



Family
Connection

Girl Scouts

*Your go-to,
super-fun guide
to getting the
most out of
Girl Scouts*



Get That Girl Scouts Glow Up

Girl Scouts have fun learning new skills, earning badges, and testing their abilities—but it’s our community that makes us a must for your family.

In good times and bad, Girl Scouts is your:

FRIEND CIRCLE

4 out of 5 Girl Scouts have a best friend in their troop.

We stick together, stand up for one another, and are sisters for life.

DREAM CENTER

94% say Girl Scouts helps them try new things.

If a girl can dream it, Girl Scouts can take her there.

RELEASE VALVE

95% say Girl Scouts is a safe space.

The amazing support of Girl Scouts is more important than ever.

What Girl Scouts Means to Me

Use this space to draw or write about what it feels like to be a Girl Scout.

What We Value

Being “good” at everything isn’t the goal here. It’s the willingness to put yourself out there and really make an effort that will give you your fullest, funnest, and most successful life. That’s why both the Girl Scout Promise and Law—which members of all ages recite—start with the idea of trying to do your best.

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.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,

and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Girl Scout Family Promise

On my honor, I will try:

To support my Girl Scout and her troop,
To help girls lead at all times,
And to always keep it fun!

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





Ready, Set, Goals!

What do you want to be, do, or know more about? Fill in the first column of this chart with three ideas—dream big!—then ask your troop leader or another adult to help you find Girl Scout badges or awards to earn that can help you reach your dreams. Those go in the second column. Check out [girlscouts.org/badgeexplorer](https://www.girlscouts.org/badgeexplorer) to see all the different things you could try. Reaching your target has never been so fun.

I want to...	This can help
1.	
2.	
3.	

Get Started Now

Troop meetings are awesome, but why let the good times stop there? Head to [girlscouts.org/athome](https://www.girlscouts.org/athome) to check out some of our favorite activities—then try them at home with your family or friends for free!

Wear It Where?

You're earning badges, patches, and awards—but where do they belong? Here's the rundown on what goes where on your tunic, sash, or vest.

Flag patch, council name patches, and troop numbers go on the front right, in that order, starting at the top.

Badges and Journey awards always go on the front, starting at the bottom. On a vest, badges go on the right and Journey awards on the left. On a sash, badges go below Journey awards.

Fun patches from trips and experiences always go on the back.

Need more help?
Go to [girlscouts.org/placement](https://www.girlscouts.org/placement).



Daisies
Grades K-1



Brownies
Grades 2-3



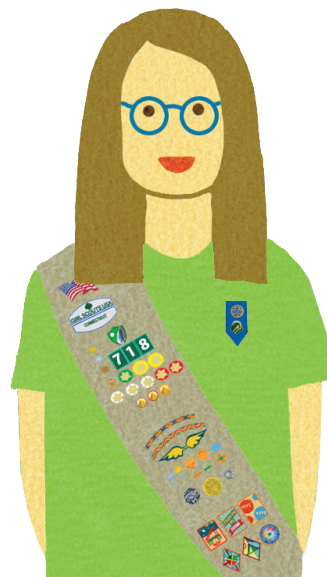
Juniors
Grades 4-5



Cadettes
Grades 6-8

Just for Juliettes

A Juliette, or individually registered Girl Scout, has the same Girl Scout experience as other girls, just without being in a troop. If you're a Juliette family, connect with your council for support and to stay up-to-date on exciting events for the whole family.



Seniors
Grades 9-10



Ambassadors
Grades 11-12

Walking the Talk

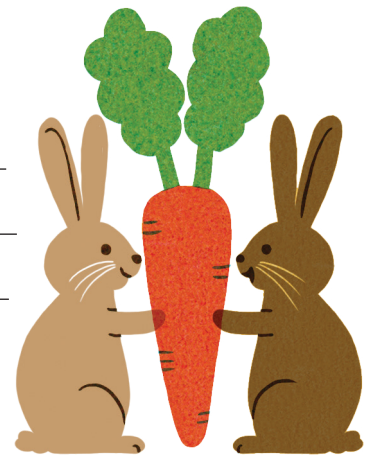
The Girl Scout Law isn't just a bunch of words we say for fun—it's how we live our lives. Sit down as a family and talk about what each of these laws means to you and how you can practice them together at home. Make sure everyone's voice is heard, then write down the ideas you come up with here.



Be Honest

A cartoon illustration of a brown owl with large, round yellow eyes and a small beak. The owl is positioned in the bottom right corner of the page, facing forward. It has brown feathers with darker brown patterns on its wings. Several yellow five-pointed stars are scattered around the owl, adding a whimsical touch to the design.

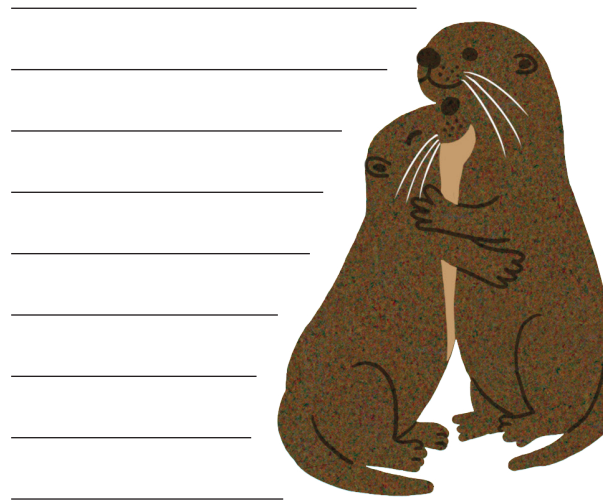
Be Fair

A cartoon illustration of two rabbits, one light brown and one dark brown, standing on the right side of the page and holding a large red carrot between them. The page is filled with horizontal lines for writing.

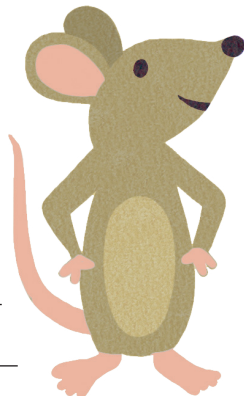
Be Friendly and Helpful



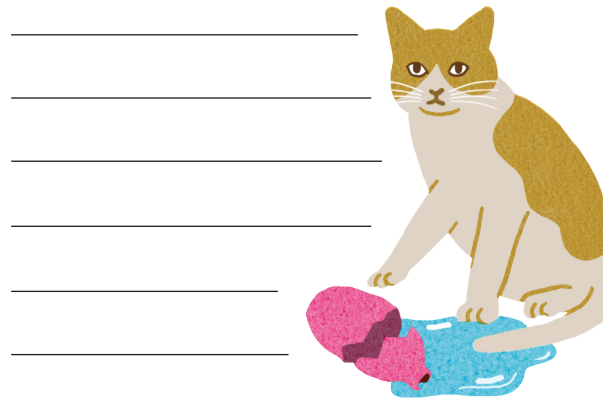
Be Considerate and Caring



Be Courageous and Strong



Be Responsible for What We Say and Do



And the Award Goes to...

From protecting our environment and supporting communities to changing laws, we know you shine brightest when you're making the world a better place. That's why we have three separate awards—the **Girl Scout Gold, Silver, and Bronze Awards**—to honor Girl Scouts who take their passions and turn them into actions in big ways.

- **Daisies and Brownies** learn the basics of what it means to be a good neighbor and how they can be helpful.
- **Juniors** can earn the Bronze Award by teaming up with other girls to make a difference in their towns.
- **Cadettes** can earn the Silver Award by researching an issue, making a plan, and taking action to improve their communities.
- **Seniors and Ambassadors** can earn the Gold Award by developing and carrying out lasting solutions to issues in their neighborhoods and beyond.



Pro Tip: Head to your local Girl Scout shop for official gear, helpful tips, and the latest on council events. Can't make it in person? We're always open at **GirlScoutShop.com**.

When I'm a Gold Award Girl Scout

Gold Award Girl Scouts are rock stars, role models, and real-life heroes. How do they do it? By using everything they've learned as Girl Scouts to fix a problem in their communities and make a lasting change in their world. Use this space to draw, write, or make a collage about the problem you want to tackle to become a Gold Award Girl Scout—and how you'll feel once you've done it.

Already working toward your Gold Award? Incredible. Use this space to celebrate all you've already accomplished.



Want to give her the ultimate Girl Scout experience? Invest in her future and make every moment a shared memory by becoming an adult member at girlscouts.org/join.

Your Year in

Check out important dates, then add your own troop



October

October 1-2: Run, Juliette, Run Weekend Troop Camp

October 14-15: "Throw Like a Girl" Axe Throwing

October 29: Mad Science Trunk or Treat

October 31: Juliette Gordon Low birthday

November

November 5: Jellies & Jammies

November 5: The Great Cookie Cook-off

November 12: Honor Camp

November 19: GSNMT Annual Meeting

Mid-November: delivery of Fall Product Program candy/nuts

February

February 4: Knots, Knives, and Campfires, Oh My!

Week of February 6: Initial delivery week for cookies

February 10: Virtual Galentine's Day

February 17-20: Great Backyard Bird Count

February 18: Cookie Booth Sales begin

March

March 10: Girl Scout Week Challenge

March 12: Girl Scout birthday

March 19: Cookie Program ends

March 25: Rancho on the Road

June

June 10: Family Fit Fun Fest

June: Summer Camp

July

July: Summer Camp

Registration details and additional information on council events can be found on our website at: <https://www.nmgirlscouts.org/en/events/event-calendar.html>

Girl Scouts

meetings and activities you can do as a family.



December

December 10: Girl Scout Entrepreneur Craft Fair

December 10: Christmas in Carlsbad

December 16-18: "Snowed In" Winter Troop/
Family Camp

January

January 13-15: "Snowed In" Winter Family
Camp

January 27: Digital Cookie site opens for Girl
Scouts to take orders/cookie order taking begins

January 27-29: Winter Wonderland Trek at
Camp Elliott Barker

April

April 15: Tough Cookie 5K and Fun Run

April 22: Volunteer Appreciation Luncheon

April 29: Knots, Knives, and Campfires, Oh My!

May

May 27-28: Bridge to Adventure Troop/Family
Camp

May: Service Unit & Troop bridging events

August

August 5: Girl Scout Evening at the Santa Fe
Children's Museum

August 26: Museum Mania: Ready, Set,
Scavenge

September

September 8: Girl Scouts Love State Parks

September 23: STEAM Extravaganza

September: Fall Product Program order taking
begins

Check out the **Trails of Discovery** catalog for additional information on these and other council events!

Shake Up Family Time



Keep the Park in Your Heart

Take a walk, ride a bike, or have a picnic in the park with the whole family. Ask everyone to look around and name one thing they love about the park and one thing that could be better. This can also be a time to explore the history of your park and to learn about the Indigenous people who lived on this land before you.

Is there no place to recycle bottles and cans? Not enough park benches? Would it be fun to have a skateboard ramp, or could the basketball court use a fresh coat of paint? Write down everyone's

ideas, then connect with local organizations that advocate for parks. Maybe your family could join them and turn some of your ideas into reality.

If there isn't already a team of people helping your park, bring up the idea with other families—especially those you know through Girl Scouts—or at your local city council meeting to see if you can start one. Taking care of and learning about our outdoor spaces together is a fun way to build community, make friends, and improve the world for everyone.

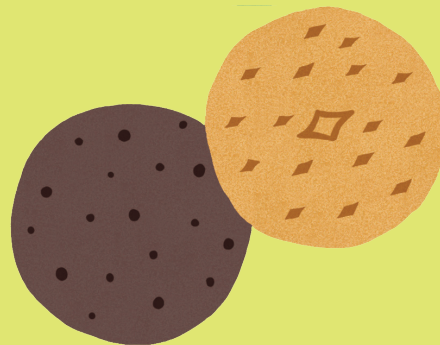
*Ever feel like your life is on a cycle of wash, rinse, repeat?
Break out of the blahs with these activities that bring the fun and learning
of Girl Scouts to the whole family.*



Go for the Goal

Learning how to set and meet realistic goals is one of the most important things the Girl Scout Cookie Program teaches—and the benefits of having that skill go far beyond cookies.

Use the first chart on this page to plan how your family will help your troop reach this year's cookie goal. Then use the second chart to choose another goal you'd like to work toward. It could be anything from learning a new language to mastering a cool skateboard trick. With a little planning and some dedication, you can make it happen!



Earn the Girl Scout Cookie Entrepreneur Family pin with your girl, and give her the business smarts of tomorrow today! Learn how at girlscoutcookies.org/entrepreneurfamily.

Cookie Goal and Deadline

Selling Strategies	
1.	2.
3.	4.

My Second Goal and When I'll Meet It

How I'll Reach My Goal	
1.	2.
3.	4.



Once you've gathered everything, decorate the box and fill it with the things that could help you feel better when life gets hard. First, use the sheet of paper to write a list of simple activities that make you feel good—whether you love running and making art or playing with your pet and baking, write them all down. Once you're done, fold the paper and pop it in the box to remind yourself of healthy ways to deal with stress. Consider writing a pep-talk letter to yourself to remind you of your strength and resilience in tough times. You might want to include a small toy, book, photo of someone who inspires you, or other trinket that makes you happy. Keep your calm kit in a safe spot and know that it's there for you whenever you need a pick-me-up!

Focus on Feelings

Nobody's happy all the time—nor should they be. Sadness, anger, and even frustration are all healthy, normal feelings that can help us understand our lives and make them better. Still, we all need a bit of comfort now and then to get us through. Take time to make “calm kits” with your family and then discuss what everyone put in theirs. You'll each build a go-to source of comfort and learn a little about one another in the process.

For each calm kit, you'll need:

- ▶ A shoebox or similarly sized box
- ▶ A few pieces of paper and something to write with
- ▶ Any art supplies you have around—construction paper, magazine pages, glue or tape, crayons, markers, stickers, etc.
- ▶ Two to three small personal items that are special to you but that you don't need every day
- ▶ Anything else small and nonperishable that makes you happy

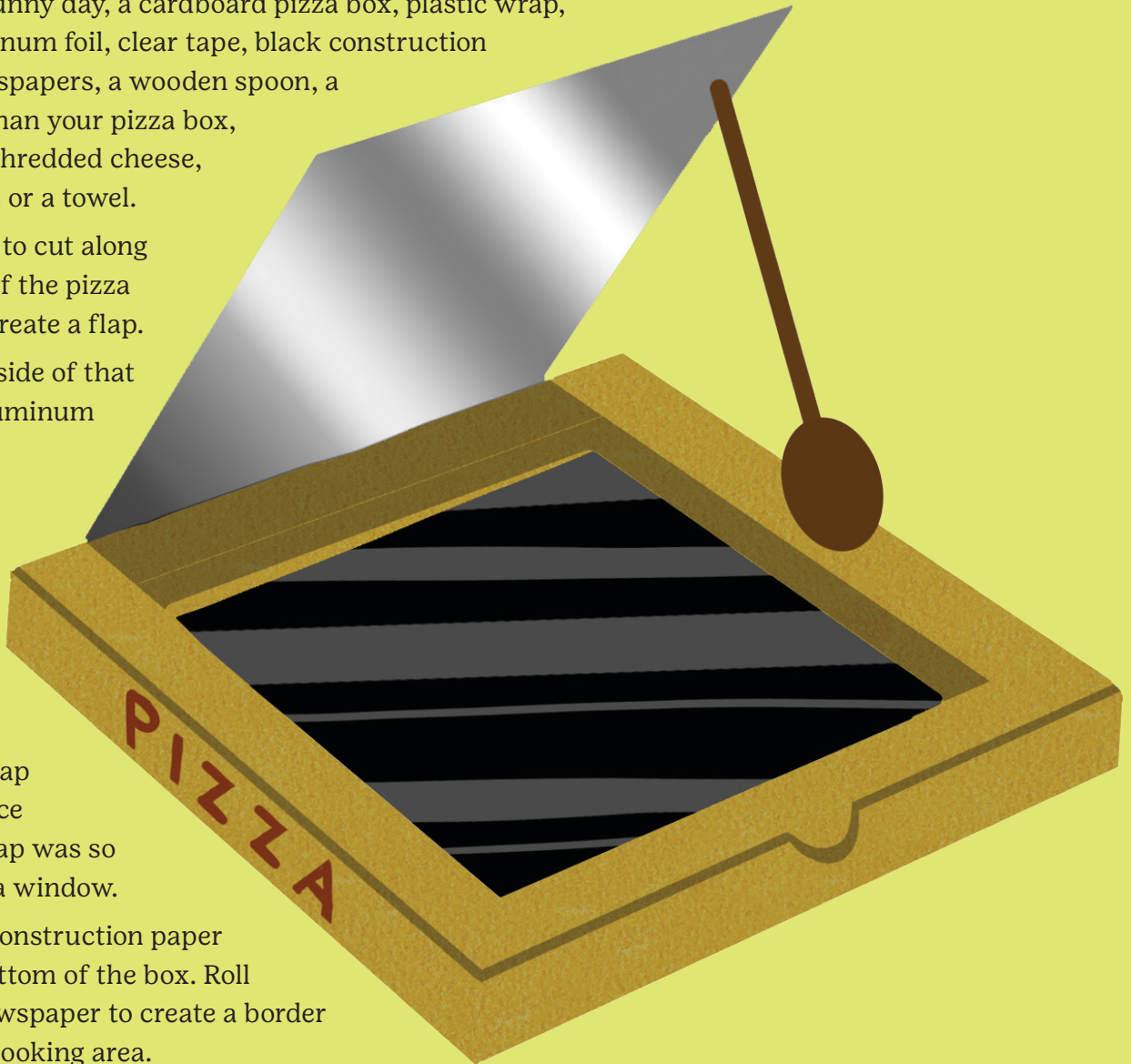


Nacho Grandma's Science Experiment

Did you know you can make tasty nachos without an oven or microwave? It's true! Follow these instructions to make a solar oven and cook up some melty goodness.

You'll need a sunny day, a cardboard pizza box, plastic wrap, scissors, aluminum foil, clear tape, black construction paper, old newspapers, a wooden spoon, a plate smaller than your pizza box, tortilla chips, shredded cheese, and oven mitts or a towel.

1. Use scissors to cut along three sides of the pizza box's lid to create a flap.
2. Cover the inside of that flap with aluminum foil.
3. Fold the flap back and open the lid. From the inside of the lid, tape a piece of plastic wrap over the space where the flap was so it looks like a window.
4. Tape black construction paper along the bottom of the box. Roll sheets of newspaper to create a border around the cooking area.
5. Take your solar pizza oven to a sunny spot.
Place a plate of tortilla chips and shredded cheese inside the box.
6. Use a wooden spoon to prop open the foil-covered flap at an angle so it faces direct sunlight.
7. Wait for the cheese to melt—this may take a while if it's not very hot outside.
Use oven mitts or a towel to lift your plate out of the cooker. Enjoy!





There's nothing else quite like Girl Scouting, and you'll want to remember every minute of it! When you take a cool trip, learn something new, earn a badge or award, or do one of the activities from this booklet with your family, mark it down here so you'll never forget this incredible year.

[illegible][illegible]



When someone helps you on your Girl Scout adventures this year, add their name here with a note about what they did. You might want to include any guest speakers who spoke to your troop; the shop owner who let you set up a cookie booth outside her store; and, of course, your troop leaders! At the end of the year, check the list and send thank-you notes to all your amazing supporters.

[illegible]

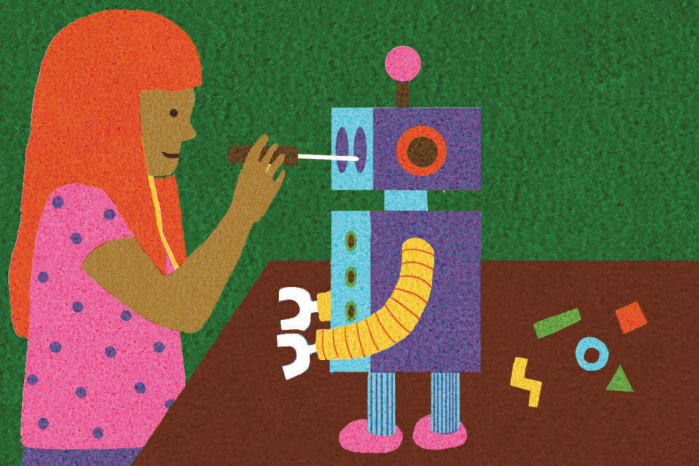
I learned...

[illegible]

Want a special place to keep track of even more Girl Scout moments?

**Check out the official
Girl Scout memory books!**

girlscouts.org/memory



Give a Little, Get a Lot

Just like at a potluck, where you only bring one dish but get to munch on a full feast, Girl Scouts works best with a community. When each family pitches in just a little or steps up to take on one or two tasks, everyone benefits big time.

Here are a few ways to help out that take less than an hour per week:

- ▶ Organize a troop snack calendar
- ▶ Manage a troop carpool calendar
- ▶ Put together at-home badge supply kits
- ▶ Set up and maintain a troop social media account
- ▶ Volunteer to take pictures or videos at troop meetings

Peek into Her Future

When you think of your girl a year from now, or even ten years from now, you likely picture a confident thinker and doer who does her best and makes the world a better place. Basically? You're picturing her as a Girl Scout. Not just this year, but next year and beyond. That's a good thing, because the longer she's in Girl Scouts, the brighter her future will be.

Secure her spot for the upcoming Girl Scout year and consider becoming an adult member at the same time! Head to **girlscouts.org/join** to learn when and how to sign up.

All Girl Scouts are sisters, which means that all of us—from parents to volunteers—are family. So have a family meeting (make sure to include your troop leaders!) to figure out who can do what for the troop this year. We're all in this together.



Come See Us

There's a whole world of Girl Scouting to explore at your local council store. The staff is your support team when it comes to finding the right badge booklet, making your Girl Scout

smile with the perfect gift, or staying up on community and family events. Find your local store at the address on the back cover or check out **GirlScoutShop.com**.

New Mexico Trails

Girl Scouts of New Mexico Trails serves over 4,400 girls and adult volunteers in 23 counties across the state of New Mexico. From Socorro to the Colorado border, and east to west from Texas to Arizona, your council believes in our mission of growing girls of courage, confidence, and character who make the world a better place!

Girl Scouts of New Mexico Trails

4000 Jefferson Plaza NE
Albuquerque, NM 87109

✉ customercare@nmgirlscouts.org

📘 www.facebook.com/nmgirlscouts

📷 www.instagram.com/nmgirlscouts

🐦 twitter.com/nmgirlscouts

☎ 505-343-1040

We're Here For You

Family helps family, and you're part of ours! Whether you have questions about the troop experience or are going through a rough time on a more personal level, Girl Scouts is here to support you and your family through it all. Never hesitate to reach out.

Girl Scouts of the USA National Headquarters

420 Fifth Avenue
New York, NY 10018

✉ girlscouts.org/contact

📷 instagram.com/girlscouts

📘 facebook.com/GirlScoutsUSA

🐦 twitter.com/girlscouts

☎ 800-478-7248



All About My Troop

Fill in the details of your girl's troop and keep this handy all year long!

Troop number: _____

Troop co-leader phone: _____

Troop co-leader phone: _____

Meeting place: _____

We meet at _____ on _____, every _____ weeks.
[TIME] [DAY] [NUMBER]

The girls in the troop are:

Important cookie dates:

My family is helping out by:

Other important information:

