

Junior Badge Index by Activity (2002)				
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Animals	find out about 2 diseases that pets can spread	Don't pass it on	Pet Care	57
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Animals	how do you communicate with a pet?	Animal talk	Pet Care	57
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Animals	learn how seals, walruses and polar bears stay warm	Natural Insulation	Frosty Fun	101
Animals	find out about the places you can ride horses in your community	On the Trail	Horse Fan	105
Animals	learn the parts of the saddle and bridle	Ease with Equipment	Horse Fan	105
Animals	saddle and bridle a horse by yourself	Get Ready to Ride	Horse Rider	107
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Animals	learn 2 new riding skills, work with an instructor	New Skills	Horse Rider	107
Animals	take riding lessons	Perfect Your Form	Horse Rider	107
Animals	observe animals in their habitats	Urban Wildlife	Outdoors in the City	114
Animals	teach a dog, cat or bird a new trick	Creature Teacher	Plants and Animals	116
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Animals	with 25 pictures of animals create 4 groupings, explain	Creature Clusters	Plants and Animals	117
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Animals	make up a game that imitates animals that live in water	Water Moves	Swimming	121
Animals	draw, or take pictures of a plant or animal you can observe	It's all about the Details	Wildlife	125
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Animals	watch a wild animal and discover 3 things about it	How was your day?	Wildlife	125
Animals	learn about rescue workers who save animals from oil spills	A Day's Week	Oil Up	196
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Animals	learn about the water food chain	Water Food Chain	Water Wonders	215
Animals	set up an aquarium	A Balanced Life	Water Wonders	215
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Business	invest in and follow a pretend stock in the stock market	Invest together	Money Sense	23
Business	invest in and follow a pretend stock in the stock market	Ups and Downs fo the Market	Money Sense	23
Business	visit someone who makes art for the home at home	Home Arts: Home Business	Art in the Home	131
Cars	discover how speed is affected by friction	Here's the Rub	Science Discovery	203
Cars	keep track of your car or bus trips for one week	Add it Up	Walking for Fitness	89
Cars	find out how auto emissions are monitored	You "Auto Know"	Eco-Action	97
Cars	make a snow-storm emergency kit	Snow Travel Savvy	Frosty Fun	101
Cars	find out about parts of a car that need to be checked regularly	Check it Out	Car Care	59
Cars	give directions on a safety check for a car	Write it down	Car Care	59
Cars	what are all the things on the dashboard of the car	On the Dashboard	Car Care	59
Cars	what are tires made of	Keep on Rolling	Car Care	59
Cars	what are considered special features on a car	Owner's Manuel	Car Care	59
Cars	find out how to wash a car and wash it	Make it Shine	Car Care	59
Cars	find out about safety inspections	Public Safety	Car Care	59
Cars	create an emergency kit for the car	Be Prepared	Car Care	59
Cars	choose one of the examples in book to learn about	As we live and breathe	Car Care	59
Cars	create a car safety poster	Campaign for Safety	Safety First!	67
Ceremony	plan a ceremony	Ceremonies: A Girl Scout Tradition	GS in the USA	7
Ceremony	learn and participate in a flag ceremony	Red, White, and Blue	Model Citizen	21
Ceremony	plan a coming of age ceremony	Celebrate	Becoming a Teen	31
Ceremony	hold and awards night	Award Night	Being my best	33
Ceremony	make an origami paper crane, use it in a Girl Scout friendship ceremony	In the Fold	Art in 3-D	132
Ceremony	perform a piece of music	On Stage	Making Music	193
Clothing	find the best fabrics to us for different types of weather	What would I need if...	Your Outdoor Surroundings	127
Clothing	plan and show how to dress & what to take on a day hike	Comfort and the Right Stuff	Hiker	103
Clothing	create a clothing accessory for yourself	Fashion Add-Ons	Art to Wear	135

Clothing	make or altar a piece of clothing you own	Show Your Flair	Art to Wear	135
Clothing	make a design to put on a piece of fabric or clothing	Pattern-Maker	Art to Wear	135
Clothing	create clothes for dolls	Doll Clothes	Art to Wear	135
Clothing	decorate something you own	Decorate Your Wears	Art to Wear	135
Clothing-Fashion Show	Have a sun safety fashion show	Sun Sensations	Environmental Health	72
Clothing-Fashion Show	have a walker's fashion show	Weather it well	Walking for Fitness	89
Clothing-Fashion Show	hold a fashion show for winter	Dress Cool	Frosty Fun	100
Clothing-Fashion Show	have a fashion show in person or paper for proper riding gear	Fashion and Function	Horse Fan	105
Collecting	collect your pennies for a month	Pennies Count	Consumer Power	35
Commercial	make a commercial about a country you want to visit	Make a Travel Ad	GS in My Future	5
Commercial	sell a made up product using your favorite entertainer	Tie-Ins	Consumer Power	35
Commercial	create a radio commercial about drugs	Get the message out	High on Life	65
Commercial	write a public safety announcement	Safe at any age	Safety First!	67
Commercial	make a commercial that focus' on enviromental health	Get the Word Out	Environmental Health	72
Community	observe the geography in your community	Take a look around you	Humans and Habitats	17
Community	brainstorm solutions to a community problem	More on Leadership	Lead On	19
Community	how can you help the homeless	Without a home	World Neighbors	29
Community	learn about an ethnic group from your community	It's a small world	World Neighbors	29
Community	find out about a story, landmark, legend or monument	Word of Mouth	Local Lore	51
Community	compare a map of neighborhood from 25 years ago to now	It's all on the maps	Local Lore	51
Community	take a tour of your community	Tour your community	Local Lore	51
Community	plan a 20 minute biking tour	Show and Tell	My Community	53
Community	where do you go to get help in your community	Questions and Answers	My Community	53
Community	what type of government do you have can you improve it	How it Works	My Community	53
Community	create an environmental newspaper, use issues in your community	Environmental Times	Environmental Health	73
Community	work on a smoke out day for your community	Smoke Free	Environmental Health	73
Community	create a newspaper on environmental issues	Start the Presses	Eco-Action	97
Community	find out about 3 outdoor activities in your community	What can You do	Outdoors in the City	114
Community	walk in your community, find example of architecture you like, draw it	Building Tour	Architecture	128
Community	look for 5 examples of 3 dimensional art	All Around the Town	Art in 3-D	133
Community	learn about recycling	Recycling Technology	Discovering Technology	149
Community	help make some repairs in the community	Repairs within Your Community	Ms. Fix It	163
Computer	find out five different ways computers are used	Computers on the Job	Careers	13
Computer	use a program to build or design something	Just for Practice	Discovering Technology	148
Computer	make a list that has computer chips in them and have a group find it	All things Digital	Discovering Technology	148
Computer	create a design using graphic design software	Graphic Design	Prints and Graphics	165
Computer	design the page of a book using font, illustration and border	Book Design	Prints and Graphics	165
Computer	create and work environment and sign the online safety pledge	Get Set Up	Computer Fun	183
Computer	learn how to do basic computer operations	Just the Basics	Computer Fun	183
Computer	use the computer to create something artistic	Computer Artist	Computer Fun	183
Computer	create a newsletter on your computer	Desktop Publishing	Computer Fun	183
Computer	demonstrate computer games to a younger group	Fun and Games	Computer Fun	183
Computer	be a computer software reviewer	Review the Products	Computer Fun	183
Computer	use computer software to do something useful	Get Practical	Computer Fun	183
Computer	use computer to build a model	Use Computers to Design	Making it Matter	191
Computer-Net	find out about different countries on the net	WAGGGS on the Web	GS Around the World	3
Computer-Net	find out about girl scouting around the world	Just for Girls	GS Around the World	3
Computer-Net	learn about the four World Centers	WAGGGS Travel	GS Around the World	3
Computer-Net	Find out about the Gold and Silver Awards	Check out the Silver and the Gold	GS in My Future	4
Computer-Net	find out about Juliette Low	Daisy's Life	GS in the USA	7
Computer-Net	learn about a WAGGGS country	Sisters	Global Awareness	15
Computer-Net	visit Dr. M website - get and give advice to other teens	Looking Ahead	Becoming a Teen	31

Computer-Net	play a computer game where you must make decisions	Computer Game choices	The Choice is Yours	61
Computer-Net	look up artists who do sculpture and try your hand in the 3-D art style	Past Masters	Art in 3-D	132
Craft	make a passport or apply for one	Make your own Model Passport	GS in My Future	5
Craft	make a plaque or wall hanging about the GS Law	The Girl Scout Law in Action	It's Important to me	36
Craft	make a looking your best tips book, poster, video, etc.	Collect Tips	Looking Your Best	39
Craft	make a rainy day activities box for young children	Box of tricks	Caring for Children	43
Craft	design a trading card for a female athlete in a field sport you admire	Be a Fan	Field Sports	75
Craft	make a piece of trash something useful	Trashy Art	Eco-Action	97
Craft	decorate grocery bags for Earth Day	Paper Rules	Eco-Action	97
Craft	make a 3 dimensional map	Make a Model	Finding Your Way	99
Craft	make snow paint	Snow Painting	Frosty Fun	101
Craft	press flowers	Capture a piece of Nature	Outdoor Creativity	111
Craft	create your own topiary	Living Sculpture	Plants and Animals	117
Craft	create a way to show architecture from around the World	Architecture Around the World	Architecture	129
Craft	create a structure out of twigs, sticks, coffee stirrers, etc	House of Sticks	Architecture	129
Craft	create a room in a shoe box	Create a Dream Room	Art in the Home	131
Craft	make a dried gourd decoration	A Dried Gourd Decoration	Art in the Home	131
Craft	make a holiday decoration	Holiday Décor	Art in the Home	131
Craft	make something that would make your home nicer	Accent on Beauty	Art in the Home	131
Craft	create an abstract sculpture	Negatives are Positive	Art in 3-D	133
Craft	practice and make something using wood carving	Carve It	Art in 3-D	133
Craft	make a mobile	It's Mobile	Art in 3-D	133
Craft	make a craft project out of wire	Wire It	Art in 3-D	133
Craft	make a friendship anklet using sewing, knitting, crochet or embroiderey	Fashion Freindship	Art to Wear	135
Craft	make a design to put on a piece of fabric or clothing	Pattern-Maker	Art to Wear	135
Craft	create book covers for 2 picture books	Picture This!	Books	137
Craft	create a special frame for a picture you have enlarged	Show Time	Camera Shots	139
Craft	create music or dialogue for a video you made	Show Time	Camera Shots	139
Craft	decorate squares of tiles	Time for Tiles	Ceramics and Clay	141
Craft	decorate bisqueware	Grin and Glaze it	Ceramics and Clay	141
Craft	make a form of sculpture called bas-relief	Bas-relief	Ceramics and Clay	141
Craft	make a rubbing	Rubbed the Right Way	Prints and Graphics	165
Craft	make your own stamp	Stamp Designs	Prints and Graphics	165
Craft	create a stencil	Stencil Fun	Prints and Graphics	165
Craft	create a silk screened design	Silk Screening	Prints and Graphics	165
Craft	create stationary, card or wrapping paper using prints	Eye for Design	Prints and Graphics	165
Craft	make a mat and frame for one of your prints	Decorating with Prints	Prints and Graphics	165
Craft	make a mask	Make a Mask	Theater	171
Craft	decorate a small object like a scarf, t-shirt, or pillowcase	Dye It	Yarn and Fabric Arts	179
Craft	learn how to weave	Weave On	Yarn and Fabric Arts	179
Craft	learn how to knit and make something	Knit On	Yarn and Fabric Arts	179
Craft	learn how to crochet and make something	Crochet On	Yarn and Fabric Arts	179
Craft	learn how to embroidery	A stitch in Time	Yarn and Fabric Arts	179
Craft	make and fly a kite	Go Fly a Kite	Aerospace	181
Craft	make a polymer - plastics are a type of material called polymer	Making a Polymer	Making it Matter	189
Craft	make a other kinds of polymer	Polymer Possibilities	Making it Matter	189
Craft	make your own fossil	Fossil Fun!	Rocks Rocks	199
Craft	make a kaleidoscope	Light and Reflection	Science Discovery	201
Craft	mix primary and secondary colors, make a picture	Color Mixing	Science in Everyday Life	207
Craft	learn and create a simple time instrument	How much time?	Science in Everyday Life	207
Craft	make a crystal	Crystal Quest	Science Sleuth	209
Craft	build a weather instrument	Build a Weather Instrument	Weather Watch	217
Craft	use nature to create a something from nature	Many ways to be creative	Outdoor Creativity	110
Craft	make an airplane out of balsa wood	Test Flight	Aerospace	181
Craft-Art	use different mediums to make 3 different things	Media Savvy	Drawing and Painting	153
Craft-Art	learn the primary and secondary colors	Primary-Secondary	Drawing and Painting	153

Craft-Art	experiment with 2 different painting techniques	No Brushes	Drawing and Painting	153
Craft-Art	use shapes to make a picture	In Shape	Drawing and Painting	153
Craft-Art	create 2 pictures using shades of color	Shades of Color	Drawing and Painting	153
Craft-Art	make a mural	On the Wall	Drawing and Painting	153
Craft-Art	create an art gallery	On Your Own	Drawing and Painting	153
Craft-Art	learn an art that was traditional for girls 75 years ago	Traditional Art	Folk Arts	155
Craft-Art	in the outdoors create two works of art	Diversity in Nature	Outdoor Creativity	111
Craft-Art	create a piece of art that reflects your feelings about a spot in nature	Urban Art	Outdoors in the City	115
Craft-Art	use seeds to make your own work of art	Seed Art	Plants and Animals	117
Craft-Art	make a piece of art that represents your heritage	Art that's Me	Art in 3-D	133
Craft-Art	make a color wheel	ColorWise	Visual Arts	175
Craft-book	create a 4 page first aid safety book for younger children	Share the Messages	First Aid	63
Craft-book	create a book about your ideal place to be	It's All Yours	Globe-Trotting	185
Craft-book	create a book to keep your architectural ideas in	Idea File	Architecture	129
Craft-book	create a brag book	Create a "brag bag"	Being my best	33
Craft-book	create a heritage scrapbook	Create a heritage scrapbook	My Heritage	55
Craft-book	create a scrapbook about your pet	Book it	Pet Care	57
Craft-book	create a scrapbook of adventure sports	Picture it	Adventure Sports	68
Craft-book	keep a diary or scrapbook	Your personal heritage	My Heritage	55
Craft-book	make a booklet for babysitting	Safety First	Caring for Children	43
Craft-book	make a scrapbook about things that don't cost money	Money doesn't always matter	Money Sense	23
Craft-book	make an illustrated book about the history & development of the horse	Horses through history	Horse Fan	105
Craft-Clay	make something with clay	Mold It	Art in 3-D	132
Craft-Clay	make a piece of pottery using the coil method	Coil Up!	Ceramics and Clay	141
Craft-Clay	practice clay building techniques	Make it with Clay	Ceramics and Clay	140
Craft-Clay	show you know how to handle clay	Handle with Care	Ceramics and Clay	141
Craft-Clothing	create a clothing accessory for yourself	Fashion Add-Ons	Art to Wear	135
Craft-Clothing	create clothes for dolls	Doll Clothes	Art to Wear	135
Craft-Clothing	add to a store bought item	Fresh and Original	Folk Arts	155
Craft-Clothing	make or alter a piece of clothing you own	Show Your Flair	Art to Wear	135
Craft-Clothing	decorate your socks, stitch on lace or embroidery	Foot Fun	Sew Simple	168
Craft-Collecting	collect different room decorations and do an activity	Art in Style	Art in the Home	131
Craft-Display	create a display about girl scouts	Show the World	GS Around the World	3
Craft-Electrical	make an electrical connection	Making Connections	Making it Matter	189
Craft-Electrical	take apart and appliance and put it back together	Reverse Engineering	Making it Matter	191
Craft-Game	create a brainteaser game, toy or puzzle	Challenge the Imagination	Toymaker	173
Craft-Game	create a game or story	Connect with younger girls	GS Around the World	3
Craft-Game	create an educational game	Design an educational game	Toymaker	173
Craft-Game	make a board game	Make a Board Game	Toymaker	173
Craft-Game	make a game called Picaria and play it	Picaria	Puzzlers	167
Craft-Game	make a game your ancestors may have enjoyed	From Yesterday to Today	My Heritage	55
Craft-Game	make a math puzzle game	Make a Math Puzzle	Math Whiz	161
Craft-Game	make a travel safety quiz game	Travel Safe	On My Way	25
Craft-Game	visit a nursing home and learn a song, craft, etc	Share the Fun	Across Generations	41
Craft-Jewelry	make a piece of jewelry	Jewelry from everyday objects	Jeweler	157
Craft-Jewelry	learn about different jewelry making techniques	Jewelers Skills	Jeweler	157
Craft-Jewelry	make a piece of jewelry	Something Natural	Jeweler	157
Craft-Jewelry	make a piece of jewelry	Triple up	Jeweler	157
Craft-Jewelry	make a box for your jewelry	Store Your Gems	Jeweler	157

Craft-Kit	create an emergency kit for the car	Be Prepared	Car Care	59
Craft-Kit	create a personal stress kit	Create a personal stress kit	Stress Less	87
Craft-Kit	make a snow-storm emergency kit	Snow Travel Savvy	Frosty Fun	101
Craft-Kit	make a first aid kit	Be Prepared	Walking for Fitness	89
Craft-Music	design an instrument	A New Sound	Making Music	193
Craft-Nature	make a print with a piece of nature	Nature's Prints	Prints and Graphics	165
Craft - Paper	make 3 paper airplanes	Paper Airplanes	Aerospace	181
Craft - Paper	create a postcard	Create a travel postcard	On My Way	25
Craft - Paper	make a tangram and create different geometric pictures	The Chinese Tangram	Creative Solutions	144
Craft - Paper	make your own gift wrap	Your Own Gift Wrap	"Making" Hobbies	159
Craft - Paper	make a paper spiral spin	Paper Spirals and Frontal Systmes	Weather Watch	219
Craft - Paper	make a mirror and complete the poem	Mirror Mirror	Highway to Health	83
Craft - Paper	make an origami paper crane, use it in a Girl Scout friendship ceremony	In the Fold	Art in 3-D	132
Craft-Poster	create a car safety poster	Campaign for Safety	Safety First!	67
Craft-Poster	create a display about how animals become oil	Fossil Facts	Oil Up	196
Craft-Poster	create a poster about your community	Extra, Extra, read all about it	Local Lore	51
Craft-Poster	create a poster highlighting your communities unique features	Toot Your Own Horn	Globe-Trotting	184
Craft-Poster	create a poster of traditional dress of 3 countries	Fashions from Afar	Art to Wear	135
Craft-Poster	create a poster of ways that people pressure you	People Pressures	The Choice is Yours	61
Craft-Poster	create a poster to promote your local library	Your Library's Treasures	Books	137
Craft-Poster	create a poster using ads collected about drugs, alcohol, smoking	Media Overload	High on Life	65
Craft-Poster	create an advertising campaign for your business	Be Seen!	Business-Wise	11
Craft-Poster	create and ad for a healthy food	Create a food advertisement	Food Power	76
Craft-Poster	design a map showing where most oil deposits are in the World	Where in the World	Oil Up	196
Craft-Poster	make a human family collage	One Big Family	Celebrating People	45
Craft-Poster	make a poster about the importance of regularly visiting the doctor	Check out Healthy	Highway to Health	83
Craft-Poster	make a poster about your community	My Favorite Things	My Community	53
Craft-Poster	make a poster for cookies	Cookie Creativity	The Cookie Connection	9
Craft-Poster	make a poster for cookies	Be Bold	The Cookie Connection	9
Craft-Poster	make a poster of clothing from different era's	Fashion Through the Ages	Art to Wear	135
Craft-Poster	make a poster science related	Can't Live Without It	Science Discovery	202
Craft-Poster	make a poster using advertising ideas you have seen	Brand Images	Communication	47
Craft-Poster	put together a collage of different kinds of communication	Signals	Communication	47
Craft-Poster	with 25 pictures of animals create 4 groupings, explain	Creature Clusters	Plants and Animals	117
Craft-Sewing	learn and do several different stitches by hand	Hands Down	Sew Simple	168
Craft-Sewing	learn how to use a decorative stitch on a sewing machine	Program It	Sew Simple	168
Craft-Sewing	learn some basic stitches on the sewing machine	A stitch in Time	Sew Simple	168
Craft-Sewing	make cancer caps for children going through chemotherapy	Hospital Helpers	Sew Simple	169
Craft-Sewing	sew a puppet	Sew a Puppet	Sew Simple	169
Craft-Toy	make a toy your ancestors may have enjoyed	From Yesterday to Today	My Heritage	55
Craft-Toy	make a toy of your own design	It's Your Design	Toymaker	173
Craft-Toy	make a doll house	Make a Doll House	Toymaker	173
Craft-Toy	make a toy out of recycled materials	Trash It	Toymaker	173
Dance	observe different things and make up a dance	Watch Their Moves	Dance	147
Dance	use mood and movement to portray a story through dance	Moods and Moves	Dance	147
Dance	learn 3 basic tap dance steps	Step, Stamp, Stomp!	Dance	147
Dance	watch a dance performance	Dance Watcher	Dance	147
Dance	explore dancing from other countries	Dance Around the World	Dance	147
Dance	learn square dancing or line dancing	Lines and Squares	Dance	147
Dance	learn ballroom dancing steps	Belle of the Ball	Dance	147
Dance	learn about dancing through the era's	Dance through the Decades	Dance	147

Dance	hold a dance party	Dance Party	Dance	147
Dance	learn a folk dance	Fancy Feet	Folk Arts	155
Dance	create a dance to a tape or CD that you've chosen	Dance Time	Music Fan	195
Dance	learn a dance your ancestors may have done	From Yesterday to Today	My Heritage	55
Draw	draw a map	The center of things	Global Awareness	15
Draw	draw a flag	Show your colors	Global Awareness	15
Draw	a symbol to represent your community	It's Symbolic	Humans and Habitats	16
Draw	find out where the foods you eat come from	Make a food map	Humans and Habitats	17
Draw	draw what you think a pond, tree, meadow, or forest will be like in the future	Traveling through Time	Earth Connections	95
Draw	draw a map of your route to school, shopping center or favorite spot	Map Maker	Finding Your Way	99
Draw	draw a map to scale of a particular place	Map of the Place	Finding Your Way	99
Draw	hike and draw plants or animals you see	Be an Explorer	Hiker	103
Draw	draw, or take pictures of a plant or animal you can observe	It's all about the Details	Wildlife	125
Draw	with a friend describe an object and have her draw it	What do you see?	Your Outdoor Surroundings	127
Draw	draw a room to scale	Down to scale	Architecture	128
Draw	design a garden	Nature's Design	Architecture	129
Draw	draw a room to scale and furniture and rearrange the room	Measure Up	Art in the Home	131
Draw	draw a piece of jewelry	The old is new again	Art to Wear	135
Draw	draw two pictures using lines	What's Your Line?	Drawing and Painting	153
Draw	draw or paint a picture using perspective	It's How You look at It	Drawing and Painting	153
Draw	draw or paint a picture of yourself as an artist may have done in the past	Family Portrait	Folk Arts	154
Draw	draw and design a playground to scale	Scale It	Math Whiz	161
Draw	using color create a picture that shows your feelings or emotions	Color Your Mood	Visual Arts	175
Draw	make a design only using black and white	Black and White	Visual Arts	175
Draw	make a picture of something that is mostly one color	One Color, Many Shades	Visual Arts	175
Draw	draw around different object to make a picture	Still Life	Visual Arts	175
Draw	find different designs in nature and make a drawing of it	Design it	Visual Arts	175
Draw	draw or paint a person, animal or object in motion	On the Move	Visual Arts	175
Draw	draw a picture using perspective	Put it in Perspective	Visual Arts	175
Draw	make an optical illusion	Do You See It?	Puzzlers	166
Drugs	create 3 columns of goals and how drugs will effect it	It's Your life	High on Life	65
Drugs	create a poster using ads collected about drugs, alcohol, smoking	Media Overload	High on Life	65
Drugs	share information you have gotten on drugs	Share the information	High on Life	65
Electrical	show how to hook up a vcr, computer or music system	Read the Directions: But How does it Work?	Science Sleuth	210
Entertain	learn and perform 3 card tricks	It's in the Cards	Puzzlers	167
Entertain	perform a piece of music	On Stage	Making Music	193
Entertain	perform, sing, play an instrument for an audience	Sharing Music	Music Fan	195
Entertain	play a piece of music for a group of friends	Music with a Theme	Making Music	193
Events to hold	create a country and western theme dance event	Country and Western Dancing	Dance	147
Events to hold	help run a weather safety booth	Help Other Be Weather Prepared	Weather Watch	219
Events to hold	hold a dance party	Dance Party	Dance	147
Events to hold	hold a family dance night	Dance through the Decades	Dance	147
Events to hold	hold a party, give out your own awards for music like the music awards	Express Yourself	Music Fan	195
Events to hold	hold an event using leadership skills	Follow the Leader	Lead On	19
Events to hold	host a heritage night	Host a heritage night	My Heritage	55
Events to hold	organize a book swap	Read about it	Becoming a Teen	31
Events to hold	organize a hobby fair	Organize a Hobby Fair	"Collecting" Hobbies	143
Events to hold	organize a safety clinic for younger kids	Safety on Wheels	Outdoors in the City	114
Events to hold	pick a health issue, and participate in an event	Ways to Help	A Healthier You	81
Events to hold	plan a creative outdoor event	Celebrate Nature	Outdoor Creativity	111
Events to hold	plan an Outdoor Fun and Games Day	Outdoor Fun and Games	Your Outdoor Surroundings	127
Events to hold	plan and carry out 2 outings with your troop	Get Going	Outdoor Fun	113
Events to hold	put on a air show	Up, Up, and Away	Aerospace	181

Events to hold	video tape a GS or family event, have a screening party	Screen Test	Camera Shots	139
Family	ask family members how they make decisions	Learning from others	The Choice is Yours	61
Family	ask your family if they collect, what and why	Generation to Generation	"Collecting" Hobbies	143
Family	be responsible for tasks at home	Leading Qualities	Lead On	19
Family	celebrate your heritage	Celebrate your Heritage	My Heritage	55
Family	find out what encouraging words family got growing up	The power of praise	Healthy Relationships	49
Family	how much electricity does your family use	What's Watt	Eco-Action	97
Family	interview family members about their teen years	Teen in the family	Becoming a Teen	31
Family	learn about household expenses	Reality Check	Money Sense	23
Family	organize your families important papers	Paperwork	Model Citizen	21
Family	talk to family about what kind of toys they had	What Toys Tells Us	Folk Arts	155
Family	make a weather emergency plan with your family	Weather Smarts	Weather Watch	218
Field Trip	attend & learn about an event partially run by cadette/senior	Attend a Wider Opportunity	GS in My Future	5
Field Trip	attend a play	See It Live	Theater	171
Field Trip	attend a science museum, science fair, museum sleep in, etc	It's a Hands-On and Happening Place	Science Discovery	203
Field Trip	attend radio controlled airplane event	Models Away	Aerospace	181
Field Trip	do something that costs no money	Money doesn't always matter	Money Sense	23
Field Trip	pack a suitcase for a trip	Pack Up!	On My Way	25
Field Trip	plan a sledding outing with a group	Don't Forget you Sled!	Winter Sports	91
Field Trip	plan a trip	Travel Bug	On My Way	25
Field Trip	take a hazard identification hike	Look Out!	Safety First!	67
Field Trip	take a tour of a community, botanical garden	A Garden Tour	Outdoor Creativity	111
Field Trip	take a tour of your community	Tour your community	Local Lore	51
Field Trip	take a trip to a Girl Scout site	Girl Scout travel spots	Traveler	27
Field Trip	visit a airport, planetarium, space center, aerospace museum, etc.	Think Sky High	Aerospace	181
Field Trip	visit a bank & find out how to open a savings/checking account for business	Cash Flow	Business-Wise	11
Field Trip	visit a branch of government	In Person	Model Citizen	20
Field Trip	visit a community service agency	Take a trip	My Community	53
Field Trip	visit a computer store	What's Available	Computer Fun	183
Field Trip	visit a dentist and find out how to brush your teeth properly	Take care of your teeth	Highway to Health	83
Field Trip	visit a fabric store and learn about different kinds of fabrics	Find the Fabrics	Sew Simple	169
Field Trip	visit a factory, sewage plant, or recycling center	Engineering in Action	Making it Matter	190
Field Trip	visit a flower shop, then make your own flower arrangement	Say it with Flowers	Art in the Home	131
Field Trip	Visit a gas station	Come Clean	Oil Up	197
Field Trip	visit a museum or gallery exhibit of jewelry	Take a Tour	Jeweler	157
Field Trip	visit a museum to see example of fabric arts	Famous Fabric Masterpieces	Yarn and Fabric Arts	179
Field Trip	visit a museum, historical society, library or town hall	Take a trip	Local Lore	51
Field Trip	visit a natural park near you and examine the soil, warmth and insects	Be an Ecologist: Your Study Area	Earth Connections	95
Field Trip	visit a nursing home and learn about a women there	Make a Friend	Across Generations	41
Field Trip	visit a place to learn how to put on makeup for a play	The changing Faces in Theater	Theater	171
Field Trip	visit a place where you would antiques, historical crafts, etc	Time Travel	Folk Arts	155
Field Trip	visit a police station, get breathalyzer demonstration	The big test	High on Life	65
Field Trip	visit a professional potter's studio	Fuel and Fire	Ceramics and Clay	141
Field Trip	visit a recycling center or landfill	Recycling Technology	Discovering Technology	149
Field Trip	visit a sewage treatment plant, power plant, etc	Water Work	Water Wonders	215
Field Trip	visit a shoe store and compare walking shoes	Best Foot Forward	Walking for Fitness	89
Field Trip	visit a stable	Caring for Horses	Horse Fan	105
Field Trip	visit a store and make a list of home furnishings you like	Budget for the Future	Art in the Home	131
Field Trip	visit a travel agent or tour guide	Life Travel	On My Way	25
Field Trip	visit a video editing facility	Getting It in Shape	Camera Shots	139
Field Trip	visit a water environment and see how many things you can discover	Look Closely	Water Fun	123
Field Trip	visit a weather station or interview a meteorologist	Visit a Weather Station	Weather Watch	216
Field Trip	visit an aquarium, zoo, someplace with water and learn about 3 animals	Life Underwater	Water Wonders	215
Field Trip	visit and watch a water sport, learn the rules of the game	Let the games begin	Water Fun	123
Field Trip	visit one or more places where you can see many types of visual art	Tour It	Visual Arts	175
Field Trip	visit someone who has a job that involves cars	Driving it	Car Care	59

Field Trip	visit specialty stores and look at examples of pottery and ceramics	Dream Decorator	Ceramics and Clay	141
Field Trip - Horses	visit a harness or tack shop become acquainted with saddles, bridles, bits	Equipment Expert	Horse Rider	107
Field Trip - Horses	attend a horsemanship event	Showing off	Horse Fan	105
Field Trip - Horses	take a trip to a state or county fair to see a horse show	See for Yourself	Horse Rider	107
Field Trip - Shopping	go comparison shopping at the mall	Shop Smart	Money Sense	23
Field Trip - Shopping	set a dollar amount and shop with in that amount	Stretch that dollar	Consumer Power	35
Field Trip - Walk	go to 2 places within walking distance of your meeting	Keep track	Walking for Fitness	89
Field Trip - Walk	on a walk use a map to arrive at a new destination	Find the Way	Walking for Fitness	89
Field Trip - Walk	plan a guided walk with a group through your community	Group Walk	Outdoors in the City	114
Field Trip - Walk	walk in your community, find example of architecture you like, draw it	Building Tour	Architecture	128
Field Trip - Zoo	visit a zoo	Saving Animals and Plants	Earth Connections	95
Field Trip - Zoo	visit a zoo and go on a wildlife safari hunt	Go on Safari	Plants and Animals	117
First Aid	learn and practice first aid for cuts, sprains, fractures	Ouch!	First Aid	63
First Aid	how to treat a nosebleed and fainting	Oooh	First Aid	63
First Aid	learn first aid for stopped breathing, choking, shock	Until Help Arrives	First Aid	63
First Aid	learn about hypothermia and hyperthermia	Survivor	First Aid	63
First Aid	learn how to treat a nosebleed, skinned knee, blisters, sprains	Safety First	Sports Sampler	85
First Aid	make a first aid kit	Be Prepared	Walking for Fitness	89
First Aid	learn first aid for sunburn, insect bites, heat exhaustion & stroke, blisters	Be Prepared	Walking for Fitness	89
First Aid	learn first aid for windburn, hypothermia, and frostbite	First Aid for Cold	Winter Sports	91
First Aid	learn about hypothermia and frostbite, teach younger girls	Serious Fun	Frosty Fun	101
First Aid	put together a first aid kit for a day hike	Know Your first aid	Hiker	103
First Aid	know first aid for blisters, sunburn, & insect bites etc.	Know Your first aid	Hiker	103
First Aid	plan, assemble a first aid kit for your outdoor activity	A First Aid Kit	Outdoor Fun	113
First Aid	show you can help another swimmer, read first aid section in handbook	Helpful Swimmer	Swimming	121
Food	Bake cookies from another country	Cookies Across Cultures	The Cookie Connection	9
Food	find out where the foods you eat come from	Make a food map	Humans and Habitats	17
Food	bake bread from another country	Break Bread	Humans and Habitats	17
Food	find out how food is cooked in a different culture	The World close to home	Humans and Habitats	17
Food	prepare a food from a different country	International cooking	On My Way	25
Food	make a healthy snack	Create Healthy Snacks	Looking Your Best	39
Food	invite a senior citizen to do a cooking project	Food through the years	Across Generations	41
Food	prepare and serve a healthy snack to Daisy or Brownie troop	Hungry? Eat Right	Caring for Children	43
Food	make a food your ancestors may have enjoyed	From Yesterday to Today	My Heritage	55
Food	what is a good diet for your pet	Healthy Diet	Pet Care	57
Food	try to drink six to eight cups of water a day	Drink Plenty of Liquids	Field Sports	75
Food	record everything you eat for one week	Track it	Food Power	76
Food	create a chart to track three items found on 3 food labels	Understand Food Labels	Food Power	76
Food	count the number of food commercials during children's tv programs	Messages	Food Power	76
Food	go on a scavenger hunt for the highest percentages of nutrients	Scavenger Hunt	Food Power	77
Food	eat calcium rich foods for one week	Healthy Bones	A Healthier You	80
Food	look through handbook for healthy snacks to make	Eating on the run	Highway to Health	83
Food	plan and pack a well balanced snack for a long walk	Fast Food	Walking for Fitness	89
Food	plan a days worth a meals for camp, use solar oven or camp stove	Feuling and Cleaning Up	Camp Together	93
Food	plan, prepare and serve an outdoor meal	Bon Appetit!	Outdoor Cook	109
Food	find and prepare a recipe that use beans, rice or potatoes	Bean There, Done That	Outdoor Cook	109
Food	show you can prepare a food with no cooking or refrigeration	No Cooking Tonight	Outdoor Cook	109
Food	experiment with making and packaging your own dry mixes	Mix it Up	Outdoor Cook	109
Food	sun dry fruit, vegetables or seasonings for a cookout	All Dried Up	Outdoor Cook	109
Food	cook with the sun to make sun tea or sun jam	Cook with the Sun	Outdoors in the City	115
Food	prepare a fruit or vegetable grown in another country	Veggie Voyagers	Plants and Animals	117
Food	how long can food last	When in doubt, Throw it Out	Let's Get Cooking	186

Food	create your own healthy fast food restaurant	Have it Your Way	Let's Get Cooking	187
Food	create a recipe with eggs	The Perfect Egg	Let's Get Cooking	187
Food	cook with an appliance that helps make cooking faster	New Wave Chef	Let's Get Cooking	187
Food	make the snack from the book	Tasty Treats: Fruit Surprise	Let's Get Cooking	187
Food	hold a blender party and made different kinds of drinks	Mix it Up	Let's Get Cooking	187
Food	Eat your way around the World	Food Around the World	Let's Get Cooking	187
Food	take a recipe you find and make it healthier	The Big Change	Let's Get Cooking	187
Food	do a water taste test	Water Comparisons	Water Wonders	215
Friends	make a list of 6 fun things you can do with your friends	Fun and Games	Healthy Relationships	49
Friends	create guidelines to start a business with a friend	Friends and Money	Business-Wise	11
Friends	give compliments to each other in the troop	Circle of Friends	Looking Your Best	39
Friends	start a friendship club	Friendship Club	Healthy Relationships	49
Friends	start an eco-action club	Green Team	Eco-Action	97
Friends	discuss a story and come up with 3 or 4 other solutions	Alternative Solutions	Creative Solutions	145
Friends	make a piece of jewelry as a symbol of friendship	Get the Message?	Jeweler	157
Friends	create your own healthy fast food restaurant	Have it Your Way	Let's Get Cooking	187
Game	create a game to promote a fun way to eat healthier foods	It's all about choice	Food Power	77
Game	find as many things as you can that was made from plants	Plants Here, There, and Everywhere	Plants and Animals	116
Game	guess who the courageous woman is	Women of Courage	It's Important to me	37
Game	learn to play an outdoor game that has been played for generations	Do You Double Dutch?	Outdoors in the City	114
Game	make a list that has computer chips in them and have a group find it	All things Digital	Discovering Technology	148
Game	make up a game that imitates animals that live in water	Water Moves	Swimming	121
Game	play a computer game where you must make decisions	Computer Game choices	The Choice is Yours	61
Game	play a game about first aid situations	First aid Challenge	First Aid	63
Game	play a game called Picaria	Picaria	Puzzlers	167
Game	play a game of Nim	The Game of Nim	Puzzlers	167
Game	play a game on healthy habits and unhealthy habits	Healthy Steps	Highway to Health	82
Game	play a game that shows how plants and animals depend on each other	Eco-Games	Earth Connections	95
Game	play a game that you must make the rules	Create a Government	Model Citizen	20
Game	play a new game from another country	Global Games	World Neighbors	29
Game	play block the spread of lead relay	"Block the Spread of Lead" relay	Environmental Health	73
Game	play charades	Character Charades	Theater	171
Game	play game about sun safety	Relay for Sun Safety	A Healthier You	81
Game	play the Friendship Game	Play the Friendship Game	Healthy Relationships	49
Game	read about international games in handbook, teach to a younger girl	Know no Obstacles	Fun and Fit	79
Game	show a feeling with nonverbal communication	Mum's the Word	Healthy Relationships	49
Game	who can do the most activities in 3 weeks	Chart the Race	Fun and Fit	79
Game	plan an Outdoor Fun and Games Day	Outdoor Fun and Games	Your Outdoor Surroundings	127
Game	use ordinary items and come up different ways to use them	Ordinary Items, Extraordinary Uses	Creative Solutions	145
Game	make a game about weather	Weather Games	Weather Watch	219
Game-Cards	learn and perform 3 card tricks	It's in the Cards	Puzzlers	167
Game-Health	play a game on healthy habits and unhealthy habits	Healthy Steps	Highway to Health	82
Games-Water	play a game showing you know how to use the buddy system	Water Games	Water Fun	122
Girl Scouts	learn the promise and laws	On my honor...	GS in the USA	7
Girl Scouts	learn the unique traditions of Girl Scouting	Signs, Mottos, and Handshakes	GS in the USA	7
Girl Scouts	learn about your council	Girl Scouting Close to home	GS in the USA	7
Girl Scouts	do 2 activities from 2 books other than the junior books	Check out other Girl Scout Books	GS in the USA	7
Girl Scouts	find out about girl scouts for adults	Careers in Girl Scouting	GS in the USA	7
Girl Scouts	learn about the history of girl scouting	Girl Scout History	GS in the USA	7
Girl Scouts	think of some ways to live by the girl scout motto	Helping others	GS in the USA	7
Girl Scouts	make a plaque or wall hanging about the GS Law	The Girl Scout Law in Action	It's Important to me	36
Girl Scouts	have a secret sister party	Secret Sisters	It's Important to me	37

Girl Scouts	using the promise and law create a code of conduct	Conduct Yourself?	Celebrating People	45
Girl Scouts	plan and go on 2 all-day hiking trips or overnight backpacking trips	Happy Trails to You	Hiker	103
Girl Scouts	plan a Girl Scouts Own	A Girl Scout's Own	Outdoor Creativity	111
Girl Scouts	make a mural	On the Wall	Drawing and Painting	153
Girl Scouts	work on a project that requires many hands- taffy pull, troop quilt	A Feast of Folk Crafts	Folk Arts	155
Girl Scouts	learn about the Gold/Silver award from an older scout	Silver and Gold Go Global	GS in My Future	5
Girl Scouts-Holiday	Celebrate Thinking Day	Thinking Day	GS Around the World	3
Girl Scouts-Juniors	learn more about GS membership pin and World Trefoil Pin	More about Junior Girl Scouting	GS in the USA	7
Goals	write and improve a leadership quality	Set a Goal	Lead On	19
Goals	set a long term goal	Set a Goal - and Reach it!	Being my best	32
Handbook	read time management in handbook do 1 activity	Time's a Wasting	Careers	13
Handbook	complete the travel action plan	Plan for a day	On My Way	25
Handbook	read "Be Healthy, Be Fit" chapter	Feeling Fit to Be your best	Being my best	33
Handbook	do one activity in the section Its great to be a girl	Discover your values	It's Important to me	36
Handbook	take the friendship quiz in your handbook	Recipe for Friendship	Healthy Relationships	49
Handbook	read the decision making story in handbook	Story Mazes	Healthy Relationships	49
Handbook	read "How to stay safe" and do activities	Learn first aid	First Aid	63
Handbook	read about emergency phone calls	Get Help	First Aid	63
Handbook	read about international games in handbook, teach to a younger girl	Know no Obstacles	Fun and Fit	79
Handbook	look through handbook for healthy snacks to make	Eating on the run	Highway to Health	83
Handbook	read the section about stress management	Stress Relief	Highway to Health	83
Handbook	read time management in handbook	One at a time	Stress Less	87
Handbook	read "Let's Go Outdoors"	What Does minimal impact mean	Your Outdoor Surroundings	127
Handbook	do the test yourself activity in the handbook	Find the Inventions	Discovering Technology	148
Handbook	read the sports section of the handbook and look for technology in sports	Outdoors Technology	Discovering Technology	148
Handbook	read Explore and Discover in handbook, read the online safety pledge	Get Set Up	Computer Fun	183
Handbook	read Explore and Discover in handbook, about PH	Base-ic Facts	Making it Matter	191
Handbook	find out about a potential hobby out of the handbook	Find a New One	"Doing" Hobbies	151
Handywoman	with an adult learn how to put something together and take it apart	The Inner Workings	Discovering Technology	149
Handywoman	show how to handle and fix electrical problems	It's Electric	Ms. Fix It	162
Handywoman	learn how to change the battery and light in a flashlight	Flash	Ms. Fix It	162
Handywoman	show how to fix a leaky faucet	Fix a Faucet	Ms. Fix It	162
Handywoman	learn how to fix the toilet and the names of the parts	A Simple Fix-it	Ms. Fix It	162
Handywoman	show you know how to hang an item on the wall	Hang it Up	Ms. Fix It	163
Handywoman	help an adult fix something around the house	Out and Around the Home	Ms. Fix It	163
Health	find out about eating disorders	Talk to Me	A Healthier You	80
Health	list what you can do to prevent diseases	Preventable or Inevitable	A Healthier You	81
Health	learn about germs and learn how to keep your hands clean	Germ Busters	Highway to Health	83
Health	learn about how to deal with stress	Don't explode	Highway to Health	83
Health	find out how to brush your teeth properly	Take care of your teeth	Highway to Health	83
Health	practice elevator breathing	Practice Elevator Breathing	Stress Less	87
Health	learn to take your pulse	Catch the Beat	Science in Everyday Life	205
Health	find out about a disease that is believed to be linked to genes	It's in the Genes	Science Sleuth	211
Hobbies	share your collection	Share your collection with others	"Collecting" Hobbies	143
Hobbies	find out about clubs, organizations, web sites, etc sharing your hobby	Meet other Collectors	"Collecting" Hobbies	143
Hobbies	be an expert about your hobby	Be the Expert about Your Hobby	"Collecting" Hobbies	143
Hobbies	organize your collection	Organize your Hobby	"Collecting" Hobbies	143
Hobbies	use your hobby to make something for someone	Handmade especially for you	"Doing" Hobbies	151
Hobbies	discuss your hobby with your family	The Right Fit	"Doing" Hobbies	151
Hobbies	Practice your hobby and teach to a friend or relative	Learning a "Doing" Hobby	"Doing" Hobbies	151
Hobbies	learn something about the history of your hobby	Hobbies in the Past	"Doing" Hobbies	151

Hobbies	learn about careers related to your hobby	Your Hobby: A Possible Career	"Doing" Hobbies	151
Hobbies	participate in your hobby with others who share your hobby	Do Your Hobby with others	"Doing" Hobbies	151
Hobbies	find out about clubs, organizations, web sites, etc sharing your hobby	Hobby Together	"Doing" Hobbies	151
Hobbies	discuss your hobby with your family	Choose Your Craft	"Making" Hobbies	159
Hobbies	practice your craft using something new	Re-Craft	"Making" Hobbies	159
Hobbies	make something from something you normally through away	Make a Recycled Craft	"Making" Hobbies	159
Hobbies	make a craft with a nature theme	Make a Craft with a Nature Theme	"Making" Hobbies	159
Hobbies	make your own gift wrap	Your Own Gift Wrap	"Making" Hobbies	159
Hobbies	make a craft safety checklist	Safe Crafts	"Making" Hobbies	159
Hobbies	start a rock collection	Be a Rock Hound	Rocks Rocks	198
Hobbies	sort and categorize your rock collection	What Type is it?	Rocks Rocks	198
Hobbies	organize a hobby fair	Organize a Hobby Fair	"Collecting" Hobbies	143
Hobbies	practice your hobby	Practice Your Craft	"Making" Hobbies	159
Hobbies-Family	ask your family if they collect, what and why	Generation to Generation	"Collecting" Hobbies	143
Hobbies-Field Trip	add to your collection	Go on a Treasure Hunt	"Collecting" Hobbies	143
Hobbies-Field Trip	find out more about people involved in the crafts business	Crafty Cash	"Making" Hobbies	159
Hobbies-Handbook	find out about a potential hobby out of the handbook	Find a New One	"Doing" Hobbies	151
Hobbies-Service Project	organize and/or collect clothing or food	Collect for the Community	"Collecting" Hobbies	143
Hobbies-Service Project	do a service project related to your hobby	Give Back	"Doing" Hobbies	151
Hobbies-World	find out about your collection in other cultures	Collecting Globally	"Collecting" Hobbies	143
Hobbies-World	what do people do as a hobby in other countries	What in the World are you "Doing"?	"Doing" Hobbies	151
Hobbies-World	learn about your craft by looking at global and historical examples	Where and When	"Making" Hobbies	159
Hobbies-Writing	write and talk about collecting with family and friends	Building Your Collection	"Collecting" Hobbies	143
Hobbies-Writing	write a description of your craft for a museum	An Honor	"Making" Hobbies	159
Home	what is your dream enviroment	What's Best?	Humans and Habitats	17
Home	conduct a safety check of your home	Safe at Home	Safety First!	67
Home	look for shapes around your home	Shape Up	Math Whiz	161
Home	do a toy hazard check at home	Toy Safety	Toymaker	173
Home	do one energy saving idea	Conserve Energy	Ms. Fix It	163
Kits	make a snow-storm emergency kit	Snow Travel Savvy	Frosty Fun	101]
Kits	create an emergency kit for the car	Be Prepared	Car Care	59
Kits	create a personal stress kit	Create a personal stress kit	Stress Less	87
Kits	make a first aid kit	Be Prepared	Walking for Fitness	89
Kits	put together a first aid kit for a day hike	Know Your first aid	Hiker	103
Kits	plan and assemble a first aid kit for your outdoor activity	A First Aid Kit	Outdoor Fun	113
Knots	demonstrate how to tie several knots	Tied up in Knots	Outdoor Fun	113
Knots	knot string and cord into decorative patterns	Macrame	Jeweler	157
Knots	overhand, square, granny, half hitch, sheepshank, & clove hitch knots	Knots	Yarn and Fabric Arts	179
Knots	do a simple macrame project	Knot Project	Yarn and Fabric Arts	179
Manners	practice situations you may come across selling cookies	Tough Cookies	The Cookie Connection	9
Manners	learn about business manners	Practice Makes Perfect	Business-Wise	11
Music	learn about the families in instruments	A Family Affair	Making Music	193
Music	learn to play 2 new songs on your choice of instrument	Practice, Practice, Practice	Making Music	193
Music	write your own piece of music, teach it to someone else	Compose Yourself	Making Music	193
Music	listen to 2 kinds of music new to you	Listening to Something New	Music Fan	195
Music	make your own instrument	Found Music	Music Fan	195
Music	listen to a piece of music & identify the instruments	What's a song made of?	Music Fan	195

Music	make a simple musical instrument you can tune	What's Vibration got to do with it?	Science Sleuth	209
Music-History	learn about music from a different era	Music: Insight to History	Music Fan	195
Nature	pick a sport and find out what type of impact it has on the environment	Impact Free	Adventure Sports	69
Nature	create a sun squad to educate about the sun	The Sun Squad	Environmental Health	72
Nature	come up with ideas on how you can help the ecosystem	Earth as an Ecosystem	Earth Connections	95
Nature	take part in a tree planting activity	Plant a tree	Eco-Action	97
Nature	find the healthful properties for 3 plants listed in book	Nature's Remedies	Wildlife	125
Outdoors	show you know how to build, prepare food and put out a fire	Build a Fire	Outdoor Fun	113
Outdoors	plan group camping trip	Make a plan	Camp Together	93
Outdoors	learn about "leave no trace" camping	Walk Softly	Camp Together	93
Outdoors	develop a list of clothing and equipment for camping	Dress Right	Camp Together	93
Outdoors	learn a new outdoor skill	Challenge Yourself	Camp Together	93
Outdoors	plan your own activity	The Outdoors at Night	Camp Together	93
Outdoors	identify 10 tree species	Identify that Tree	Earth Connections	95
Outdoors	learn how to tell how old a tree is	Reading the Rings	Earth Connections	95
Outdoors	observe how animal and plant groups change over a period of time	Observing Change	Earth Connections	95
Outdoors	show you know how to use a compass	North, South, East, West	Finding Your Way	98
Outdoors	learn how to set and follow trail signs	Trail Signs Traffic	Finding Your Way	99
Outdoors	have a snow sculpture contest with friends or family	Snow Sculptures	Frosty Fun	100
Outdoors	find out how to use 2 different forms of cooking	Cook it!	Outdoor Cook	109
Outdoors	show you can maintain a fire in windy or wet weather	Don't let the Fire go out	Outdoor Cook	109
Outdoors	show you know how to use a backpackers stove or camp stove	Cooking on a camp stove	Outdoor Cook	109
Outdoors	participate in a night watch when on a camp out	Starry, Starry night	Outdoor Creativity	111
Outdoors	know how to dispose of waste water and garbage	Protect the Environment	Outdoor Fun	113
Outdoors	unpack, clean and store your groups equipment	Clean Up	Outdoor Fun	113
Outdoors	make plans for the next trip outdoors	Looking Ahead	Outdoor Fun	113
Outdoors	learn to play an outdoor game	Do You Double Dutch?	Outdoors in the City	114
Outdoors	practice flying a kite or frisbee, invite an expert to demonstrate	Kites and Frisbees	Outdoors in the City	115
Outdoors	be aware of your surroundings involving water	Picture It	Water Fun	122
Outdoors	take pictures of the outdoors	Landscape	Camera Shots	139
Outdoors	start a rock collection	Be a Rock Hound	Rocks Rocks	198
Outdoors	go on a geo hunt	Geo Hunt	Rocks Rocks	198
Outdoors	sort and categorize your rock collection	What Type is it?	Rocks Rocks	198
Outdoors	discover what soil is made of	Soil Sense	Rocks Rocks	198
Outdoors	do a stream health check	Environmental Observer	Science Discovery	203
Outdoors	observe, draw and capture a spider web	Natural Geometry	Science in Everyday Life	205
Outdoors	watch clouds for a week, learn about them	Become a Cloud Watcher	Weather Watch	217
Outdoors	take a lead role in the clean up process	Keep it Clean	Outdoor Cook	109
Outdoors	learn about minimal impact	What Does minimal impact mean	Your Outdoor Surroundings	127
Outdoors	learn about an outdoor activity that can become a lifelong hobby	An Outdoor Hobby	Your Outdoor Surroundings	127
Outdoors	learn to identify 5 constellations	Constellations	Sky Search	213
Outdoors	find the North Star and locate 2 constellations	Direction, Please	Sky Search	213
Outdoors-Boats	show knowledge for boating emergencies	All Hands on Deck	Small Craft	119
Outdoors-Boats	learn nautical terms for the major parts of a boat	From Bow to Stern	Small Craft	119
Outdoors-Boats	show you can "trim" your craft	Permission to Board	Small Craft	119
Outdoors-Boats	show you can handle a small craft safely	Shove Off	Small Craft	119
Outdoors-Boats	show you can handle a sailboat	Hoist the Sails!	Small Craft	119
Outdoors-Boats	show you know how to handle a motor boat	Full Speed Ahead!	Small Craft	119
Outdoors-Boats	show you know how to handle boating using rules of the water	Thar she Blows!	Small Craft	119
Outdoors-Boats	show you know how to clean a boat	Swab the Deck!	Small Craft	119
Outdoors-Boats	show you know how to get in and of a small craft	A Balancing Act	Water Fun	122
Outdoors-Hike	plan a nature hike or scavenger hunt	Natural World	Camp Together	93
Outdoors-Hike	take a starry night hike or stargaze	The Outdoors at Night	Camp Together	93

Outdoors-Hike	discuss safety before hiking	Safety First	Hiker	102
Outdoors-Hike	plan and show how to dress & what to take on a day hike	Comfort and the Right Stuff	Hiker	103
Outdoors-Hike	use a compass to follow or make a cross-country hike	A Different Kind of Walk	Hiker	103
Outdoors-Hike	hike and draw plants or animals you see	Be an Explorer	Hiker	103
Outdoors-Hike	plan and go on 2 all-day hiking trips or overnight backpacking trips	Happy Trails to You	Hiker	103
Outdoors-Hike	take a hike (see ideas in book)	Take a nature hike	Your Outdoor Surroundings	127
Outdoors-Hike	take a hike and listen to the "music" the animals make, tape it	Nature's Call	Music Fan	195
Outdoors-Hike	go on a geology walk, look for evidence of a changing Earth	Rockin Along	Science in Everyday Life	207
Pictures	look at aerial photos of your community	From Above	Local Lore	51
Pictures	take pictures of a fun hike to share	Share the Fun	Hiker	103
Pictures	learn about different kinds of film, camera and video for pictures	Camera Shop	Camera Shots	139
Pictures	take pictures of your family	Portraits	Camera Shots	139
Pictures	take pictures or video of action shots, learn the best way	Be a Sports Photographer	Camera Shots	139
Pictures	take pictures of the outdoors	Landscape	Camera Shots	139
Pictures	learn how to use a video camera	The Basics	Camera Shots	139
Pictures	learn how to clean your camera or video recorder	Get Ready, Get Set	Camera Shots	139
Pictures	tell a story with pictures, video you have taken	Tell a Story	Camera Shots	139
Pictures	video tape a GS or family event, have a screening party	Screen Test	Camera Shots	139
Pictures	look at some old photos, what stories do they tell	A Picture tells a Thousand Thoughts	Folk Arts	154
Pictures	use photos take of the world to locate points of interest	The View from Above	Rocks Rocks	199
Plants	learn to identify 5 plants native to your area	Plants and People	Earth Connections	95
Plants	find as many things as you can that was made from plants	Plants Here, There, and Everywhere	Plants and Animals	116
Plants	learn about one plant that is considered a pest	What a Pest!	Plants and Animals	117
Plants	draw, or take pictures of a plant or animal you can observe	It's all about the Details	Wildlife	125
Plants	identify 1or 2 poisonous plants in your area	Touch-Me-Knot	Wildlife	125
Plants-Gardening	design a garden	Nature's Design	Architecture	129
Plants-Gardening	take a tour of a community, botanical garden	A Garden Tour	Outdoor Creativity	111
Plants-Gardening	plant a garden	Your own Garden	Outdoor Creativity	111
Plants-Gardening	grow you own greenery	Garden Gifts	Plants and Animals	116
Plants-Gardening	become involved in a city garden to help the community	A City Garden	Outdoors in the City	115
Problem-Solving	solve problems that could happen when 5 people live together	Solve it Together	Celebrating People	45
Problem-Solving	learn about how to deal with stress	Don't explode	Highway to Health	83
Reading	read a book about teenage girl	Read about it	Becoming a Teen	31
Reading	see if todays tweens are accurately shown	Today's "Tweens"	Becoming a Teen	31
Reading	see if todays teens are accurately shown	Teen Habits	Becoming a Teen	31
Reading	read comics from 20-30 years ago and compare to now	What's so Funny	Across Generations	41
Reading	read 5 books and then read 2 or 3 to a younger child	Telling Tales	Caring for Children	43
Reading	read a story to a younger girl and discuss the decisions in the story	Learning by Example	The Choice is Yours	61
Reading	read books about horses	Horse Stories	Horse Fan	105
Reading	read 2 folk tales, poems or stories from another culture	It's a Wide World	Books	137
Reading	read 1 or 2 picture books to a younger scout	Picture This!	Books	137
Reading	make an audio tape of a story to give to someone who cannot read	Be a Tape Worm	Books	137
Reading	read a story, poem, folk tale that reflects past life in the US	The Living Past	Books	137
Reading	read a review of a story in the newspaper	Read and Review	Books	137
Reading	become an expert in a subject by reading about it	How To? Read On!	Books	137
Reading	read 3 appliance manuals and find a common problem	Read All About it	Ms. Fix It	163
Reading	read 2 or 3 stories where the setting influences the plot, write your own	Read All About it	Globe-Trotting	185
Reading	learn 2 stories that were used to explain the constellations	Connect the Dots	Sky Search	213
Research	compare 3 different companies selling the same item	Comparison Shop	Consumer Power	35
Research	compare 3 stores	Compare stores	Consumer Power	35
Research	compare a map of neighborhood from 25 years ago to now	It's all on the maps	Local Lore	51
Research	compare an item you'd like to buy	Shop Around	Consumer Power	35

Research	find out about 3 outdoor activities in your community	What can You do	Outdoors in the City	114
Research	find out about a woman artist	Women who Paint	Drawing and Painting	153
Research	find out about a world problem and how to solve it	World Service	GS Around the World	3
Research	find out about business in your community	Who's Around	My Community	53
Research	find out about different ways to invest and save money	Best Investments	Money Sense	22
Research	find out about famous people who share your heritage	Broaden your background	My Heritage	55
Research	find out about girls in their teens who have been successful	Successful teens	Becoming a Teen	31
Research	find out about laws in your state about energy conservation for buildings	Conserving Energy	Architecture	129
Research	find out about places to visit within your state	Girl Scouts Statewide	On My Way	25
Research	find out about the dangers of lead	Get the Lead Out	Environmental Health	73
Research	find out if the fishing spots in your area are clean	Goin' Fishing	Environmental Health	72
Research	find out where people use art for therapy	Art as Therapy	Art in 3-D	133
Research	how is your favorite holiday celebrated in another country	Traditions	World Neighbors	29
Research	how much electricity does your family use	What's Watt	Eco-Action	97
Research	investigate a new or developing technology	The Future is Here	Discovering Technology	149
Research	learn about a piece of art inspired by nature	It's Famous	Outdoor Creativity	110
Research	learn about one type of stone or mineral used in jewelry	True Gemstones	Jeweler	157
Research	learn about types of homes that nomadic people use	Have home, will travel	Humans and Habitats	16
Research	look for people who have made poor value decisions on tv	Values in the News	It's Important to me	37
Research	plan a virtual hike to a place listed in the book	Hiking is Worldwide	Hiker	103
Research	watch tv and see if they display drugs, smoking or alcohol	Get with the program	High on Life	65
Research	where do you go to get help in your community	Questions and Answers	My Community	53
Research	learn about science & technology used in exploring space	Space Flight Spinoffs	Aerospace	181
Research	find out about becoming an astronaut	Women Flying Sky High	Aerospace	181
Research	find out about the different products people use to conduct business	Comparison Shopping	Computer Fun	183
Research	find out about how a natural phenomena happens	Be Aware-Be Prepard	Globe-Trotting	185
Research	become an expert about a country	Map it Out	Globe-Trotting	185
Research	investigate 3 ways that different cultures use technology to keep in touch	Is Anybody There?	Globe-Trotting	185
Research	learn about a composer and his/her piece of music	Musical Roots	Making Music	193
Research	find out about 2 pieces of music influenced by historical events	The World and It's influence on Music	Making Music	193
Research	learn about rescue workers who save animals from oil spills	A Day's Week	Oil Up	196
Research	look for some optical illusions you can share with your family	See What?	Science Discovery	203
Research	learn about current missions in space	Mission: Space	Sky Search	213
Research-Animals	find out about 2 diseases that pets can spread	Don't pass it on	Pet Care	57
Research-Animals	find out about groups and places that care for pets	Other Ways to be around animals	Pet Care	57
Research-Animals	find out about the places you can ride horses in your community	On the Trail	Horse Fan	105
Research-Careers	find out about a job you would like to have	A Career for You	Careers	13
Research-Careers	learn about careers in the travel field	Careers in Travel	Traveler	27
Research-Careers	find out about careers in communication	Words of Life	Communication	47
Research-Careers	find out about careers associated with horses	Make a career of riding	Horse Fan	105
Research-Careers	find out about a career where you need to know about another country	We're All Connected	Globe-Trotting	185
Research-Careers	find out about careers in the oil industry	Ten? Twenty?	Oil Up	197
Research-Careers	learn more about geology related careers	"Geo" Careers	Rocks Rocks	199
Research-Girl Scouts	find out about the Juliette Low World friendship fund	Girl Scoutings founder: Juliette Gordon Low	GS Around the World	3
Research-Girl Scouts	learn about a country in WAGGGS	International Expert	GS Around the World	3
Research-Girl Scouts	learn about Lord and Lady Baden-Powell	Common Roots	GS Around the World	3
Research-History	find how technology has changed the way things are done	Then and Now	Discovering Technology	149
Research-History	find out about a sports history	"Herstory" of Sport	Sports Sampler	85
Research-History	find out about women in history who solved a problem in her society	Historical Insight	Creative Solutions	145
Research-History	find out where people came from in your community	The world next door	World Neighbors	29
Research-History	learn about toys from the past, make one	Toys Through History	Toymaker	173
Research-History	find out about fabric art done in the past	Fabrics of the past	Yarn and Fabric Arts	179
Research-Sports	find out how community centers offer court sports for the disabled	A Winning Combination	Court Sports	71

Research-Sports	how has basketball changed since 1912 for girls	Juliette on the court	Court Sports	70
Research-Sports	learn about court sports not popular in the US but in other countries	World of Sports	Court Sports	71
Role Model	practice being a role model	Play a Leading Role	Lead On	18
Role Model	create your ideal role model	Find role models	Being my best	33
Role Model	interview 3 women about their careers	Role Models	Careers	13
Role Model	act out positive responses to situations	Be Your own Role Model	Healthy Relationships	49
Role Model	who influences the decisions you make	Role Models	The Choice is Yours	61
Role Model	chose a female athlete you admire and pretend to be her	Be a Role Model	Court Sports	71
Role Model	design a trading card for a female athlete in a field sport you admire	Be a Fan	Field Sports	75
Safety	make a list of safety rules for selling cookies	Safe sales	The Cookie Connection	9
Safety	make a travel safety quiz game	Travel Safe	On My Way	25
Safety	find out about safety inspections	Public Safety	Car Care	59
Safety	create a 4 page first aid safety book for younger children	Share the Messages	First Aid	63
Safety	conduct a safety check of your home	Safe at Home	Safety First!	67
Safety	create a cardboard cutout of protective gear for a sport	Sports Safety	Safety First!	67
Safety	make a safety plan for being in public	Out and About in Public	Safety First!	67
Safety	plan a way to help younger children learn about safety	Show the way	Safety First!	67
Safety	pick a sport and learn about the safety equipment	Gear up	Adventure Sports	69
Safety	Have a sun safety fashion show	Sun Sensations	Environmental Health	72
Safety	develop a safety plan for camping	Safety First	Camp Together	93
Safety	organize a safety clinic for younger kids	Safety on Wheels	Outdoors in the City	114
Safety	make a water safety list of things to avoid	Check it Off	Swimming	121
Safety	do a toy hazard check at home	Toy Safety	Toymaker	173
Science	find out which fabrics will keep you warm and dry	Material Girl	Winter Sports	91
Science	collect and look at snow flakes under a microscope	Flaky Fun	Frosty Fun	100
Science	see how clean hands and dirty hands effect your food	Keeping it Clean	Let's Get Cooking	186
Science	find out the role of bearings in machines, do experiment	Moving Parts	Making it Matter	190
Science	build a structure that you can hang a cup from with weight in it	Materials and Structures	Making it Matter	190
Science	learn about 10 chemicals around the house	Label Check	Making it Matter	190
Science	make your own PH tester	Base-ic Facts	Making it Matter	191
Science	make and clean up an oil spill	Make and Clean up an Oil Spill	Oil Up	197
Science	create a beach and make an oil spill, can you clean it	How Does an Oil Spill Affect a Beach?	Oil Up	197
Science	discover how to use chemical reaction to make an artistic design	Chemical Appearing Act	Science Discovery	201
Science	do 2 science experiments in book	Water Tricks	Science Discovery	202
Science	discover how speed is affected by friction	Here's the Rub	Science Discovery	203
Science	create erosion	Forces of Nature	Science in Everyday Life	205
Science	test different kinds of paper	The science of papermaking	Science Sleuth	209
Science	make a crystal	Crystal Quest	Science Sleuth	209
Science	find out what happens to different kinds of metals when exposed to air	When is Silver Green	Science Sleuth	210
Science	use a crystal to separate light	Seeing the Light	Science Sleuth	210
Science	learn about machines	What is a simple Machine?	Science Sleuth	211
Science	make your own weather	Make Your Own Weather	Weather Watch	219
Service Project	become a reading buddy for a younger child	Be a Reading Helper	Books	137
Service Project	become involved in a city garden to help the community	A City Garden	Outdoors in the City	115
Service Project	bring books in large print, tape or braille to someone who will enjoy them	Build a Library	Books	137
Service Project	clean up a walkway or trail in your community	Lend a Hand	Walking for Fitness	89
Service Project	collect books for a specific age group and donate to library	Build a Library	Books	137
Service Project	create a list of places to get help with reading	Be a Reading Helper	Books	137
Service Project	decorate grocery bags for Earth Day	Paper Rules	Eco-Action	97
Service Project	design and carry out a project to help your community	Help Out	Model Citizen	21
Service Project	do a good deed	Good Deed	Being my best	33
Service Project	do a service project to help fight hunger	End Hunger	Food Power	77
Service Project	do an earth-friendly service project	Clean and Healthy	Eco-Action	97
Service Project	do something to conserve water	Every Drop Counts	Eco-Action	97

Service Project	find a way to assist an older person in your community	Be a Helper	Across Generations	41
Service Project	for one afternoon help someone with a project or problem	Do for Others	Stress Less	87
Service Project	help an organization that helps kids	Kids helping kids	World Neighbors	29
Service Project	help at a charity walk	Lend a Hand	Walking for Fitness	89
Service Project	help collect toys and fix them up for kids who would benefit from them	Toy Recycling	Toymaker	173
Service Project	help make some repairs in the community	Repairs within Your Community	Ms. Fix It	163
Service Project	help the homeless, or children's hospital	Helping Hands	My Community	53
Service Project	how can you help the homeless	Without a home	World Neighbors	29
Service Project	how can you help the hungry	World Hunger	World Neighbors	29
Service Project	improve, restore, or beautify a cultural center	Make it beautiful	My Community	53
Service Project	join in a community service project	Valuing Service	It's Important to me	37
Service Project	make a service project directory	Service Directory	Across Generations	41
Service Project	make cancer caps for children going through chemotherapy	Hospital Helpers	Sew Simple	169
Service Project	organize and/or collect clothing or food	Collect for the Community	"Collecting" Hobbies	143
Service Project	organize or take part in a trail building or maintenance project	Give Back to the Sport	Hiker	103
Service Project	participate in a community service project	Tackle a Community Service Project	Outdoors in the City	115
Service Project	participate in a project to help restore a public space or building	Making Your Mark	Architecture	129
Service Project	pitch in on a project that will help preserve your community	Walk the talk	Local Lore	51
Service Project	Plan a service project	Brainstorm a Service Project	GS in My Future	5
Service Project	Plan a service project	deciding to act	The Choice is Yours	61
Service Project	provide sporting equipment for a needy group	Spread the Word	Sports Sampler	85
Service Project	select 1 item from your list & come up with 3 ways to help your community	Local, National, and Global Problem Solving	Creative Solutions	145
Service Project	sent a get well card to a person in the hospital, hospice, nursing home	Get Well Soon	A Healthier You	81
Service Project	sew something for people in need	Sew For Service	Sew Simple	169
Service Project	share information you have gotten on drugs	Share the information	High on Life	65
Service Project	take part in a tree planting activity	Plant a tree	Eco-Action	97
Service Project	use your print making skill in a service project	Help by Design	Prints and Graphics	165
Service Project	visit a nursing home and learn a song, craft, etc	Share the Fun	Across Generations	41
Service Project	volunteer at an event, fair, or special occasion	Take pride	Local Lore	51
Service Project	volunteer to make an improvement in school or church	One Small Step	My Community	53
Service Project	wrap several boxes of cookies and give them away	Cookies Under Wraps	The Cookie Connection	9
Service Project	collect food for a food drive	Something for Everyone	Let's Get Cooking	187
Service Project	do a project to help stop erosion	Wipe Out Erosion	Rocks Rocks	199
Service Project	do a service project that will improve a water related habitat	Fixing it Up	Water Wonders	215
Shoes	find out if you are wearing the right size shoe	If the shoe fits, wear it	Fun and Fit	79
Shoes	visit a shoe store and compare walking shoes	Best Foot Forward	Walking for Fitness	89
Shoes	compare shoes for 3 different field sports	Feet and Cleats	Field Sports	75
Shopping	go comparison shopping at the mall	Shop Smart	Money Sense	23
Shopping	compare an item you'd like to buy	Shop Around	Consumer Power	35
Shopping	compare 3 different companies selling the same item	Comparison Shop	Consumer Power	35
Shopping	set a dollar amount and shop with in that amount	Stretch that dollar	Consumer Power	35
Smoking	role play what you would say to a friend to help them stop smoking	What do you do?	High on Life	65
Smoking	work on a smoke out day for your community	Smoke Free	Environmental Health	73
Song	learn a song your ancestors may have sung	From Yesterday to Today	My Heritage	55
Song	visit a nursing home and learn a song, craft, etc	Share the Fun	Across Generations	41
Song	create a story, song or poem	Sing someones Praises	Local Lore	51
Song	listen and learn a cowboy ballad	Song of the Horse	Horse Fan	105
Song	plan song, games around your campfire	Sing Around the Campfire	Outdoor Fun	113
Song	learn a folk song from 2 different cultures	Folk Songs From Afar	Music Fan	195
Space	participate in a night watch when on a camp out	Starry, Starry night	Outdoor Creativity	111
Space	learn how to use a star map	Mapping the Skies	Sky Search	213
Space	learn to identify 5 constellations	Constellations	Sky Search	213
Space	find the North Star and locate 2 constellations	Direction, Please	Sky Search	213

Space	find out which planets are visible with the naked eye	Planets	Sky Search	213
Space	learn about the moon	Time for the Moon	Sky Search	213
Space	learn about meteorites, arrange a meteorite party	The Sky is Falling	Sky Search	213
Sports	choose a skill to improve on in a sport practice for 3 weeks	Practice Makes Perfect	Sports Sampler	84
Sports	choose a skill you would like to improve in a court sport	Practice, Practice, Practice	Court Sports	71
Sports	compare shoes for 3 different field sports	Feet and Cleats	Field Sports	75
Sports	create a cardboard cutout of protective gear for a sport	Sports Safety	Safety First!	67
Sports	create an obstacle course	Adventure Obstacle course	Adventure Sports	69
Sports	develop a cool down routine	Cool Down	Fun and Fit	79
Sports	develop a walk and stretch routine	Warm up	Field Sports	74
Sports	develop a warm up and cool down routine	Warm up	Court Sports	70
Sports	develop a warm up and cool down routine, do 3 stretches	Stretch it Out	Sports Sampler	84
Sports	develop a warm up routine	Warm up	Fun and Fit	79
Sports	do 3 stretches show your troop or family	S-t-r-e-t-c-h	Fun and Fit	79
Sports	do 3 stretching exercises to do before and after walking	Warm up	Walking for Fitness	89
Sports	do aerobic activities 3 times a week for 2 weeks	Aerobic Activities	Looking Your Best	39
Sports	do aerobic activities 3-5 times a week for 2 weeks	Get Moving	Fun and Fit	79
Sports	do strength building exercises 2-3 times a week for 3 weeks	Strengthen Up	Fun and Fit	79
Sports	find out about 2 sports new to you	Sport Search	Sports Sampler	85
Sports	find out about a sports history	"Herstory" of Sport	Sports Sampler	85
Sports	for 1 week, do a weight-bearing activity	Strong Bones	A Healthier You	80
Sports	go to a rope course	Rope it!	Adventure Sports	69
Sports	learn about court sports not popular in the US but in other countries	World of Sports	Court Sports	71
Sports	learn about the equipment needed to play a field sport	The Right Stuff	Field Sports	75
Sports	learn how to gain strength, flexibility, and balance	Get Strong	Adventure Sports	68
Sports	learn how to keep score in a field sport	Scores and Stats	Field Sports	75
Sports	learn how to keep score in court sport	Keeping Track	Court Sports	70
Sports	make a list of 10 actions that can reduce stress, do one	Move that Stress Away	Stress Less	87
Sports	make a music tape you would use to prepare for a game	Pump it Up!	Field Sports	74
Sports	participate in a sport	Play Time	Sports Sampler	84
Sports	play a court sport	Play Ball	Court Sports	71
Sports	play a field sport	Play Ball	Field Sports	74
Sports	teach a skill to another girl	Team Leadership	Lead On	19
Sports	develop a personal walking program and follow it for 3 weeks	Make a plan	Walking for Fitness	89
Sports	use a winter form of transportation to follow a marked trail or path	Distance traveling	Winter Sports	91
Sports	learn how to in-line skate and about safety gear	In-line Skating	Winter Sports	91
Sports	go skating and practice some moves outlined in book	Balance, Coordination, and Agility	Winter Sports	91
Sports	learn the basics of ice hockey	Ice Hockey Anyone?	Winter Sports	91
Sports	find out how long it takes you to walk a mile	Walk the Distance	Finding Your Way	98
Sports	learn and practice a new winter sport	Be a Sport	Frosty Fun	101
Sports	take part in a Volksmarch	March Forward	Hiker	103
Sports	take pictures or video of action shots, learn the best way	Be a Sports Photographer	Camera Shots	139
Sports	find 5 examples of how math is used in a sports game	Just the Stats	Math Whiz	161
Sports	try a new sport for 6 different sessions	Try Something New	Sports Sampler	85
Sports	work on a quality that will make you a better team player	Team up to win	Field Sports	75
Sports	find out about one of the sports listed	The Winter Olympics	Winter Sports	91
Sports-Bicycling	learn the basics of bike safety	It's not just a ride	Safety First!	67
Sports-Bicycling	learn about mountain biking	Mountain Bike	Adventure Sports	69
Sports-Kayaking	learn how to kayak	Kayak	Adventure Sports	68
Sports-Rock Climbing	go rock climbing	Climb the walls	Adventure Sports	69
Sports-Skiing	learn about skiing	Get Ready for Skiing	Winter Sports	91
Sports-Skiing	learn how to ski	On the Slopes	Winter Sports	91

Sports-Snorkel	learn to snorkel	Like a Fish	Swimming	121
Sports-Swimming	show you know water safety	Know water safety	Swimming	121
Sports-Swimming	create a buddy check call when swimming	My Buddy and Me	Swimming	121
Sports-Swimming	show you can swim	Go Swim!	Swimming	121
Sports-Swimming	show you can swim under water	Underwater Swimmer	Swimming	121
Sports-Swimming	perform two different dives	Diver	Swimming	121
Sports-Swimming	get involved in a swimming competition	Going for the Gold	Swimming	121
Sports-Swimming	show you can float, tread, 2 swim strokes, and swim 50 yards	Get in the Swim of Things	Water Fun	122
Sports-Tennis	find out about the 3 surfaces tennis is played on	Same Sport, Different Court	Court Sports	71
Sports-Windsurfing	learn to windsurf	Ride the Waves	Adventure Sports	69
Sun	play game about sun safety	Relay for Sun Safety	A Healthier You	81
Sun	Have a sun safety fashion show	Sun Sensations	Environmental Health	72
Sun	create a sun squad to educate about the sun	The Sun Squad	Environmental Health	72
Sun	cook with the sun to make sun tea or sun jam	Cook with the Sun	Outdoors in the City	115
Talking	ask 3 of your friends how they deal with stress	Pass it On	Stress Less	87
Talking	be a travel agent and help plan a trip	Who? What? Where? When? How?	Traveler	27
Talking	brainstorm a list of building you would like to design	From Airports to Zoos	Architecture	129
Talking	brainstorm a list of five values and vote on them	Values Vote	It's Important to me	36
Talking	brainstorm ways you can help the environment	To Protect the Environment	Your Outdoor Surroundings	127
Talking	can you guess how many is in the jar	Make it Count	Math Whiz	161
Talking	change your routine for a week	Change Directions	Creative Solutions	145
Talking	choose eight things you need to take care of a preschooler	Planning ahead	Caring for Children	43
Talking	collect 3 different maps of your area, explain to troop or family	Know your maps	Finding Your Way	98
Talking	come up with 3 ways to improve communication	Bridge the Gap	Healthy Relationships	49
Talking	compare items that are the same one manual the other electric	Tools to make life easier	Discovering Technology	149
Talking	Create guidelines to start a business with a friend	Friends and Money	Business-Wise	11
Talking	create your ideal role model	Find role models	Being my best	33
Talking	discuss where you would take an alien visiting Earth	Entertaining an Alien	Traveler	27
Talking	find out about food-related jobs	From Field to Food Shop	The Cookie Connection	9
Talking	find out how to prevent falls	Fall Safe	Safety First!	67
Talking	find out how to protest a decision	News Flash	Model Citizen	21
Talking	find out what happens when you don't get enough sleep	Sleepy Head	Highway to Health	83
Talking	get and give advice to other teens	Looking Ahead	Becoming a Teen	31
Talking	give compliments to each other in the troop	Circle of Friends	Looking Your Best	39
Talking	give directions on a safety check for a car	Write it down	Car Care	59
Talking	go through a toy catalog and discuss good and bad toys	The Toy test	Caring for Children	43
Talking	have a values debate	Debate it	It's Important to me	37
Talking	how can you help stop prejudice	Reach Out	Celebrating People	45
Talking	how can you help the hungry	World Hunger	World Neighbors	29
Talking	how would introduce a female leader	Let's Welcome...	Lead On	18
Talking	know how to dispose of waste water and garbage	Protect the Environment	Outdoor Fun	113
Talking	learn 4 greeting customs from around the world	It's a Pleasure	Celebrating People	45
Talking	learn about 3 people who work for world peace, human rights	Peace on Earth	Celebrating People	45
Talking	learn about the classifieds	Check out the Classifieds	Careers	12
Talking	learn and share a famous story about a horse	Horse "Tales"	Horse Fan	105
Talking	learn how to find you way without a map or compass	Finding your way without map or compass	Finding Your Way	99
Talking	learn how to use a map	How Long and How Far	Finding Your Way	98
Talking	look at 3 ads for adults and see how they get their attention	Your Parents Dollars	Consumer Power	35
Talking	look at 3 ads for kids and see how they get your attention	Your Dollars	Consumer Power	35
Talking	make a prediction and see if it happens	Predictions	Math Whiz	161
Talking	plan a fire escape route	Fire Safety	Safety First!	67
Talking	plan a trip to an imaginary site	Pack it Up	Your Outdoor Surroundings	127
Talking	read and find out what a job related comic strips means	Work is Funny	Careers	12

Talking	rename a product not selling well and promote it	Name Game	Consumer Power	35
Talking	see how the community made it easier for handicapped people	Include Everyone	Celebrating People	45
Talking	see how to get somewhere using a bus or train map	Bus and Train Maps	Finding Your Way	99
Talking	share a difficult decision you made	Share the Experience	The Choice is Yours	61
Talking	share how you think your community may change in 25 years	Focus on the Future	Local Lore	51
Talking	take items from outdoors and classify them	Classifying Outdoor Objects: The Artist and the Scientist	Your Outdoor Surroundings	127
Talking	learn what to do in certain emergency situations (in book)	Call For Help	Ms. Fix It	162
Talking	learn how to choose what you need for a sewing pattern	Pick a Pattern	Sew Simple	168
Talking	say "I did it" using different forms of expression	How You Say it	Theater	171
Talking	find out how something has changed over time since it was first created	Here Today, Still Here Tomorrow	Science in Everyday Life	207
Talking	learn how to use a star map	Mapping the Skies	Sky Search	213
Talking	find out which planets are visible with the naked eye	Planets	Sky Search	213
Talking	learn the parts of a telescope	Tools of the Trade	Sky Search	213
Talking	talk about the pros and cons of working for yourself	Risky Business?	Business-Wise	11
Talking	tell about an object that is important to you	Memorably Yours	My Heritage	55
Talking	watch tv about teenage dating and talk about it	It's a date	Healthy Relationships	49
Talking	what communication would you use	Making it Public	Communication	47
Talking-Cookies	find out where you can sell cookies	Five Ways to sell a cookie	The Cookie Connection	8
Talking-Cookies	learn all about cookies	Cookies Know-how	The Cookie Connection	8
Talking-Goal	make a goal for cookie selling	Make Cookie Sales count	The Cookie Connection	9
Talking-interview	ask a working person about conflict resolution skills	Getting Along in groups	Careers	13
Talking-interview	Interview a female business owner	Ask an Owner	Business-Wise	11
Talking-interview	interview someone who has own business	Cost and Profit	Business-Wise	11
Talking-interview	ask five adults about jobs related to their hobbies	Hobbies can be golden	Careers	12
Talking-interview	practice going on an interview	Interviewing 101	Careers	13
Talking-interview	interview 3 women about their careers	Role Models	Careers	13
Talking-interview	pretend to be a talk show host	Talk Show star	Lead On	18
Talking-interview	talk to several people about being a citizen of the USA	Rights and Responsibilities	Model Citizen	20
Talking-interview	compare living in the USA to another country	Global Citizen	Model Citizen	20
Talking-interview	visit a travel agent or tour guide	Life Travel	On My Way	25
Talking-interview	interview a health educator about puberty	Get the facts	Becoming a Teen	31
Talking-interview	interview teenagers about freedom and responsibility	Freedom and Responsibility	Becoming a Teen	31
Talking-interview	interview family members about their teen years	Teen in the family	Becoming a Teen	31
Talking-interview	interview women about their skin care routines	Skin care secrets	Looking Your Best	39
Talking-interview	interview an older adult about their life	These are their lives	Across Generations	41
Talking-interview	talk to women of all ages who were once girl scouts	Girl Scouts past and Present	Across Generations	41
Talking-interview	invite someone over 65 who his successful and still working	Love what you do	Across Generations	41
Talking-interview	invite 2-3 adults to tell about weddings & birthdays in their culture	Celebrate the Day	Celebrating People	45
Talking-interview	invite a health care professional to demonstrate infant skills	Basic skills for infants	Caring for Children	43
Talking-interview	talk to older people about their lives	Get Together	My Heritage	55
Talking-interview	visit someone who has a job that involves cars	Driving it	Car Care	59
Talking-interview	talk to medical professional about the proper us of medicine	Know the Dangers	High on Life	65
Talking-interview	find out the most common injuries for kids your age	Safe at any age	Safety First!	67
Talking-interview	find a woman with a sport career and interview her about her work	Work it, Girl	Field Sports	75
Talking-interview	find out how to brush your teeth properly	Take care of your teeth	Highway to Health	83
Talking-interview	learn about a woman who is a champion of the environment	Woman's Work	Eco-Action	97
Talking-interview	learn about ice safety from local parks or fire department	Ice Safety	Frosty Fun	101
Talking-interview	talk to someone who helps people be safe on the water	Jobs on the water	Water Fun	123
Talking-interview	learn about a career that is spent mostly outdoors (women speaker)	An Outdoor Career	Your Outdoor Surroundings	127
Talking-interview	learn about a well known architect and visit her	Making their Mark	Architecture	128
Talking-interview	talk with someone in the clothing business	Sell Fashion	Art to Wear	135
Talking-interview	find out about careers for people who like books and visit	Books for Life	Books	137
Talking-interview	talk to someone who frequently solves problems for a living	How others solve problems	Creative Solutions	145
Talking-interview	talk to an artisan and find out how technology is involved	Technology to Wear	Discovering Technology	149
Talking-interview	talk to writers about their work	Author! Author!	Write All About It	177

Talking-interview	talk with some older people about air travel before 1960	Contact!	Aerospace	181
Talking-interview	interview 4 people about how they use computers at work	On the Job	Computer Fun	183
Talking-interview	interview someone with a career in music	Careers in Music	Music Fan	195
Talking-interview	interview a woman who is a scientist	Become a Scientist	Science Discovery	203
Talking-interview	interview a doctor or dentist, find how science and math are used	Tools of the Trade	Science in Everyday Life	205
Talking-Language	test your communication skills	What did you say?	Lead On	19
Talking-Language	learns words from 2 other languages	The love of language	World Neighbors	29
Talking-Language	show a feeling with nonverbal communication	Mum's the Word	Healthy Relationships	49
Talking-Language	how do you communicate with a pet?	Animal talk	Pet Care	57
Talking-Speaker	learn about the Peace Corp	Peace of Cake	Humans and Habitats	17
Talking-Speaker	learn about credit cards	Cash or Credit	Money Sense	23
Talking-Speaker	learn about a job in the finance industry	Careers in Finance	Money Sense	23
Talking-Speaker	invite a person over 70 to show you a special skill or hobby	Learn a new skill	Across Generations	41
Talking-Speech	make impromptu speeches	Thinking on Your Feet	Careers	13
Talking-Speech	give a short speech on your favorite subject	Express your view	Communication	47
Talking-Speech	chose a female athelete you admire and pretend to be her	Be a Role Model	Court Sports	71
Talking-Speech	tell a story to a group or at an event	Tell a Story	Folk Arts	155
Television	watch tv and see if they display drugs, smoking or alcohol	Get with the program	High on Life	65
Television	look for people who have made poor value decisions on tv	Values in the News	It's Important to me	37
Television	watch tv about teenage dating and talk about it	It's a date	Healthy Relationships	49
Television	count the number of food commercials during children's tv programs	Messages	Food Power	76
Television	watch a horsemanship event	Showing off	Horse Fan	105
Television	watch a space launce on tv or the net	Shoot for the Stars	Aerospace	181
Television	watch an opera on television	Opera, Anyone?	Making Music	193
Video	make a video about something unique in the community	Lights, Camera, Action	My Community	53
WAGGGS	learn about the four World Centers	WAGGGS Travel	GS Around the World	3
WAGGGS	find out about different countries on the net	WAGGGS on the Web	GS Around the World	3
WAGGGS	learn about a country in WAGGGS	International Expert	GS Around the World	3
WAGGGS	learn about a WAGGGS country	Sisters	Global Awareness	15
Walking	plan a guided walk with a group through your community	Group Walk	Outdoors in the City	114
Walking	have a walker's fashion show	Weather it well	Walking for Fitness	89
Walking	visit a shoe store and compare walking shoes	Best Foot Forward	Walking for Fitness	89
Walking	go to 2 places within walking distance of your meeting	Keep track	Walking for Fitness	89
Walking	on a walk use a map to arrive at a new destination	Find the Way	Walking for Fitness	89
Walking	plan and pack a well balanced snack for a long walk	Fast Food	Walking for Fitness	89
Walking	help at a charity walk	Lend a Hand	Walking for Fitness	89
Walking	develop a walk and stretch routine	Warm up	Field Sports	74
Walking	take part in a Volksmarch	March Forward	Hiker	103
Water	learn different ways to conserve water	Water Water Everywhere	Environmental Health	72
Water	find out if the fishing spots in your area are clean	Goin' Fishing	Environmental Health	72
Water	try to drink six to eight cups of water a day	Drink Plenty of Liquids	Field Sports	75
Water	do something to conserve water	Every Drop Counts	Eco-Action	97
Water	show your ability to test a purify water before drinking	Test the Waters	Outdoor Cook	109
Water	show you know how to use a PFD	Staying Afloat	Small Craft	119
Water	show you know how to use a PFD	Safety First	Water Fun	122
Water	learn 2 things about a Sailor's life	A Sailors Life	Water Fun	123
Water	brainstorm ways you can conserve water	Precious Water	Water Fun	123
Water	collect rain water, figure out how much water you drink	Just a Drop	Globe-Trotting	185
Water	do 2 science experiments in book	Water Tricks	Science Discovery	202
Water	do a stream health check	Environmental Observer	Science Discovery	203

Water	discover different aspects of water	Water Questions	Science Sleuth	210
Water	learn about the water cycle process	It's in a Cycle	Water Wonders	215
Water	find out where your water comes from	The Water you Drink	Water Wonders	215
Water	find out how salt water and fresh water are different	Just Add Salt	Water Wonders	215
Water	do a water taste test	Water Comparisons	Water Wonders	215
Weather	be a water and weather watcher for boating conditions	Red Sky in the morning, Sailors take warning	Small Craft	119
Weather	look for places weather has affected	Weathered or Not...	Rocks Rocks	199
Weather	learn to read a weather map	Weather Maps	Weather Watch	216
Weather	learn about weather cycles	Weather Trends	Weather Watch	219
Wider Ops	Plan and take your own Wider Op	Your own Wider Op	GS in My Future	4
Wider Ops	Find out about Wider Op's	Find out about Wider Ops	GS in My Future	4
Wider Ops	Plan your trip to a Wider Op	Plan your trip to a Wider Op	GS in My Future	5
Wider Ops	plan a wider op for younger scouts	Plan your own	GS in My Future	5
Wider Ops	talk with an older scout who was in a wider op	Girl Scouts Far and Wide	Traveler	27
World	bake bread from another country	Break Bread	Humans and Habitats	17
World	create a poster of traditional dress of 3 countries	Fashions from Afar	Art to Wear	135
World	create a way to show architecture from around the World	Architecture Around the World	Architecture	129
World	do a style of acting found in another part of the World	Theater Around the World	Theater	171
World	eat your way around the World	Food Around the World	Let's Get Cooking	187
World	find example of art from other cultures	Art Bridges	Visual Arts	175
World	find out about a city or town in a country far away	Where in the World	Global Awareness	15
World	find out about another country that supplies oil to the world	Around the World	Oil Up	196
World	find out about clothing in different parts of the world	Clothing all over the world	World Neighbors	29
World	find out about fabric art from different cultures	Fabrics 'Round the World	Yarn and Fabric Arts	179
World	find out about farming in 2 or 3 countries	Farmers around the World	Humans and Habitats	16
World	find out about houses in another country	There's No place like home	World Neighbors	29
World	find out about somewhere in the world that doesn't have enough water	Not Enough?	Water Wonders	215
World	find out about toys from around the World	Toys around the World	Toymaker	173
World	find out how countries get along	In the news	Global Awareness	15
World	find out if your town has a sister city	International Friendships	Global Awareness	15
World	find out what it would be like to live in another country	Walk in their shoes	Global Awareness	15
World	find out where a phenomena has effected the world	Around the Globe	Rocks Rocks	199
World	keep track of the exchange rates for US money	How much is a dollar worth?	Money Sense	23
World	learn 2 things about another culture	Culturally Curious?	Traveler	27
World	learn a folk song from 2 different cultures	Folk Songs From Afar	Music Fan	195
World	Learn about a female leader from another country	Lead the Way	Global Awareness	15
World	learn about court sports not popular in the US but in other countries	World of Sports	Court Sports	71
World	learn about different architecture around the World	Picture It	Globe-Trotting	184
World	learn about holiday values in another country	Other People's Values	It's Important to me	37
World	learn about jewelry from other countries	Jewelry from other lands	Jeweler	157
World	look for and collect pictures of art from other cultures	Folk Pottery	Ceramics and Clay	141
World	look for examples of folk arts from 3 countries	Folk Arts Around the Globe	Folk Arts	155
World	represent a country on a regional issue in your troop	Be a diplomat	Global Awareness	15
World	use a world map, pick a place to go and figure how to get there	Calculate Your Flight Time	Math Whiz	161
Writing	answer questions about Earth pretending you're an alien	Who are They	Celebrating People	45
Writing	answer questions and share your business plan	Business plan of Action	Business-Wise	11
Writing	come up with the most 1 dollar words	One Dollar Words	Puzzlers	167
Writing	create a newspaper on environmental issues	Start the Presses	Eco-Action	97
Writing	create a poem, song or skit about a fun hike	Share the Fun	Hiker	103
Writing	create a script for a radio show	Word of Mouth	Communication	47
Writing	create a wisdom list from your family	Who Said it	My Heritage	55
Writing	create an environmental newspaper, use issues in your community	Environmental Times	Environmental Health	73
Writing	create an itinerary for a week long trip	Dream Vacation	Traveler	27
Writing	create some word scrambles	Scramble	Puzzlers	167

Writing	design rules, or laws for 2 situations in book	Lawmaker	Model Citizen	20
Writing	design your own maze	A Maze with a Theme	Puzzlers	166
Writing	design your own room, use 2 budgets	Design your own room	Art in the Home	131
Writing	have each person in the troop write the next sentence to create a story	Group Writing for Laughs	Write All About It	177
Writing	list five leaders qualities and discuss with troop	Choose Your leaders	Lead On	18
Writing	list your observations of a childs behavior and moods	What can you observe?	Caring for Children	43
Writing	make a kaper chart	Pitching In	Camp Together	93
Writing	make your own crossword puzzle	Crossword Puzzler	Puzzlers	166
Writing	make your own word search	Word Search	Puzzlers	167
Writing	practice writing a complaint letter	When you need to complain	Consumer Power	35
Writing	send away for a travel brochure	Promote a Place	Traveler	27
Writing	what the best way to communicate your idea	Get the Message?	Communication	47
Writing	who would you like to be shipwrecked with and with what 5 items	Shipwrecked on an Island	Creative Solutions	145
Writing	write a "healthy habits" skit	Getting the message out	A Healthier You	81
Writing	write a cheer for your favorite sports team	You Go Girl!	Sports Sampler	85
Writing	write a news story about your community	Good News	Write All About It	177
Writing	write a short play	Play it!	Communication	47
Writing	write a survey on how satisfied girls your age are with the way they look	Tell Me what You think	A Healthier You	81
Writing	write and improve a leadership quality	Set a Goal	Lead On	19
Writing	write instructions how to do something	How to How-To	Write All About It	176
Writing	write what you could live with or without in another lifestyle	Your life would be different if...	Humans and Habitats	17
Writing	write your own declarations of young peoples rights	Free and Equal	Celebrating People	45
Writing-Book	make a booklet for babysitting	Safety First	Caring for Children	43
Writing-Book	make a service project directory	Service Directory	Across Generations	41
Writing-Book	create your own picture book	Picture This!	Books	137
Writing-Book	write a diary as if you were a real life explorer	Dear Diary....	Globe-Trotting	185
Writing-Book	create a comic book a if you are a drop of oil	Oil Drop	Oil Up	197
Writing-Chart	make a chart about what kids can do at different ages	What, When?	Caring for Children	43
Writing-Code	learn and write a message in braille	Communication by the dots	Communication	47
Writing-Code	invent your own code and write a message	Coded Language	Creative Solutions	145
Writing-Code	make your own code	Make Your Own Code	Math Whiz	161
Writing-Journal	keep a log with photos, postcards etc.	Document the Days	Traveler	27
Writing-Journal	keep a journal or diary of personal feelings	Keep a Journal	Being my best	33
Writing-Journal	keep a diary or scrapbook	Your personal heritage	My Heritage	55
Writing-Journal	keep a "stress less" journal	Stress Less Writing	Stress less	87
Writing-Journal	keep a feelings diary for a day	What are you feeling	Stress Less	87
Writing-Journal	watch & write conversations, ideas, images	Write from the Start	Write All About It	176
Writing-Journal	keep a log of what you use that has petroleum in it	It's in What	Oil Up	197
Writing-Letter	write a letter	Write on	Global Awareness	15
Writing-Letter	write a letter to the principal about the school lunch menu	Balanced Lunch?	Food Power	77
Writing-Letter	write a letter to the president with advice on how to end hunger	Speak your mind	Food Power	77
Writing-Letter	write a letter to yourself from your body	Sincerely, Your Body	Highway to Health	82
Writing-Letter	write a letter to the editor about whether sports were covered equally	See and Tell	Sports Sampler	85
Writing-Letter	write a letter to yourself and include your solar system address	Star Stamps	Sky Search	213
Writing-Lists	make a list of businesses related to your skills	Talent Scout	Business-Wise	11
Writing-Lists	make a list of 10 things for being a good neighbor	A Good Neighbor	Model Citizen	20
Writing-Lists	make a list of 10 things to take on a trip	I'd Take....	On My Way	25
Writing-Lists	make a list of 8 things to keep you safe on a trip	Stay safe on the road	Traveler	27
Writing-Lists	write positive thoughts for negatives ones	Think Positively	Being my best	33
Writing-Lists	find out what household items can be dangerous to a child	The Danger Zone	Caring for Children	43
Writing-Lists	make a list of 6 fun things you can do with your friends	Fun and Games	Healthy Relationships	49
Writing-Lists	make a list of decisions you may make within the next 10 years	Looking Ahead	The Choice is Yours	61

Writing-Lists	make a list of who influences the decisions you make	Role Models	The Choice is Yours	61
Writing-Lists	write 5 survival tips for hot or cold weather	Survivor	First Aid	63
Writing-Lists	write a list of 10 things that give you a natural high - do it	Natural Highs	High on Life	65
Writing-Lists	create 3 columns of goals and how drugs will effect it	It's Your life	High on Life	65
Writing-Lists	make a list of 5 things that can cause an asthma attack	Every Breath Counts	Environmental Health	73
Writing-Lists	create a chart to track three items found on 3 food labels	Understand Food Labels	Food Power	76
Writing-Lists	list what you can do to prevent diseases	Preventable or Inevitable	A Healthier You	81
Writing-Lists	make a list of 10 actions that can reduce stress, do one	Move that Stress Away	Stress Less	87
Writing-Lists	write a list of books to read to help relax	Read and Relax	Stress Less	87
Writing-Lists	make a list of sites within walking distance of your meeting	Keep track	Walking for Fitness	89
Writing-Lists	keep track of your car or bus trips for one week	Add it Up	Walking for Fitness	89
Writing-Lists	develop a list of clothing and equipment for camping	Dress Right	Camp Together	93
Writing-Lists	make a list of camping tips to pass on to others	Learning from Experience	Camp Together	93
Writing-Lists	how many examples of math can think of	Math Hunt	Math Whiz	161
Writing-Lists	measure yourself in 5 different ways	Your Numbers Are...	Math Whiz	161
Writing-Money	invest in and follow a pretend stock in the stock market	Invest together	Money Sense	23
Writing-Money	invest in and follow a pretend stock in the stock market	Ups and Downs fo the Market	Money Sense	23
Writing-Money	learn about household expenses	Reality Check	Money Sense	23
Writing-Money	write a troop budget	Troop Budget	Money Sense	22
Writing-Poem	write a poem about the night sounds	The Outdoors at Night	Camp Together	93
Writing-Poem	write a haiku about nature	Nature in Three Lines	Outdoor Creativity	110
Writing-Poem	find out how to write 3 different types of poems	A Pocke full of Poems	Write All About It	177
Writing-Story	create a story, song or poem	Sing someones Praises	Local Lore	51
Writing-Story	write a short news story	Share the News	Communication	47
Writing-Story	write a story about how you solved a problem using your values	Value-Based Approaches	It's Important to me	36
Writing-Story	write a story about a girl making an important decision	There once was a girl...	The Choice is Yours	61
Writing-Story	write a short article about a court sport game you watched	Tell it Like it is	Court Sports	71
Writing-Story	write a story about the laws on your alien planet	Create a World	Creative Solutions	145
Writing-Story	create 3 story starters and write a story	Story Starters	Write All About It	176
Writing-Story	write your memories in detail	Memoirs Are Memories	Write All About It	176
Writing-Story	write a story	True Fiction	Write All About It	176
Writing-Story	write a play	Play it Out!	Write All About It	177
Writing-Story	write a science fiction story	Science Fiction?	Science in Everyday Life	206
Younger Girls	learn 2 things about another culture	Culturally Curious?	Traveler	27
Younger Girls	read a story to a younger girl and discuss the decisions in the story	Learning by Example	The Choice is Yours	61
Younger Girls	create a 4 page first aid safety book for younger children	Share the Messages	First Aid	63
Younger Girls	make a drug abuse prevention presentation	Spread the Word	High on Life	65
Younger Girls	plan a way to help younger children learn about safety	Show the way	Safety First!	67
Younger Girls	read 5 books and then read 2 or 3 to a younger child	Telling Tales	Caring for Children	43
Younger Girls	chose a female athelete you admire and pretend to be her	Be a Role Model	Court Sports	71
Younger Girls	read about international games in handbook, teach to a younger girl	Know no Obstacles	Fun and Fit	79
Younger Girls	write a "healthy habits" skit	Getting the message out	A Healthier You	81
Younger Girls	learn about hypothermia and frostbite, teach younger girls	Serious Fun	Frosty Fun	101
Younger Girls	organize a safey clinic for younger kids	Safety on Wheels	Outdoors in the City	114
Younger Girls	read 1 or 2 picture books to a younger scout	Picture This!	Books	137
Younger Girls	become a reading buddy for a younger child	Be a Reading Helper	Books	137
Younger Girls	help a younger scout make a piece of pottery	Pass on the Knowledge	Ceramics and Clay	141
Younger Girls	demonstrate computer games to a younger group	Fun and Games	Computer Fun	183