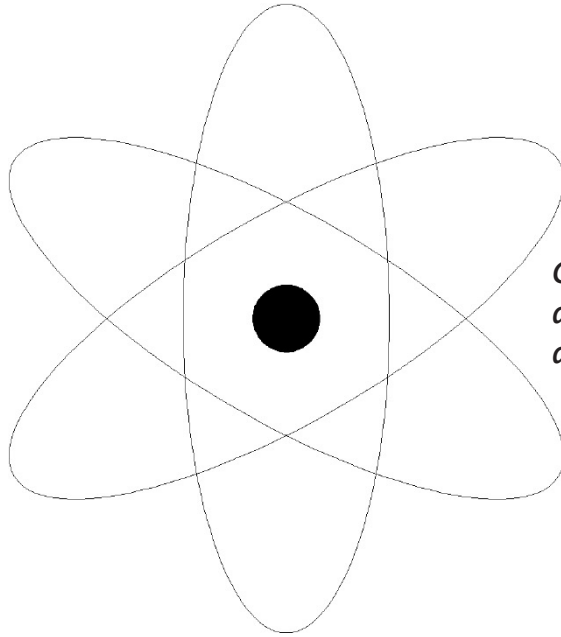


PROGRAM

SHORT-TERM Volunteer Resources



Girl Scouts - Prairie Winds, Inc.
2400 Ogden Ave., Suite 400
Lisle, IL 60532-3933
T 630 544 5900 Toll Free 888 544 5901
Cicero Branch 708 656 0887
F 630 544 5999
www.girlscoutspw.org



Girls may participate in these activities individually, unless designated as a group activity.

Brownie Girl Scouts

Science in Action

Science Wonders

Girl Scout Ways

TRY-ITS



Girl Scouts is the world's preeminent organization dedicated solely to girls – all girls – where, in an accepting and nurturing environment, girls build character and skills for success in the real world. In partnership with committed adults, girls develop qualities that will serve them all their lives – like strong values, social conscience, and conviction about their own potential and self-worth.

In Girl Scouts, girls discover the fun, friendship, and power of girls together. Through the many enriching experiences provided by Girl Scouts, they can grow courageous and strong.

Girl Scouts. Where Girls Grow Strong.

Inclusion is fundamental to Girl Scouting and we welcome girls and adults of all races, faiths and walks of life.

MISSION OF GIRL SCOUTS

To inspire girls with the highest ideals of character, conduct, patriotism and service that they may become happy and resourceful citizens.

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.

**individuals may substitute a word that more appropriately reflects their spiritual beliefs.*

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.

FACTS TO REMEMBER:

Your service unit: _____

Unit meetings*: When _____ Time _____

Troop #: _____ Where _____

Staff Contact: _____ E-Mail _____ Phone () _____

Service Unit Director: _____ E-Mail _____ Phone () _____

Membership Organizer _____ E-Mail _____ Phone () _____

Membership Consultant _____ E-Mail _____ Phone () _____

*if available, obtain a copy of your service unit roster and calendar.

Questions about program? E-mail: programdepartment@girlscoutspw.org



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WELCOME!

Dear Short-Term Volunteer.

Thanks for being a valuable part of our Girl Scout family. The time you are about to give to this project will make a difference in a girl's life. Take time to enjoy working with the girls and know that it will be time well spent.

While the traditional Girl Scout program reaches many of today's girls, there are even more girls who never get the chance to participate in Girl Scouting due to a lack of adult volunteers. Many busy adults, who would love the opportunity to share their time in Girl Scouting, don't because their time is limited. Thus began our task to find ways to match up busy short term volunteers with girls looking for the chance to be Girl Scouts.

We have designed this short term program with you, the busy adult, in mind. Everything you might need is included! We ask that you read up on the meeting's activities the night before so you will "be prepared" for what will be happening BEFORE you arrive at the meeting.

Remember, the time you are about to give is an investment in a girl's future. "Girl Scouts is for every girl, everywhere." You will give the girls the opportunity to experience "the fun, friendship and power of girls together."

Good luck, have fun and thank you for participating in this program.

HOW THIS BOOKLET IS SET UP:

1. There is a listing of each meeting's supplies. This way the adult can double check to see that she has everything necessary for a meeting ahead of time.
2. Each meeting is set up in the following manner:
 - a. Opening or Starting activity – It may be a Flag ceremony, the Girl Scout Promise or something to set the tone of what will be happening that day.
 - b. Activities – This segment will outline the projects that the group will be doing at the meeting. These activities include what equipment will be needed, the approximate time allotted, and step by step instructions.
 - c. Snack – Girls are usually hungry and will enjoy a little something to tide them over. This time may also be used to do any planning for future meetings.
 - d. Clean Up – Girl Scouts always leave a place better than they find it. Everyone should pitch in to get the job done.
 - e. Closing – This segment brings the meeting to an end. A closing can be a Friendship Circle, a song or poem. Any reminders for next meeting should be mentioned at this time.
3. A box of supplies accompanies this booklet. All the materials you will need, have been gathered, counted and organized by meeting to ensure that your meeting runs smoothly.
4. If at any time, you have a question or concern, don't hesitate to the Girl Scout office.

BEFORE THE PROGRAM BEGINS:

- Attend an adult orientation to Girl Scouting
- Fill out an adult Girl Scout registration and volunteer application
- Attend an orientation for this short term program
- Contact any other adults with whom you will be working. Call the Girl Scout office with any questions.
- Check the supplies to see that you have everything necessary. If not, contact the Girl Scout office.
- Review the activities for each meeting prior to the meeting day in order to "BE PREPARED." Practice the activities yourself. Pull out the supplies needed for the meeting.
- Arrive at the meeting site one half hour early to set up the room.
- During the meeting – Take risks, get messy, explore and observe. Have fun doing the activities with the girls.
- Don't be afraid to admit when you don't know the answer. Encourage the girls to discover the answers on their own.
- Hold the girls' expectations high. Help them achieve a sense of accomplishment and confidence knowing they can do it.
- After each meeting, give yourself a big pat on your back, you did a great job!
- Wrap it up. Return any supplies and turn in an evaluation once you complete the final meeting.
- On behalf of the all girls, THANKS for sharing your time and talents.

MEETING 1

ICE BREAKER ACTIVITY

Before starting tell the girls that when you want them to quiet down, you will use the QUIET sign – holding your hand up and standing quietly until everyone settles down. Practice (Girl Scout Ways #2)

Shopping Bag Game

This is a game that Brownies in Pakistan play.

EQUIPMENT

large paper shopping bag

INSTRUCTIONS

- Have everyone sit in a circle.
- Pass the empty shopping bag around to each girl.
- When a girl gets the bag, she will reach in and pretend to take something out.
- She then acts out what the object is that she removed from the bag.
- The rest of the group guesses what the object is.
- The bag is then passed on to the next girl and the activity is repeated.

OPENING

Learn the Girl Scout Promise (10 minutes)

EQUIPMENT

Poster board/large newsprint paper with the Promise written on it.

Tape

Girl Scout Membership Pins

DIRECTIONS

1. Have the girls practice the Promise by reading it out loud several times.
 - Have the girls make the Girl Scout sign with their fingers holding the three middle fingers up while having the thumb and little fingers touching.
 - The Girl Scout sign represents the three parts of the Promise. (Girl Scout Ways # 2)
2. Try saying the Promise without reading it from the newsprint.
3. Talk about the importance of the Girl Scout Promise and the Girl Scout Pin.
 - All members, both here and in over 144 countries, make this Promise and try to live by it.
 - Ask the girls what it means to them
 - The Pin represents the three parts of the Promise: a. Serve God and country; b. Help people; c. Live by the Girl Scout Law.
 - Everyone wears a Girl Scout Pin and should wear it to all of the rest of the meetings.
4. Pin each of the girls and say the Girl Scout Promise.
5. If there is time left later in the meeting, play the Girl Scout Relay Game.

ACTIVITIES

I. Science Scavenger Hunt

(15 minutes) Science in Action #1, Science Wonders #5

Science has helped to make people's lives easier. Look around you to find different "inventions" we use every day. Also magnets have an invisible force that pulls things to them. The magnet will stick right to the object. Test it out!

EQUIPMENT:

- Scavenger Hunt worksheet
- Pencils
- Magnets

INSTRUCTIONS:

- Take a walk around your surroundings to find examples of each of the things listed on the scavenger hunt sheet.
- Test to see if the magnet sticks to the object in the scavenger hunt.

II. Magnetic Box

(20 minutes) Science in Action #5

Make your own "Etch a Sketch."

MATERIALS:

- small cardboard box/plastic container with a lid
- steel wool
- plastic wrap
- magnet
- scissors
- tape
- newspaper

INSTRUCTIONS

- Spread newspaper out on the table.
- Have an adult cut up the steel wool into small pieces.
- Place the pieces in the box so that they completely cover the bottom of the box.
- Place the plastic wrap over the top of the box and tape it to the sides of the box.
- Move the magnet from underneath the box to move the steel wool into patterns.

How far away can you hold the magnet from the bottom of the box and still be able to move the steel wool around?

SAFETY RULES

Before starting any of these activities, remind the girls of the following:

- Follow all instructions. Wait until you are told to do the next step.
- Keep your hands away from your mouth and eyes
- Wash your hands after each experiment



III. Solid, Liquid, or Gas (40 minutes)

Everything in the world is a solid, liquid or gas. These things can change from one to the other by cooling or heating. Ice starts out as a solid. As it melts, it then changes into its liquid form called water and when it evaporates into the air it turns into a gas.

- It Just Doesn't Add Up (5 minutes)
(group activity)

One plus one doesn't always equal two, as your friends will find out when they mix rubbing alcohol with water! See why these substances are more than the sum of their parts.

(Resource - from "The Yuckiest Website.")

MATERIALS:

- large measuring cup
- 2 - 3-quart pots or bowls
- spoon
- masking tape
- rubbing alcohol (1 bottle or 2 cups)
- water (1 quart or 2 cups)
- paper towels

INSTRUCTIONS:

Start off by estimating how much fluid will be in the measuring cup once the mixture is poured into it. (1 cup water + 1 cup rubbing alcohol = ?)

- Put 1 cup of water in the pot, and then pour in 1 cup of rubbing alcohol.
- Stir the water and alcohol well.
- Pour the mixture into the measuring cup and measure the volume of the mixture.

WHAT HAPPENS: You will end up with a combination of two liquids that's noticeably less than two cups!

WHY THIS HAPPENS: Part of the water-alcohol mixture seems to disappear because of the space between the molecules of water and alcohol. When these two particular liquids are combined, the alcohol molecules slip between the spaces of the water molecules. This creates a smaller combined volume for the two liquids, hence the strange shrinking illusion.

B. Weird Glop – (15 minutes)

Science in Action #2

Weird Glop is neither a real solid nor liquid. (Remember DO NOT EAT THIS!)

MATERIALS:

1/2 cup cornstarch
1/4 cup water
plastic spoons or craft sticks
measuring cup
food coloring
small “dixie” paper cups
newspaper
paper towels

INSTRUCTIONS:

- Spread newspaper out over the table.
- Pour the water into a paper cup. Add a little cornstarch at a time into the water while stirring with a craft stick.
- Keep mixing until all your glop looks and feels the same. It will look runny but is stiff to the touch
- Add food coloring if desired.
- Clean up

QUESTIONS:

How is the glop different from water?

How is it different from the starch?

What can you do with it?

C. Silly Putty, GAK (20 minutes)

Science Wonders # 4

MATERIALS:

Glue
Liquid starch
paper cups
spoon or craft sticks
food coloring (optional)
zip lock bags
newspaper

INSTRUCTIONS:

- Spread newspaper out over the table.
- Mix 2 parts glue with 1 part liquid starch in a zip lock bag. Add food coloring if desired.
- Mix well in the bag before taking it out and kneading it by hand. It will be stringy!
- Take the mixture out of the bag and play with it. Add a little liquid starch if it continues to stick to your hands. The mixture will eventually be able to be handled without sticking to your hands.
- It will be solid and bounce! It will also “lift off” a picture from the newspaper.
- Once you have finished playing with the putty, put it back into the bag.

CLEAN UP (5 minutes)

1. Everyone pitches in to clean up the area.
2. A Girl Scout always leaves a place better than she finds it! (Girl Scout Ways # 2)

CLOSING Friendship Circle - Girl Scout Ways #2

1. Everyone stands quietly hands joined in a circle, hands crossed right hand over left.
2. The leader starts "Friendship Squeeze" by squeezing the person's hand to her left.
3. That person, in turn, squeezes the hand of the person to her left.
4. The Friendship Squeeze should then be passed from person to person until it returns to the leader and then everyone says, Good night Girl Scouts.

EXTRA TIME ACTIVITY Girl Scout Promise Relay

EQUIPMENT

Poster board/large newsprint paper with the Promise written on it.

Tape

2 sets of 3x5 index cards – one word of the Promise on each card.

DIRECTIONS

1. Divide the group into two even teams.
2. Mix up each set of cards and place the cards at the beginning of each team line.
3. Designate starting line and a point across the room that each team must run to for the relay.
4. The first person in each line picks up the first card and runs across the room and places it in its designated spot in the Promise. She then runs back to her line and tags the next person in line.
5. The second person takes the next cards and runs across the room to place her card in its appropriate spot and returns to tag the next in line.
6. This continues until all cards have been placed in order.

Variation - If the girls need help reading or remembering the Promise, have the words written out on newsprint for each team. Let the girls match the word on the paper with the index cards.

MEETING 2

STARTING ACTIVITY

Group Puzzle (10 minutes)

EQUIPMENT

Magazine pictures or ads that have been cut into puzzle pieces

INSTRUCTIONS

1. The purpose of this game is to get the girls to mix and work with others as a team.
2. Mix the different magazine puzzle pieces together.
3. Pass out the puzzle pieces to the girls as they come into the meeting place.
4. Ask them to find the other girls who have the puzzle pieces to the same puzzle and put the picture together.

OPENING

(10 minutes) Girl Scout Ways #2

EQUIPMENT

Brownie Girl Scout Handbook, pages 33-37

DIRECTIONS

1. Read the story, "A Brownie Tale," to the girls
2. After the story, help them to think of how this story pertains to them. "In the Girl Scout Promise we say: 'to help others at all times....' How can you, as a Brownie Girl Scout, help others?"
3. Ask the girls to come back next meeting and tell about ways they help someone else.

SAFETY RULES

Before starting any of these activities, remind the girls of the following:

- A. Follow all instructions. Wait until you are told to do the next step.
- B. Keep your hands away from your mouth and eyes
- C. Wash your hands after each experiment

ACTIVITY STATIONS

Set up the following activities into stations. Make sure there are fresh materials available for each rotation. Break up the group into smaller groups and have them rotate from one station to the next. Give each rotation a 10 minute time limit for a total of 30 minutes.

I. Balloon Blowing (10 minutes)

Science in Action #3

Try blowing up a balloon without using you own breath.

MATERIALS:

- vinegar (1/4 cup)
- small plastic bottle (with a neck)
- baking soda (2 tablespoons)
- small balloon

INSTRUCTIONS:

- Pour the vinegar into the bottle.
- Stretch open the balloon and place the baking soda into it.
- Hold the contents of the balloon to the side as you place the mouth of the balloon over the neck of the bottle. Make sure the balloon is tightly around the neck.
- Lift the contents of the balloon over the opening of the bottle and shake the baking soda into the bottle.
- Watch what happens. Why does it happen?



II. Cartesian diver (10 minutes)

Resource: <http://bizarrelabs.com/cart.htm>

MATERIALS

- Large plastic soda bottle with a cap.
- Water
- ball point pen cap, or rubber bulb from an eye dropper, or a packet of soy sauce (this object becomes the diver)
- small rubber band

INSTRUCTIONS

- Fill a large empty plastic soda bottle to the brim with water.
- Weigh down the open end of the eye dropper using the rubber band or whatever you can get to work so that the diver just floats in the water (it needs to have a little bubble of air in the top). It should be just on the verge of sinking.
- Make certain that the bottle is filled to almost overflowing and screw on the cap.
- Squeeze hard and hold; do not release the tight grip on the bottle. You may have to adjust the placement of the person's hands on the bottle to get this to work. (If the girls are having difficulty, add another person to squeeze the bottle.)

WHY IT WORKS:

When the bottle is squeezed, the diver (eyedropper) should descend. The reason this works is that as the bottle is squeezed, the water is forced into the diver, the only place it can go. The tiny bit of air in the diver is compressed, and the overall density of the diver increases, causing it to sink.

C. Sucker's Bet (10 minutes)

Dare your friends to drink out of the jar

MATERIALS:

- Glass jar (jelly jar)
- Hammer and nail
- Plastic drinking Straw
- Modeling clay
- Water

INSTRUCTIONS:

- Have a grown-up help you make a hole big enough for the straw in the metal jar lid using the hammer and nail.
- Fill the jar about halfway with water and put the cap on.
- Stick the straw in the water through the hole in the cap and plug up the area around the straw tight with the clay so that no air can get in.
- Try to drink the water in the jar through the straw.
- The water doesn't budge!

WHY THIS HAPPENS:

Usually when you use a straw to drink water from an open glass, air pressure makes the water travel up the straw. In this case, since you've sealed the lid, you've blocked the air pressure and the water can't rise. No matter how big a sucker you are, you can't get a sip out of this one.

IV. Penny Power

This is a couple of quick activities that the girls can try when they have a free moment.

EQUIPMENT

Water
Eyedropper
penny
waxed paper
newspaper
paper towels

INSTRUCTIONS (ACTIVITY 1)

- Place a dry penny on a paper towel
- Use the eyedropper to carefully place drops of water onto the face of the penny
- How many drops can each girl can place on the penny before the water spills over?
- Look at the penny from the side to see the dome of water on the penny.

INSTRUCTIONS (ACTIVITY 2)

- Place a piece of waxed paper on top of a page of the newspaper
- Drop a couple of drops of water onto the waxed paper
- Look at the newspaper through the drop of water. What do you see?
- Try moving the water around on the waxed paper. How does it move?

V. A Butterfly of Many Colors (10 minutes) Science in Action #4

The ink in a felt tip marker is made up of different chemicals when mixed together form the color black. Find out which colors they are.

MATERIALS:

Black, water soluble markers
coffee filter
scissors
cup of water

INSTRUCTIONS:

- Fold the coffee filter in half and cut it into the shape of a butterfly.
- Draw a big thick black line down the center fold of the butterfly.
- Fold the butterfly in half again along the black line. Fold it in half several more times.
- Dip the tip of the filter into the water.
- Lay the filter open on the table and watch what happens.

VI. Flower Power (5 minutes)

This is a group activity.

MATERIALS

white carnations
water
food coloring
glass or jar

INSTRUCTIONS

- Fill the glass or jar with water until it is half-full.
- Add five to ten drops of food coloring to the water and mix.
- Place the stem of a flower into the colored water.
- Let the flower stay in the water overnight, or until it begins to change color.

WHAT HAPPENS:

The flower petals attain the same color as the food coloring.

WHY THIS HAPPENS:

The water and food coloring have moved up the stem to the flower through tiny tubes within plant stems, making it change color. Florists use this trick to create flowers with unusual colors. That's why you'll see green carnations being sold around St. Patrick's Day!

CLEAN UP

(10 minutes)

SNACK

Make S'mores Girl Scout Ways #3

Traditionally these treats are made with a toasted marshmallow around a campfire. This is a fun and easy adaptation you can do anywhere.

SUPPLIES

- Graham crackers
- Jar of Marshmallow Fluff
- Chocolate bars
- Spoon
- Napkins

DIRECTIONS

1. Give each girl 2 graham crackers squares.
2. Break the chocolate bars in half. Give each girl one half.
3. Place a generous spoonful of Marshmallow in the center of one of the crackers.
4. Put the chocolate on the other cracker
5. Put the two sides together and gently squish the marshmallow
6. Eat and enjoy....repeat!

CLOSING

(10 minutes)

EXTRA ACTIVITY

(if you need to fill time before girls leave)

EQUIPMENT:

- Poster with the words to the songs
- Songbook

INSTRUCTIONS:

1. Sing the song through once so the girls get the idea of the tune.
2. Sing one line and have the girls sing it back
3. Continue this until you have sung all the lines
4. Put the song together

MAKE NEW FRIENDS

Make new friends
But keep the old
One is Silver
And the other's gold.

THE BROWNIE SMILE SONG

I've got something in my pocket that belongs
across my face
I keep it very close at hand in a most convenient place
I'm sure you couldn't guess it if you guessed a
long, long while
I'll take it out and put it on, it's a great big
Brownie smile!

MEETING 3

STARTING ACTIVITY

(10 minutes)

Here's a chance to have the girls learn a little more about Girl Scouting.

MATERIALS

- paper
- magazines
- markers
- glue
- scissors

INSTRUCTIONS

- As the girls come, give each a piece of paper marked with one part of the Girl Scout Law: I will do my best to be:
 - Honest and fair
 - Friendly and 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.
- Have the girls draw a picture or make a collage showing what that part of the Law means to her.

OPENING

(15 minutes)

- Form a Friendship Circle
- Recite the Girl Scout Promise
- Go around the circle and have each girl show her drawing and tell about what the part of the Girl Scout Law means to her.
- Tell the girls about the Girl Scout Motto – “Be prepared,” and the Girl Scout slogan – “Do a good turn daily.” Ask for a couple of examples as to how they can live them each day.

SAFETY RULES

Before starting any of these activities, remind the girls of the following:

- Follow all instructions. Wait until you are told to do the next step.
- Keep your hands away from your mouth and eyes
- Wash your hands after each experiment



ACTIVITIES

I. Static Electricity (15 minutes) Science Wonders #6

Static electricity is a special kind of electricity. It can be made when two things are rubbed together like when you walk across the rug and then touch something metal. Lightning is also a form of static electricity. Here is a way to make your own static electricity.

MATERIALS

- Balloons
- String
- Paper – cut into very small pieces
- Wool cloth
- Scissors

INSTRUCTIONS

- Blow up and tie off the balloons.
- Rub the balloon very quickly over the wool cloth or your hair.
- Hold the balloon over the pieces of paper or out away from your head. What happens?
- Take two balloons and tie a piece of string to each.
- Rub the balloons with the wool cloth and try to touch them together. What happens?
- Rub another balloon with the wool cloth and hold it near a thin stream of water. What happens?
- After rubbing a balloon with the wool cloth or with your hair, try sticking the balloon to the wall.

II. Juice It Up (5 minutes)

MATERIALS

- matches
- a candle
- a fresh orange/lemon rind
- knife

INSTRUCTIONS

- Cut a couple of thin slices of rind off a lemon.
- Light a candle and hold it sideways.
- Hold the outside of the rind near the flame and squeeze the inside surfaces together.

WHAT HAPPENS:

Tiny fireworks appear between the rind and the candle flame!

WHY THIS HAPPENS:

When you squeeze the rind, you break the skin and cause the oil in the rind to squirt out. The oil then ignites and burns with a brief but bright sparkle when it hits the flame.

III. Transfer ink (20 minutes) Science Wonders #4

When this is spread on an image in newspaper, the image can (usually) be transferred to another surface.

MATERIALS:

- 2 tablespoons soap powder or soap scrapings (not a detergent)
- 1/4 cup hot water
- 1 tablespoon turpentine
- measuring spoons
- jar with a lid
- paint brush
- blank paper
- newspaper or comic book

INSTRUCTIONS

- Dissolve the soap powder in a bowl of hot water.
- Add the turpentine and then pour the mixture into a small screw top jar.
- Brush the mixture over a picture from a comic book newspaper
- Wait about 10 seconds and place a sheet of paper over it.
- Rub the back with a spoon.
- Carefully lift the paper off the newspaper to see the transferred image.

CLEAN UP

(5 minutes)

SNACK

Sparky Party (10 minutes)

Try shooting sparks from your mouth using Wint-o-Green Lifesavers

MATERIALS

- Wint-O-Green Life Savers (be sure they're not sugarless)
- a mirror
- a pair of pliers (to be used if you're not allowed to bite hard candy)
- a dark room

INSTRUCTIONS

- Hand out a couple of Lifesavers to each girl.
- Go into a dark room or closet.
- Wait until your eyes have adjusted to the darkness. This will enable you to see sparks more easily.
- Have each girls hold a Lifesaver between her teeth and have the others watch as she bites down on it. (If you can't bite hard candies, crush it with a set of pliers.)

WHAT HAPPENS:

Sparks of blue-green light leap out from wherever your teeth crack the candy!

WHY THIS HAPPENS:

What you've seen is a miniaturized version of lightning! Lightning is a stream of electricity that excites nitrogen molecules in the air. Electricity provides excited nitrogen molecules with the extra energy to release as visible light. When you crush sugar crystals with your teeth, the pieces become positively and negatively charged. This makes the electricity jump through the air between the pieces of sugar, exciting nitrogen molecules and making sparks.

Sugar alone won't give you the cool effect that Wint-O-Green Life Savers do, however! That's because a lot of the energy that gets released from plain old crushed sugar gets released as ultraviolet light, which the human eye can't see. But the wintergreen in the Life Savers is a very special substance that absorbs this ultraviolet energy and transforms it into visible light. This process is called *fluorescence*. This trick works only with real sugar, not sugar-free substitutes.

CLOSING

(5 minutes)

MEETING 4

OPENING

Girl Scout Promise Relay (10 minutes)

EQUIPMENT

- Poster board/large newsprint paper with the Promise written on it.
- Tape
- 2 sets of 3x5 index cards – one word of the Promise on each card.

INSTRUCTIONS

1. Divide the group into two even teams.
2. Mix up each set of cards and place the cards at the beginning of each team line.
3. Designate starting line and a point across the room that each team must run to for the relay.
4. The first person in each line picks up the first card and runs across the room and places it in its designated spot in the Promise. She then runs back to her line and tags the next person in line.
5. The second person takes the next cards and runs across the room to place her card in its appropriate spot and returns to tag the next in line.
6. This continues until all cards have been placed in order.

VARIATION

If the girls need help reading or remembering the Promise, have the words written out on newsprint for each team. Let the girls match the word on the paper with the index cards.

SAFETY RULES

Before starting any of these activities, remind the girls of the following:

- A. Follow all instructions. Wait until you are told to do the next step.
- B. Keep your hands away from your mouth and eyes
- C. Wash your hands after each experiment

ACTIVITIES

I. Vampire Soap (20 minutes)

MATERIALS

- a bar of soap
- 2 or 3 laxative pills, such as Ex-Lax
- rubbing alcohol (1 tablespoon)
- zip lock bags
- measuring spoons
- spoon used to mix
- wash basin
- paper towel
- water

INSTRUCTIONS

- Place one or two laxative tablets into the bag and crush them.
- Add a tablespoon of rubbing alcohol and mix together
- Rub some of the mixture on your hand and allow it to dry.
- Then wash it off with soap.

WHAT HAPPENS: The soapy water turns bright red!

WHY THIS HAPPENS: The laxative contains a substance called phenolphthalein, which turns bright red when it mixes with an alkali (also known as a base) like soap. Soap is made from boiling fat together with a strong alkali. By adding water you free some of the alkali, which is then free to mix with the phenolphthalein on your hand.



II. Bubbles (25 minutes)

Science Wonders #2

You can make your own bubbles.

MATERIALS:

- 1 gal of water
- glycerine (40 drops)
- 1/2 cup dishwashing liquid
- measuring cup
- eye dropper
- drinking straws and string
- coat hanger
- large flat pan
- mixing bowl

INSTRUCTIONS

- Mix everything together in the flat pan.
- Stir slowly. Let the mixture set for one day.
- String together two straws leaving about two inches of string on the top and the bottom between the straws to make your bubble maker.
- You can also bend a coat hanger into the desired shape.
- Dip the bubble maker into the bubble mixture, lift it out and gently wave it into the air.

SNACK

Plop, Plop Fizz, Fizz Soda Pop (15 minutes)

MATERIALS

- lemon or orange
- large glass water
- 1 teaspoon of baking soda
- sugar or some other sweetener
- measuring spoons
- paper cups

INSTRUCTIONS

- Squeeze juice from the lemon or orange into your glass,
- Add an equal amount of water.
- Stir in a some of the teaspoon of baking soda into the liquid.
- Add some sugar and taste. You may have to add a bit more.

WHAT HAPPENS: Your homemade soda will be fizzy and taste like lemon or orange soda.

WHY THIS HAPPENS: All that bubbling is the result of a chemical reaction between a base and an acid. A base is a compound that gives off negatively charged hydrogen ions when dissolved in water, and an acid is a compound that gives off positively charged hydrogen ions when dissolved in water. When you mix the baking soda (a base) with the lemon or orange soda (an acid), they react and produce a fizzy gas called carbon dioxide. (The bubbles in store-bought sodas are also created bi-carbon dioxide, but they're added under pressure to water.)

CLEAN UP

(10 minutes)

CLOSING

(10 minutes)

Additional Activities

PRESTO CHANGE-O (Science Wonders #4)

Mighty Morphin Milk

MATERIALS:

- 4 ounces of milk
- 1 teaspoon of vinegar
- a small pan
- a small clean jar
- measuring cup
- measuring spoons

INSTRUCTIONS:

Heat the milk in a pan until it curdles, or forms lumps. Slowly pour off the runny liquid. Put the lumps in the jar and add vinegar. Let it stand for an hour or so.

WHAT HAPPENS: After an hour or so, you'll find that a rubbery blob has formed in the jar! Slowly pour off any runny liquid inside. Then take the blob out and shape it into a ball or some other simple shape. Let it harden in the open jar or on a paper towel for a few hours or longer. Once dried, you may want to decorate it with acrylic paints.

WHY THIS HAPPENS: When the milk and vinegar (or any kind of acid) are mixed together, the milk separates into a liquid and a solid made of fat, minerals, and a protein called casein (KAY-seen). Casein is made up of very long molecules that bend like rubber until they harden.

Make Abe Lincoln Turn Green

MATERIALS

- paper towel
- paper plate
- vinegar
- pennies

INSTRUCTIONS

Fold the paper into a square. Lay it on the paper plate. Soak paper towel with vinegar. Place pennies (Lincoln face-down) on wet paper towel. Wait 12-15 hours or until the next morning.

WHAT HAPPENS: The Abe Lincoln-side of the pennies has turned bright green!

WHY THIS HAPPENS: The vinegar has a chemical reaction with the copper in the pennies. This reaction forms a green substance called copper acetate. (If your pennies don't look very green at first, just wait—the longer they're in contact with vinegar, the greener they'll become.) You can find a famous example of this on the Statue of Liberty. When the Statue of Liberty was first created more than a 100 years ago, it was bright and shiny as a new penny because of its copper sheeting. But more than a century of aging, harsh weather conditions, and pollution have turned the Statue of Liberty into the green color we see today.

Elmer's Slime (15 minutes)

This is one of the simplest forms of slime. It produces a lovely, white (unless you color it), opaque goo. (NOTE: It will dry out, so store it sealed (zip lock) and refrigerated. Its shelf life is limited; it may eventually mold. Usually it cleans up easily. If slime dries on an object, try soaking it off the object. Do not to set it on wood, fabric, or any other surface that does not clean up easily. This form of slime is not terribly toxic, however, caution girls not to eat it.)

MATERIALS

- Teaspoon
- Big jar
- Bowl - 2 quart
- Dixie cups
- Borax powder
- 4-ounce bottle of white glue (not school glue)
- Water (preferably distilled)
- Food coloring (optional)
- zip lock bags
- newspaper

INSTRUCTIONS

- Spread newspaper out over the table.
- Fill a Dixie cup with glue and pour it into the zip lock bag.
- Fill a Dixie cup with water and add to the bag. Continually squeeze the contents of the bag to mix everything up. You can add food coloring here if you wish - a few drops will do.
- Pour one cup of distilled water into the bowl and add 1 teaspoon of borax powder. Mix well.
- Slowly add the glue mixture to the bowl, stirring as you do so. Place the thick slime that forms into your hand and knead until it feels dry. (There will be an excess of water remaining in the bowl.)
- It will be wet, stringy and messy at first, but the more you play with it, the better it mixes and the less sticky and firmer it becomes.
- Store your slime in a zip lock in the fridge.

SCIENCE AND TECHNOLOGY AND MAGNET SCAVENGER HUNT

Look for examples for each item listed in the squares.

You can also test these things to see if they are magnetic.

Something made of PLASTIC	Something made from TREES	Something that moves in a CIRCLE	Something that comes from the EARTH	Something that uses a SWITCH
Something made of METAL	Something that uses ELECTRICITY	Something that uses WHEELS	Something that MEASURES	Something that makes or uses SOUND
Something from the OCEAN	Something that runs by COMPUTER	FREE	PAPER	CARDBOARD
ALUMINUM FOIL	PENNY	BEANS	PAPER CLIP	PENCIL
PEN	PARTS of a DOOR	SILVERWARE	PARTS of a TABLE	STRAIGHT PIN

