



Daisy Meeting Guide



Promise Center

Begin

Start with a get-to-know-you, warm up game.

The Great Wind Blows:

Have all the girls stand in the middle of the room. Say, “The Great Wind Blows for...” And then include a statement that will include some girls, like “anyone who has a sibling.” If the statement is true, the girl runs to the side of the room, as if blown by a gust of wind. Try several more statements. This is a good way to get some of the girls’ energy out and get them comfortable in the meeting.

Activity 1

Learn the Girl Scout Promise

Explain to the girls that the Girl Scout promise is a very important tradition in Girl Scouting because it’s the promise they make about how they treat others and the world around them. Recite the promise line by line, talk about what each line means and have the girls recite the promise.

Girl Scout Promise

**On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.**

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

When they have practiced a few times, have them try reciting it while holding up the Girl Scout sign.

Girl Scout sign: Girl Scouts make the Girl Scout sign—raising three fingers of the right hand with the thumb holding down the pinky—when they say the Girl Scout Promise. The three fingers represent the three parts of the Promise.

Optional: Read a book about promises, like *Pinkalicious Pinkie Promise* by Victoria Kann.

Activity 2

Make a Troop Promise

Discuss with the girls how they want to be treated when they are at Girl Scouts and have them make troop guidelines.

Choose 5 or 6 and assign each guideline a color. Put a bead of each color onto some yarn for each girl to wear as a bracelet and a reminder of their troop promise. Remember to let the girls help decide their troop promise.

Here are some examples of troop guidelines.

- It’s ok to be wrong.
- Treat others the way you want to be treated.
- Take care of the meeting place and supplies.
- Safety first.
- Be kind at all times.

Activity 3

Learn about the Girl Scout 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.

Have the girls start by standing in a circle and crossing their arms right over left and holding hands. Tell the girls they are passing a friendship squeeze all around the circle and that means they are passing their friendship onto the next girl. Remind them that there shouldn’t be any extra hard squeezes, we don’t want to hurt our friend’s hand. Anyone can start the squeeze. You can squeeze in silence, or each person can say when they are passing the squeeze.

After everyone has gotten a squeeze, on a 1-2-3 count, while still holding hands, each person lifts their crossed arms over their heads at one and turns facing outside of the circle, uncrossing their hands to break the circle and signal the end of the meeting.