

Girl Scouts of Oregon and Southwest Washington

Girl Scout Discovery Programs

Program Partner Menu of Options



Girl Scouts®

Discover • Connect • Take Action

WHAT: Discovery Programs introduce the Girl Scout Leadership Experience to girls through science, healthy living, literature and self esteem programs. Discovery Programs can be offered as a one time session or multiple consecutive sessions and most can be offered in Spanish.

Girl Scout Staff and/or Volunteers:

- Provide the activities and program supplies.
- Facilitate the program.
- Create flyers/registration forms for distribution.
- Have successfully completed background checks
- Have received First Aid/CPR training.
- Can provide a certificate of insurance if necessary

WHO: Girls ages 5 – 17 can attend Girl Scout Discovery Programs. Girls new to Girl Scouting and current Girl Scouts are always welcome to attend. Every girl receives an annual Girl Scout membership when she participates in a Discovery Program.

WHEN: We work with you as a Program Partner to set up the date and time that fits best into our schedule and yours. Programs typically run for 1 - 3 hours.

HOW: It's easy! Program Partners provide a location for the program, promote the program to Girls, print and distribute flyers, collect flyers to be turned in to Girl Scouts and provide one person who will be present at the location who will become a member, in case of emergency. After reading through this document, contact Alanna Randall at arandall@girlscoutsw.org or (503) 977-6821 to begin a partnership to introduce Girl Scouting to your girls!

COST: Discovery Programs can typically be offered at no cost. The annual Girl Scout membership, which is included in Discovery Program participation, is \$10 and families can pay that fee if they are able. On some occasions, an additional fee is necessary due to extensive program supplies or special instructor costs. To reduce barriers and make Girl Scout programs accessible to all girls, financial assistance is available to cover fees; requesting it is as simple as checking a box on the program registration flier.

Discovery Program Options:

Rockin Girl Scout Event

Timeline: 1 session

Age Level: Grades K-12th

Program Focus: A rockin' day to discover the power and friendship of Girl Scouting! Activities can include science, art and healthy living. Parents are strongly encouraged to attend. There will be a parent meeting to provide information and answer any questions.

Learn 2 Lead

Timeline: 8 weeks over 2-3 months

Age Level: younger girls work with older girls

Program Focus: The purpose of the Girl Scout Learn 2 Lead program is to offer trained high school students leadership opportunities and provide the Girl Scout Leadership Experience to younger girls in community settings. Training, parent meetings and adult supervision will be necessary for the success of this program.

Healthy Living & Self Esteem Discovery Programs

Uniquely Me

Timeline: 1 session or 4 consecutive sessions

Age Level: Grades K-1st, 2nd - 3rd, 4th - 6th, 7th - 8th or 9th - 12th

Program Focus: Addresses age appropriate self image, self esteem and healthy living issues through hands-on activities and journaling. Sample activities include: body language, collage about me, goal setting, stress less, exploring strengths and differences, yoga and body mapping.

Zink the Zebra

Timeline: 1-4 Sessions

Age level: Grades K-1st, 2nd -3rd, 4-6th

Program Focus: Zink the Zebra is a program created to build self esteem and promote understanding, respect, and acceptance toward others. Zink the Zebra is used as an insightful role model when discussing the sensitive topic of human differences. Activities include learning what makes us unique, role playing, games, and crafts.

Steps to Healthier Girls

Timeline: 1-4 Sessions

Age Level: Grades 6th - 8th or 9th - 12th

Program Focus: This program focuses on educating, motivating and empowering young women to engage in activities that promote good health in the areas of physical activity, nutrition and healthy lifestyle. Sample activities might include: yoga, nutrition, strength training, healthy body image, non-smoking, tracking walking, and creating healthy snacks.

Girl Sports

Timeline: 1 session

Age Level: Grades 1st - 3rd or 4th - 6th

Program Focus: Playing sports is fun and it helps build a strong body and a quick mind! Girls will sample different sports and activities while discovering the ones they like best. Try something new, learn proper stretching and get your head in the game while practicing skills in throwing, catching, kicking, volleying or striking. This program will help girls work together to become a team.

Girl Scout Fun Day

Timeline: 1 session

Age Level: Grades 1st - 3rd, 4th - 6th or 7th - 8th.

Program Focus: Discover the world with fun activities that give girls a taste of Girl Scouting. This can be done in a variety of ways by combining various Discovery Program activities such as: drama through fun theater games, hands on science activities, journaling and other activities that promote self confidence, teamwork and creativity all with a focus on the Girl Scout Leadership Experience.

Team Up!

Timeline: 1-4 sessions

Age level: Grades 4th-6th, 7th-9th, 9th-12th

Program Focus: Teamwork games and activities will teach girls the importance of working together and communicating effectively. Girls will feel good about themselves and have the skills, courage and confidence needed to work together well with others.

Science Discovery Programs

Science Explorer

Timeline: 1 – 4 sessions

Age Level: Grades K-1st, 2nd – 3rd, or 4th – 6th

Program Focus: Designed as an introduction to Girl Scouts through hands on science exploration! Girls learn about the foundation and power of Girl Scouting while participating in activities based on the Girl Scout Law and discovery based science curriculum. Activities include: science experiments, games, songs, art and journaling. Choose up to four topics for a four session Science Explorer Discovery Program!

Science Topics:

Girls Engineering Day

Making Paint

Life Cycle of a Frog

Flight

From Caterpillar to Butterfly

Water Conservation

Inside the Earth (Grade 4th and Up)

Lighting Up

Water Wonders

Magnets

Space Explorer

Dinosaur Traces

Connect with the Outdoors

Timeline: 1 – 4 sessions

Age Level: Grades K-1st, 2nd – 3rd, or 4th – 6th, 7th-9th

Program Focus: This program is about teaching girls to protect the environment and live a green life. Topics such as water conservation, connecting to the land, and natural resources will be discussed. The program is interactive and allows girls to connect to the land and learn by hands on experience. NOTE: This program will not be available until the spring when we will be able to explore by going outside.

Literacy Discovery Programs

Follow the Reader

Timeline: 1 - 4 sessions

Age Level: Grades K-1st, 2nd-3rd

Program Focus: This experiential literacy project incorporates activities such as story telling, book making, word collages, and group reading. The program builds confidence in reading skills for all girls and is great for girls that speak English as their second language to build connections to literacy. Families are encouraged to participate through home-based activities given at the program sessions.

Read to Lead

Timeline: 1 session

Age Level: Grades 1st – 3rd

Program Focus: Girls discover the fun and everyday importance of reading through stories, poetry, plays, letter writing and much more! Activities serve as an introduction to explore the world of opportunities that reading can provide!