on The Girl Scout Law poster board.

Activity 6 : Closing Ceremony

Time allotment

5 minutes

Materials

- **My Promise, My Faith Steps**, one for each girl

Steps

Girls form a friendship circle.

SAY:

You've all picked one line of the Girl Scout Law. Share your line as we go around the circle.

When girls are done...

*You've taken the first step to earning the **My Promise, My Faith** pin! Now you can go on and take the other steps! You can ask your family or a trusted adult to help you do this.*

Give each girl a copy of the **My Promise, My Faith Steps** to take home.

Keep It Girl-Led Tip

Let girls come up with their own ideas for the closing ceremony — join hands, sing a special song, or recite a poem.