

My Promise, My Faith (5-week program)

Week 1 (90 minutes)

Materials:

- Girl Scout Promise and Law posters
- Honest and Fair maze sheets
- Strips of blank paper
- Writing utensils
- Blank sheets of paper
- Art supplies
- Respect Myself and Others activity sheets

Introduction (20 minutes)

Gather the girls in a friendship circle and welcome your new Girl Scout members. Introduce yourself and any co-leaders/adults present that are assisting you. Then, ask each girl to go around the circle and introduce herself and say one thing she loves about her place of worship. Example: "My name is Kara and I love my church because my family goes there."

Once everyone has had a turn, say: *Today we are going to go on an exciting journey linking Girl Scouts and our faith. First, let's go over the main principles of Girl Scouting. The Girl Scout Promise is the way Girl Scouts promise to act every day. The Promise is at the center of everything we do in Girl Scouts. It gives us something big and important to do!*

Take a moment to show the girls the Girl Scout Promise and Law poster provided in your supplies. Then, explain how to make the Girl Scout sign by holding down the thumb and little finger of their right hand and extending their three middle fingers. Each finger represents the three parts of the Girl Scout Promise. Now ask the girls to hold up their Girl Scout sign and repeat each line after you, so they can begin learning the Promise. You will want to start every meeting by saying the Promise.

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

Say: Saying "on my honor" means that you're giving your word to do something. When you give your word to try to live by the Girl Scout Law, you're saying that you're ready to help make the world a better place.

You keep the Girl Scout Promise by living the Girl Scout Law. Show the girls the Girl Scout Law poster and have a volunteer to read each line.

Say: We've just said (learned) the Girl Scout Promise and the Girl Scout Law, two wonderful things that unite Girl Scouts all around the world. As you spoke the Promise, did you notice any lines that fit really well with your faith?

Girl Scouting and your religion have a lot in common. And during this five week program, we are going to discover together the similarities and how you can use this new understanding to make a big difference in the world. Along the way, we will also be earning a special pin. It's called the My Promise My Faith pin.

We will be encouraging each other to take a 'spiritual journey' through Girl Scouts and through your faith and explore how both offer similar ideas about how to act and live a good life every day.

The Law (60 minutes)

Say: Now let's break down the lines of the Law to find out what they really mean and how we can associate them with our own lives and our own faith. Be sure to reference the Girl Scout Law poster each time you move onto a new line and have the girls repeat the line before each activity.

Activity 1: Honest and Fair

Pass out the Honest and Fair maze and have the girls navigate through it. When everyone has completed it, have a small discussion about the correct paths and the incorrect paths.

Activity 2: Friendly and Helpful

Ask the girls to get into groups of 2 – 3 and discuss ways in which they are friendly and helpful at home, at school, or at their place of worship. (Example: "I help my mom with dinner." Or "I put my clothes and toys away.")

When the girls have finished their discussion, ask each girl to share with her group one **new** way she would like to be friendly and helpful.

Activity 3: Considerate and Caring

Gather the girls back into the friendship circle. Pass out a strip of paper and a writing utensil to each girl and ask her to write a kind message to the girl on her right that will make her feel good. Girls should roll up the message and give to the new friend on their right.

Activity 4: Courageous and Strong

Ask the girls if they have ever had to show courage or be strong. Allow a couple of girls to give examples. Now, separate the girls into smaller groups of 3 – 5 and tell them that they will be working together to create a skit or short play to show how someone can be courageous or strong.

Give each group a scenario to act out a courageous and strong solution:

- Your friends are talking badly about another girl. You can join in or you can ask them to stop.
- People in your class are having argument. Everyone's on the same side – except you. You can say what you think, even though most people don't agree with you, or you can keep quiet.
- A new girl has come to your place of worship. No one is paying attention to her. You can ignore her, too, or you can invite her to sit with you.

Activity 5: Responsible for What I Say and Do

Say: The words you say can make people feel happy. They can also make people feel sad or upset. The things you do can help other people. Your actions can also hurt people or make them unhappy.

Here are some examples of being responsible for what you say and do:

- I don't like to hurt people's feelings, so I don't say mean things.
- After our project, the art supplies were scattered on the floor. I helped pick them up.
- I promised I would return my library book today. I'm glad it will be on the shelf for someone else to check out.

Now ask the girls to think of ways that they can be responsible for what they say and do. Discuss the options as a group.

Activity 6: Respect Authority

Say: Rules help us all stay safe and happy. Your family has rules. So does your school and your town. What is one rule that someone has taught you that you think is very important? Ask the girls to draw a picture of their rule. When they are finished, ask some of them to share their artwork with the group.

Activity 7: Respect Myself and Others

Hand out the Respect Myself and Others activity page. Ask the girls to fill it out. Once complete, have a short group discussion.

Activity 8: Use Resources Wisely

Say: *Our planet earth is the most special – and beautiful – resource we all share. Air, dirt, trees, plants, flowers, water, animals – we love them and we need them too!*

How do you help take care of the earth? Discuss

Next, hand each girl a blank piece of paper and ask the girls to create a PSA (Public Service Announcement) that shares how others can help the earth. Girls will create a colorful poster that shows others how they can make a positive difference. (Examples: Use reusable bags, take shorter showers, recycle your trash, use both sides of a piece of paper.)

Activity 9: Make the World a Better Place

Ask the girls to think of three movies, TV shows, or books that tell the story of someone who makes the world a better place. Discuss in small groups.

If time allows, girls may also want to draw a picture of themselves doing something to make the world better.

Activity 10: Be a Sister to Every Girl Scout

Gather the girls into small groups again and ask them come up with 3 songs about friends and sisterhood. Then ask the group if they will sing their favorite song of the three for the entire group.

Closing (10 minutes)

Gather the girls into the large friendship circle. Say: *Now we hopefully have a better understanding of the Girl Scout Promise. Next week you will each chose a favorite line of the*

Law and begin comparing it to your religion. In the meantime, begin to think about the line that you like the most.

To end our time together, let's say a prayer together and then do a Girl Scout Friendship Squeeze. A Friendship Squeeze is a fun way to connect before we go our separate ways. Let's cross our right arm over our left arm and hold hands with the girl on either side. Now, I am going to begin the friendship squeeze. Once you feel the squeeze, pass it on to the person next to you. Once everyone is silent, ask if anyone would like to say a prayer. When the prayer is finished, start by squeezing the girl's hand to your left and one by one, each girl will pass the squeeze until it gets back to where it started.

Week 2 (90 minutes)

Materials:

- Pens and Pencils
- Paper
- Faith-based material: children's religious books, poems, songs, hymns, prayers
- Creating our Pizza: The Crust- Scissors, cardboard, writing utensils, markers
- Blank paper face cut outs

Opening (15 minutes)

Gather the girls together in a friendship circle and ask them to go around the circle and say one way they may have used a line from the Law this week. (Example: I helped a friend with her homework, so I used the line friendly and helpful.)

Step 1 to earning MPMF: (20 minutes)

Say: Each of you are going to choose a line from the Girl Scout Law today and chose a song, poem, story, or verse from your faith that has the same ideas as the line of the law you picked!

Girls may use their individual religious books during this exercise. You may also want to hang the Girl Scout Law poster to reference the lines of the Girl Scout Law again.

Example: The line of the law that I am going to pick is "honest and fair". I am going to find a hymn that emphasizes being honest and fair.

After each girl has her line of the law and has chosen their materials to relate to the law, gather the girls into a circle and have each one of them relay how the line of the law they picked and their chosen faith materials have similar ideas.

Activity: Building a Pizza! (20 minutes)

Does anyone here like pizza? This activity is a recipe to help you build your family. You will get to make your own pizza- a pretend pizza out of cardboard and paper- and you will get to keep it! When you are done with the pizza, you will have built a pizza that will remind you that God loves you and wants you to love and care for your family.

We will add to our pizza every week until it is complete.

Step 1: The Crust

Your first step in building your family pizza is to make the crust. This is going to be the foundation for your family and will represent your place or worship. Start by cutting out a large circle out of cardboard. The cardboard needs to be thick and substantial. This is your base, your foundation, for your family pizza. Choose your favorite verse from your religious book and write it on the outer rim of the cardboard base. In the center of the crust, draw a picture to represent your religion. Fill the rest of the crust with many different people.

Freeze Tag (15 minutes)

Girls will need to separate into two groups. The girls will need to remember who is in their group. Each group will have someone that is "it." If the person from the other team tags you, you must freeze. Only when someone from your team comes up and touches you and says one line of the Girl Scout Law can you unfreeze. Girls may trade off on their person who is "it" as many times as they would like.

Activity: (20 minutes)

A Draw-ma

Say: Does any like to act or watch movies?

A drama is a play, where people act out a story. So what's a "draw-ma?" It's like a play on paper, where you draw the facial expressions of the actors.

- Pretend that you were with the women at the tomb on resurrection morning. How would your face look? Draw your face according to the following instructions:
- On the way to Jesus' tomb (before you knew that Jesus was alive how would you have felt? What would your face have looked like? Draw it on the blank faces provided.
- It would have been very confusing and frightening to discover Jesus' tomb was empty. You wouldn't have known what to think! How would you have looked?
- Draw how your face would have looked when you saw that your friend Jesus was alive!

Closing (5 minutes)

Gather the girls in a friendship circle and let them know what a great job they are doing using the Law and discovering more about their faith. Inform them that next week they will begin using additional resources in their churches, such as people, to help them discover more similarities. Ask the girls to begin thinking about a special woman in their lives or in their place of worship that they want to talk about next week.

End with a prayer and friendship squeeze, then dismiss.

Week 3 (90 minutes)

Materials:

- Picture of different faith-based women
- Writing utensils and paper
- Pizza Activity: Red and Orange construction paper, tape or glue

Opening (10 minutes)

Gather the girls in your friendship circle and ask each girl to name another way they used a line from the Law this week to make a difference.

Step 2 to earning the MPMF: (45 minutes)

Say: Today you are going to think about the women who go to your place of worship and decide which of them you would like to interview. You will need to come up with a list of questions to ask her and talk to her about the line of the law that you chose from our last meeting. Ask her how she tries to use that line of the law in her life.

Pass out the writing utensils and sheets of paper and have each girl create five questions she would like to ask the woman she is going to interview. Girls can get in a circle and talk about whom they are going to interview at their faith organization and why they chose this particular woman.

Next, ask the girls to get into groups of two and practice their interview skills. One girl can be the woman in the church and the other girl can play herself, asking the woman the questions she chose and practice speaking and listening. Then, the girls can switch roles. (The purpose is to give the girls an opportunity to practice before they really interview someone.)

Have the girls talk about challenges after everyone has tried the role-playing exercises. What should the girls work on before they interview someone?

At the end, challenge the girls to reach out to this individual woman and ask her the questions they practiced. Suggest that they record the woman's answers so we can discuss them at the next meeting.

Step 2: The Sauce (25 minutes)

In the last meeting you made the pizza crust. Now it is time to add the sauce! Cut strips of construction paper (choose different shades of red and orange to represent pizza sauce). On each strip of paper write the names of people who have helped you grow in your faith. Each strip of paper should have a different name. Be sure to include people from your family, your community, and your holy book. On the other side of the paper write a brief phrase explaining why each is important to you.

Take the strips of paper and weave them together. Tape or glue it so that it will not fall apart. Then cut them around the ends to make a circle to look like the sauce. Place it on top of your crust!

Closing (10 minutes)

Gather the girls in the friendship circle and ask if anyone would like to tell the group one person they wrote down on their sauce and why they are important to the girl. Then, ask the girls to turn to the person on their right and say one nice thing to them. Then turn to the person on their left and say one nice thing to her. Every girl will have something nice said to her twice, a great way to end the meeting on an individual positive note. To complete the meeting, ask for a volunteer to say a prayer to lead us out.

Week 4 (90 minutes)

Materials:

- books, magazines, Bible stories

- Inspirational quotes from women
- Art materials
- Paper
- Pizza Activity: different colors of construction paper, scissors, tape, glue

Opening (10 minutes)

Gather the girls in the friendship circle and ask if anyone interviewed someone this week. If so, ask them to tell the group how it went.

Step 3 to earning the MPMF: (30 Minutes)

Say: *We are going to complete step 3 of the My Promise My Faith Pin today.*

To do this, we are going to find three inspirational quotes by women that fit with the line of the Girl Scout law you picked.

When they have picked a quote to go with their line of the law, ask the girls to create a poster to hang up in their rooms so they are always reminded of this quote and their line of the law. Put them somewhere you can see them every day to remind you to live that line of the law.

Freeze Tag (15 minutes)

Girls can play the Law freeze tag again to help remind them all the lines.

Step 3: Toppings for your pizza (30 minutes)

What is everyone's favorite topping for pizza? (Sausage, pepperoni, ham) Pick toppings to represent each person in your family. Choose different toppings to represent each person. (Example: sausage, pepperoni, ham, pineapple, or anything else they would like)

Draw, color, and cut out at least five sets of each topping (for example: five slices of pepperoni). On each topping, first write the name of the family member it represents. Then write a word or phrase that you like about that person. (Nice, helpful, caring,)

Arrange the toppings to show how each person's personality traits and special gifts and talents affect the entire family. After you arrange the toppings the way you want them, glue them to the sauce.

Closing (5 minutes)

Gather the girls in a friendship circle and ask the each girl to share her poster and quote with someone special in her life this week. End with a prayer and a friendship squeeze.

Week 5: (90 minutes)

Materials:

- Art materials
- Paper
- Drawing utensils
- The 10 Commandments

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord God in vain
3. Remember to keep holy the Lord's Day
4. Honor your father and your mother

5. You shall not kill
6. You shall not commit adultery
7. You shall not steal
8. You shall not bear false witness
9. You shall not covet your neighbor's wife
10. You shall not covet your neighbor's goods

- Yellow construction paper, scissors, glue, tape

Opening (10 minutes)

Gather the girls together in the friendship circle and ask them if they shared their quotes with anyone last week. If so, have a short discussion. Did the poster and quote make someone else feel better? What line of the Law are we using?

Step 4 to earning the MPMF: (30 minutes)

Say: Today we are going to make our own skit to represent what we have learned from the last sessions! This will be a skit of what we have learned from the Girl Scout law we have chosen!

Ask the girls to get into groups and practice their skits about what they have learned. Some examples would be a skit of someone being honest and fair, friendly and helpful, etc...If time permits the girls can act these skits out at the end of the session for each other.

Activity: Step 4: The Cheese (30 minutes)

Say: Does everyone like to have cheese on their pizza? It is time to add the cheese to your pizza! The cheese will be the "glue" that helps holds your family together. When you look at your pizza, you will remember the rules and guidelines for your family.

List the Ten Commandments as well as some rules that your family has. (Some girls will need help listing the Ten Commandments.) You can go over them together. Write them on separate lines on a sheet of yellow paper. As you write your list, leave just enough space above and below each word so that you can cut them apart. This will be your shredded cheese!! Yummy You will need to list each several times to make sure you have enough cheese to add to your pizza.

Cut the yellow paper into strips with the rules listed on each strip. And sprinkle them over your pizza. Make sure the words are showing. Notice how the cheese touches all the different toppings (all the members of your family). Glue only one end of each piece of "cheese" to the pizza so that you can lift it and see what you wrote on the toppings and sauce. Now your pizza is complete! Congratulations!!!

Have the girls show off the pizza designs to the group.

Step 5 to earning the MPMF: (20 minutes)

Say: I want you all to try and make a commitment to live what you've learned in these 5 weeks. You may want to talk to your friends, family, or a group in your faith community about how you plan to live what you've learned in your daily life. Maybe you'd enjoy showing them what you just made or performing your skit! You can also choose to make a private commitment to yourself.

Ask each girl to choose how she is going to make a commitment to live by what she has learned.

Options for girls personal commitments:

- Be involved with an organization... or community garden, or plant something.... Do cleanup... etc.
- Walk or hike in nature... or do something for the animals who live there.
- Talk to your parents about starting a Girl Scout troop at **your** school or place of worship.

Ask the girls to write their commitment on the provided commitment cards. They will want to keep these somewhere special to remind them of their time with this great group and what they plan to do to continue living the Law every day.

Say: Now that you have chosen how you are going to make a commitment to live what you have learned during this program, you have completed the steps to earn the My Promise, My Faith Pin! Congratulations on the accomplishment.

Gather the girls into a circle and read the following prayer, while another adult passes out the pins the girls have earned.

Dear Heavenly Father,

We thank you for the opportunity to be gathered here today in celebration of the youth whom we serve in your name.

These are the young girls who remind us of who we were and what we wanted to be and to do.

*These are the young girls who are part of your **church** today, and will be the guiding lights as women of the next generations.*

We know that we must teach them well and model the morals and values necessary for them to be true to your ways and not the way of the world.

Help them in all things that they do, so they may live their lives in your honor and glory and the salvation of their own souls.

Watch over all of them as they grow. Let them always smile, laugh, giggle, and know fun as they grow into mature, loving, responsible women and serve you with a happy heart.

This we pray in Jesus' name, who reigns with you and the Holy Spirit, one God, always and forever. Amen

Optional Religious Recognition:

There are several different Religious Catholic Awards created by the National Catholic Committee on Scouting that girls and adults can earn—the Rosary Series, the Footsteps of

American Saints, and International Catholic Awareness. To view these programs, go to:
<http://www.nccs-bsa.org/> under religious activities.