

DO-RE-MI AND SWAPS


girl scouts
of eastern missouri



Perfectly Effortless Programs

Girl Scouts of Eastern Missouri

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Two Girl Scout Traditions

Music

When Girl Scouts gather, you can be sure someone will break out in a song. It's a tradition and part of who we are, Girl Scouts.

The activities in this Perfectly Effortless Program packet will help you to continue this tradition with your troop, whether you can sing or not.

Making music can mean singing songs, playing a game, making an instrument or grooving to the beat.

If singing is not your thing, here are some ways to bring this tradition to your troop:

- Use this packet as a resource
- Check at your neighborhood meeting for an experienced leader or an older girl who needs to work with younger girls to earn an award
- Choose a song from one of the Girl Scout song CD's and play it for girls
- Is there a girl in your troop who loves to sing and could teach songs to the girls?
- Attend a song workshop
- A survey of parents and troop committee members may provide information about musical talents within or connected to the troop

SWAPS

In Girl Scouting, small gifts of friendship are often exchanged when girls and adults get together. We call these gifts of friendship:

Small size

What-cha-ma-call-it

Adorning a hat, vest or scarf

Passed between friends

OR

Small size

What-cha-ma-call-it

Affectionately

Pinned somewhere

SWAPS can be exchanged at special events, when troops or individuals get together at neighborhood or district events, at Day Camp or Resident Camp or when older Girl Scouts go on a trip. Wherever Girl Scouts "Make New Friends" there is sure to be a SWAP passed between friends. For additional links to add to your collection, check www.scoutingweb.com.

Song Leading

A Skill That Can Be Learned

Love to sing but not sure how to start teaching others? Here are some great guidelines for the emerging song leader, no matter what age you are.

Choosing Songs

- Know the group that you will work with. How old are they? How many girls are there? What are their singing abilities? What are their song interests? How long is their attention span?
- Begin with simple songs or songs that the girls know. Choose songs like short rounds, songs with tra-la-la choruses or those that include repetition
- Know what you are doing. Know the song words and the melody. Practice. Use note cards if you need them. Make a list of the songs you will sing and know the order you will sing them in.
- If you are choosing songs for an evening program, start out with the rowdy songs and end with quiet songs to set the tone for bedtime

Leading Songs

- Be enthusiastic
- Sing the song for the group. Introduce the song by telling where it is from. Sing the first verse and the chorus, so group members know how it sounds. Have those who know it sing with you.
- Teach the song phrase-by-phrase. Sing a phrase and have the group sing back to you. Then join phrases and sing the verse and chorus. If long, teach a few verses and then repeat. Repeat once or twice
- Sing the song all together. If singing a round, a song with parts or a descant, make sure each group knows its part well before putting the parts together. If you are singing a song with parts, have a leader who knows each part. Use simple hand motions to keep the tempo
- You give the starting note. Hum the melody or use a musical instrument. If you get it wrong, stop and start over. Avoid pitching too high or too low for girls
- Make sure that girls follow your hand motions. Let them know that hand motions are used to keep the group together in the right tempo and the motions will help them know where you are in the song
- Choose a variety of songs. Do songs that are fast and slow, songs that include hand motions, and songs that lend themselves to simple harmony, as well as funny songs. Avoid songs that might be offensive to religious or ethnic groups

Some Favorite Girl Scout Graces

Come Good Girl Scouts

(Tune: Jesus Loves Me)

Come good Girl Scouts

Bow your heads

Thank the Lord for this good bread

Reverent Girl Scouts we will be

Thanks, Oh Lord, our thanks to thee

Time To Eat

(Tune: Ain't She Sweet)

Time to eat

Girl Scout snack time is a treat

We thank God for his generosity

Time to eat

Addams Family Grace

(Tune: Addams Family Theme)

We thank you for this food, Lord

For mom and dad and you, Lord

We thank you for this food, Lord

That gets us through the day

Amen (snap, snap) Amen (snap, snap)

Amen, amen, amen (snap, snap)

(Variations)

Come join with us and pray

We're thankful for this day

And we would like to say

We're thankful for this food

(Same amen as above)

We thank you for this food, Lord

For friends and family and you, Lord

We thank you for this food, Lord

It helps us through our day

(Same amen as above)

Praise To Be God

(Tune: Wendy)

Praise be to God, the Father almighty

Praise be to him who gives us our food

Praise be to God the maker of all things

Praise be to God forever.

Alleluia

(Tune: Michael Row the Boat)

Thank you for the world so sweet

Alleluia

Thank you for the food we eat

Alleluia

Thank you for the birds that sing

Alleluia

Thank you God, for everything

Alleluia

Thank You

(Tune: Ten Little Indians)

Thank you, thank you heavenly Father

For your blessings as we gather

Give us strength and understanding

Bless us all O Lord

Other Songs Sung to Familiar Tunes

A Pizza Hut

(Tune: Ram Sam Sam)

A Pizza Hut, a Pizza Hut,

Kentucky Fired Chicken

And a Pizza Hut (Repeat)

McDonald, McDonald,

Kentucky Fired Chicken

And a Pizza Hut (Repeat)

Daisies

(Tune: Twinkle, Twinkle, Little Star)

Daisy Girl Scouts lead the way

See us work and see us play

We can dance and we can sing

We can do most anything

We have fun with paint and clay

Daisy Girl Scouts-here to stay

Daisy

(Tune: Brownie Smile Song)

"I've something in my pocket...

That's what the big girls say

I'll have a pocket of my own

When I wear brown someday

My life is bright and easy

I smile most of the day

I'm having lots of fun now

I sing and laugh and play

Girl Scout Cookie Song

(Tune: Are You Sleeping?)

Girl Scout Cookies

Girl Scout Cookies

Yum, Yum, Yum
Yum, Yum, Yum
Eat'um by the dozen
Eat'um by the dozen
They're all gone
They're all gone

Hiking Song

I'm Walking In the Rain

(Tune: Singing In the Rain)

I'm walking in the rain
Just walking in the rain
What a glorious feeling

I'm happy today

THUMBS UP

A tee ta ta

A tee ta ta

A-tee-tat-ta

KNEES TOGETHER

A tee ta ta

A tee ta ta

A-tee-tat-ta

TOES TOGETHER

A tee ta ta

A tee ta ta

A-tee-tat-ta

BUNS OUT

A tee ta ta

A tee ta ta

A-tee-tat-ta

CHEST OUT

A tee ta ta

A tee ta ta

A-tee-tat-ta

TONGUE OUT

A tee ta ta

A tee ta ta

A-tee-tat-ta

I've Got Something In My Pocket

(Tune: Brownie Smile Song)

I've something in my pocket

It belongs behind a log

My leader says to put it back

But I want to keep this frog

It's cool and green and slimy

And it wiggles in my hand

I also have a wooly worm

And a pocket full of sand

Jabba the Hut

(Tune: Ram Sam Sam)

Jabba the Hut, Jaba the Hut,

Luke Skywalker and Jabba the Hut (Repeat)

Darth Vader, Darth Vader,

Luke Skywalker and Jabba the Hut (Repeat)

Motions:

Jabba the Hut (arms out to side- make like BIG)

Luke Skywalker (fence with laser)

Darth Vader (hand over face like mask)

Junior

(Tune: Brownie Smile Song)

"I've something in my pocket..."

That's what I used to say

I spent my time so aimlessly

At home, at school, at play

Now every day is special

I'm searching, who am I?

Only I can find that out

Please let me have a try!

Met A Polar Bear

(Tune: I Met a Bear)

The other day

I saw a bear

A big white bear, I had to stare

He stared right back and seemed to grin

His long white fangs, hung to his chin

He moved toward me, upon four paws

And those four paws held six inch claws

I couldn't move, my feet were froze

As I saw steam, shoot from his nose

But I was safe

Because I knew

This polar bear

Was at the zoo!

Poison Ivy

(Tune: White Coral Bells)

Three shiny leaves upon a slender stalk

Lots of poison ivy decks my campsite walk

Oh, don't you wish that you could pick and touch

But you'd better not because you'd itch too much

Take Me Out to the Campsite

(Tune: Take Me Out to the Ball Game)

Take me out to the campsite, take me out with the troop
We'll bring our bedrolls and knapsacks, too
We'll have fun and we know you will too
Then we'll hike, hike, hike through the woodland
Rain or shine, we won't care, for it's work, play, singing together the Girl Scout way

We belong to the Girl Scouts, always ready to serve
We can climb mountains and cook our own meals
If you join us you'll know how it feels
to be proud
Of wearing the trefoil - working hard every day
It is so-much-fun doing things the Girl Scout way!

Telephone

(Tune: Jingle Bells)

Dashing to the phone, in a one split-second race
Over the chairs we go, shouting all the way, "I got it!"
Bells on telephone ring, making spirits rise
What fun it is to get phone calls, in the middle of the night

Oh, the phone is ringing
The phone is ringing, the phone is ringing now
Get it quick before it stops or your parents will have a cow! Moo-oo!

Watermelon

(Tune: Frere Jacques)

Watermelon, watermelon
How it drips, how it drips
Up and down my arms, up and down my arms
Spit out the pits, spit out the pits
Splat!

We Love the Girl Scouts

(Tune: I Love the Mountains)

We love the Girl Scouts, we love to go to camp
We love the outings, we love to pitch a tent
We love the fireside when all the lights are low
 Boom de adda,
 Boom de adda, boom de adda boom

We love the Girl Scouts, we love the meetings, too
We love the handicrafts and all the things we do
We want to make it clear, we are all glad we're here
 Boom de adda,
 Boom de adda, boom de adda boom

Copyrights and You

Most songs have a writer and a publisher who have the copyright to them. These songs aren't published on Girl Scout websites because they do not belong to Girl Scouts of the USA. Most of the songs listed in the Girl Scout songbooks are either there because special arrangements were made with the publisher or because they are now in the "public domain." That means they have been around so long that no one owns them any more - the author is usually no longer living and no publisher can claim ownership. Here's a quick guide to what you can and cannot do:

You Can

- Put together a collection of your favorite songs in a personal notebook
- Sing songs for fun around a campfire or in meetings without special permission
- Get fined heavily if you use someone's song illegally

You Cannot

- Publish your own book of songs for others without securing permission or paying for the rights
- Make a book or tape of songs to sell without asking permission and paying user fees for the use of the song
- Pass out song sheets with copyrighted music or words/or both without getting permission
- Sing songs in a program and charge admission without permission or paying a fee for use of each one

This applies to everyone: girls, volunteers, Council, camp staff and so on. For more information, about copyrights and licensing, including the use of other people's music on the Internet, visit The American Society of Composers, Authors and Publishers at www.ascap.com.

Can't Carry a Song in a Paper Bag

Music is more than singing. Try some of these activities and you'll find music is rhytem.

- Have girls make their own rhytem sticks. (see pg. 7) Then have them make up routines with a buddy, to go with their favorite music
- Turn girls loose with a jump rope. Listen and watch the rhytem explode.
- Try Tinikling-Philippine folk dance using poles. (CD and poles available from the Emerson Resource Center)

Music is Sound

Before there were pianos and guitars, people made sounds with their bodies. Think of the different parts of your body that can make a sound. Try this hand jive: as you say the following words, clap your hands rhythmically. Try alternating clapping your hands and clapping on your knees.

Hambone, hambone, where you been?

(Repeat)

Round the world and back again

(Repeat)

Hambone, hambone, that's no name

(Repeat)

I still answer just the same

(Repeat)

Music is Movement

- Put on a CD and have girls move to the beat
- Have girls make up a fitness routine to their favorite music
- Learn a folk dance (square dance, line dance from another country, etc.)

Music is Instruments

- Check out a handbell kit, include color-coded bells and song cards, available from the Emerson Resource Center
- Make your own bells with glass jars filled with different levels of water
- Make your own troop-Going Green Junk Band. Information in this packet

Music is Universal

- Check out JamTown - a multicultural instrument kit which includes bells, drums, goat toe nails and gourds from the Emerson Resource Center
- Listen to music from another country. What are the different instruments they use to make that special sound? (Jamaican, Asian, etc.)

“Love 2 Sing” Pins

- Materials: Coiless Safety Pin- 2¼”, number 2 bead, letter beads: “Sing” and “Heart,” foamie music note
- Directions: Open up the coiless pin. Slide on a “Heart” bead, a 2” bead, then the letters “Sing.” Push them around the coil to the other side of the pin. Poke one or more music foamies on to complete

Lummi Sticks

Origin of Lummi sticks depends on whom you ask. Some people believe Lummi sticks are an Indian game from North America played around the campfire by highly-skilled warriors. The tribe would chant as the contestants threw the sticks. The first warrior to miss had to give a forfeit or demonstrate a stunt to please the crowd.

Others believe the game came to us from the South Sea Islands. Here the natives used bamboo sticks to play the game. Safety factor: rhythm sticks should never be used to hit others and tappers should be at least an arm’s distance from each other.

Holding sticks

- Hold sticks horizontally, beat out the rhythm with the chant in 3/4 time (1,2,3-1,2,3)
- Practice repeating the words and rhythm until everyone is familiar with it
- Each player should have a partner, sitting facing each other an arm’s distance apart in a cross legged or comfortable position
- Hold sticks loosely in a vertical position mid-center or slightly below
- After learning the basics, allow girls to come up with their own creative routines to favorite music

Make Your Own Lummi Sticks

Materials: sticks may be made from dowels or PVC pipe (3/4” – 5/8” inch thick), Length: nine to 12 inches, sandpaper (to smooth sticks)

Lummi Stick Carriers (Individual)

1. Take one tube sock
2. Decorate with fabric pens
3. Insert one pair of Lummi Sticks and tie with shoe string or ribbon

Beat

Four by four by four...4X

Beat 1: Hit the floor

Beat 2: Hit own sticks

Beat 3: Hit partner's left stick

4X Same as above, except hit both of partner's sticks on third beat

4X Same...except toss stick to partner on third beat

4X Same...except toss both sticks on third beat

4X Hit floor, own sticks, partner's right, partner's left, partner's right, partner's left

Chant:

Mah-ko-wa

Ko-we-tah-nah

Wa-ko-we

Tah-nah

Mah-ko-wa

Ko-we-tah-nah

Wa-ko-we

Tah-nah

Going Green Junk Band

Stock up a large box with recyclable materials and let the fun and creativity begin.

String Section

Pluck these instruments to make a sound.

Tissue Box Lute

Materials: tissue box, rubber bands

Directions:

1. Stretch rubber bands around the box, short way.

Shoe Box Guitar

Materials: sturdy shoe box, four rubber bands in various widths, paper towel tube and tape

Directions:

1. String rubber bands across the long end of the box. Thick rubber bands make low tones, thin ones make higher tones.
2. Make hole in one end of box and insert end of paper towel tube.
3. Tape tube to box.

Tree Branch Harp

Materials: rubber bands, Y-shaped branch

Directions:

1. Find a fallen branch in a Y-shape.
2. Put rubber bands across the top of the Y.

Rubber Guitar

Materials: three pencils or coloring pens, metal-baking pan, rubber bands of varying thickness

Directions:

1. Stretch the rubber bands lengthwise across the pan.
2. Put a pen underneath the rubber bands at each end of the pan.
3. Press the third pen onto the bands, slide it back and forth while you pluck the bands. The pitch of the notes changes. The notes get higher as you shorten the vibrating part of each band.

Thumb Piano

Materials: large bobby pins, pliers (to break the bobby pins), heavy-duty staple gun and 3/8" inch heavy duty staples, hammer, plywood (about 6 inches by 6 inches and at least 1/2-inch thick)

Directions:

1. Break three bobby pins by putting the bent part in the jaws of the pliers and crushing them.
2. Staple a pin to the left side of your plywood. Use two staples positioned right at the sharp metal edge of the pin to leave the rubber tipped end free for playing. If staples did not go all the way in, hammer down the staples to hold the pin tightly. The rubber-tipped side should be up in the air (to be able to vibrate). If it is not, then bend it up just a bit.
3. Start stapling the rest of the pins. As you work your way from left to right, staple the pins further and further toward the rubber tips so that the length of the vibrating pin gets shorter and shorter. Don't staple the pins any farther than halfway down the length of the pin.

To play: push down on the rubber tip, then slide your finger back off the tip. As the pin bounces back to its original position it will vibrate and make a sound. Try putting the plywood on different things to make it louder. The best things are big cardboard and Styrofoam boxes but try any thin, rigid, flat surface to see what works best.

Wind Section

Blow into these instruments to make a sound.

Straw Whistle

Materials: plastic drinking straw, scissors

Directions:

1. Pinch one end of the straw flat.
2. Cut end of straw into a point to form the double reeds.
3. Create different sounds by cutting straws into different lengths. Also, cut the points longer or shorter.

To play the straw whistle: put the reed end (pointy end) into your mouth, just behind your lips and blow very hard. It may take several tries to make the straw whistle work.

Kazoo

Materials: toilet paper or paper towel tube, rubber band, colored cellophane or wax paper cut into 4" circles, stickers

Directions:

1. Decorate the tube.
2. Attach wax paper circle to one end of the tube with a rubber band.
3. Sing or hum your favorite tune into the open end of the tube (this will tickle your upper lip).

Screechers

Materials: balloons, balloon pump

Directions:

1. Pump up the balloon. Pinch the neck to stop the air from escaping.
2. Grip the neck of the balloon and stretch it. The balloon makes a sound as the air escapes.

Percussion Section

Beat or shake these instruments to make a sound.

Bongos

Materials: two empty plastic bleach bottles in different sizes, scissors, duct tape, staples and a stapler, colorful plastic tape and stickers

Directions:

1. Cut off the tops of bleach bottles evenly.
2. Cover the cut edge of bottles with duct tape.
3. Staple the bottles together and cover the staples with duct tape.
4. Decorate with colorful tape and stickers.
5. Sit on the floor with bongos between your legs.
6. Play bongos along with singing or listening to a CD.

Tin Can Drums

Materials: various sizes of tin cans, clean and dry with no sharp edges, rubber bands or duct tape, carpet square (optional), unsharpened pencils

Directions:

1. Turn cans bottom side up and tape or rubber band together.
2. Place open sides down on carpet square.
3. Can drums make the best sound if they are put on something soft, like a rug or towel.

Maracas

Materials: film containers or pill bottles, popcorn kernels, rice or beans, glue, knife, popsicle sticks, stickers, contact paper (optional)

Directions:

1. Place small amount of popcorn, rice or beans in each container.
2. Place a little glue on the inside of the lid and close tightly.
3. Take a knife and make a small slit in the lid.
4. Put the popsicle stick inside the slit.
5. Decorate container.

Tambourine

Materials: two paper plates, hole punch, stapler, small jingle bells, dry rice or beans, ribbons, crayons or markers, stickers

Directions:

1. Decorate bottom of plates with stickers, crayon or marker designs.
2. Sandwich paper plates together and punch several holes around the rim of plates.
3. Separate plates and place top side of plates together, matching up the holes.
4. Place bells, rice or beans inside, staple plates together.
5. Attach ribbon through the holes.

Junk Band Stick

Materials: wooden broom stick, assorted objects such as bells, aluminum pie plates, baby rattles, keys, spoons, wind chimes, containers filled with rocks, pot lids-anything that jingles, clacks, clinks or bangs, duct tape, glue, wire, heavy staples, nails to attach objects to the broom stick, hammer, rubber chair cup

Directions:

1. Attach the noisemakers to the stick with heavy staples, wire, rope or twine, nails or duct tape.
2. Put a rubber chair cup on the end of the stick (this will save the floor from getting scratched).
3. Take the stick with the attachments and hit it on the floor to the beat of your favorite song.

Clatter Stick

Materials: cork, sharpened pencil, unsharpened pencil, metal washers, jingle bells, string or wire, duct tape, white liquid glue.

Directions:

1. Twist a sharpened pencil into a cork to make a hole.
2. Squeeze glue into the hole.
3. Push the end of an unsharpened pencil into the hole. Let the glue dry.
4. Slip metal washers onto the pencil. Tie on jingle bells in twos and threes.
5. Wrap enough tape around the pencil so that the washers and bells don't slip off the end. Make sure there's enough space between the washers and bells so they can hit each other when you shake the stick.

SWAPS

When choosing a SWAP idea, remember to consider the girls' skill level. A SWAP should be durable. Be sure to provide a small safety pin for each SWAP you give away.

SWAPS Should

- Tell something about the giver's country, community or local Girl Scout Council
- Be small enough to be pinned to a hat, scarf or jacket

Girls Should

- Think about the kind of SWAP they would like to receive from someone else
- Try not to spend a lot of money. Consider making something from recycled materials
- Try to have one SWAP for each event participant and staff member
- Plan ahead so there's time to make the SWAPS
- Make SWAPS portable

What to Do with SWAPS

- Make a display or scrapbook for troop visits
- Keep SWAPS in a memory box or shadow box
- Pin them to a quilt
- Include SWAPS with thank-you letters to sponsors and those who helped them go to a Girl Scout *destination*, other travel event or concert

SWAPS Etiquette

- Always remember to say, "Thank You"
- Be courteous. If a person gives you a SWAP you don't really like, remember that it may have come with the purest of intentions and the simplest of skills
- Bring extra SWAPS if you are going to an event where swapping is part of the event. It is always a Girl Scout "good turn" to give to those who have few or none
- SWAPS should be handmade
- Last, but not least, have fun swapping

For more SWAP ideas, check out www.scoutingweb.com or call the Emerson Resource Center at 314.592.2360.

SWAP Examples

1. Badge Sash

Materials

Green or brown felt or fun foam

Star and circle sequins

Construction paper: red, yellow, green, blue

Cut sash design from felt or fun foam, using a hole punch, punch circles of different colors from construction paper. Cut triangles for Brownie Badges. Glue on circles, sequins for Junior badges and stars to sash.

2. Girl in Sleeping Bag



Materials

Strip of green fabric or felt about 1½" x 3"

Large lima bean or butter bean

Pink or brown acrylic paint

Yarn for hair

Markers

Cotton ball

Fold fabric or felt in half lengthwise, leaving a tab. Pad body with cotton ball. Glue seams. Paint bean, let dry, mark face and glue on yarn strings for hair glue to top of bag.

3. Paper Towel Roll

Materials

Paper towel

Wire about 4" long

Cut strip of paper towel 1" wide x 10" long. Glue one end to middle of wire. Bend ends of wire up to form a coat hanger. Wrap paper towel into a roll.

4. Sit Upon

Materials

Felt, vinyl, fabric or paper

Embroidery floss

Cut felt, vinyl, fabric or paper into two 1" squares. Stitch edges of squares together with embroidery floss using an overhand stitch.

5. Beaver Bag

Materials

Nylon net
Plastic plate, Solo© or Styrofoam
Foil pie tin
String or embroidery floss

Cut nylon net 1½" x 1½". Glue or sew three sides together. Cut small plate from plastic plate. Cut knife, fork and spoon from foil pie tin. Lace top of bag with floss or string, leaving enough string to tie.

6. Marshmallow or Hotdog on a stick

Materials

Toothpick or hairpin
Styrofoam squares or clay
Acrylic paint

Shape hot dog from clay. Place on stick while still wet. Let dry. Paint. Cut Styrofoam into small squares for marshmallows or shape clay into marshmallows, place on stick, let dry and paint.

7. Popsicle

Materials

Bright colored felt
Flat sticks

Fold over felt and cut two popsicle shapes. Place sticks in between two felt pieces and glue.

8. Cupcake

Materials

1" styrofoam ball
Petite four cups – small muffin baking cups
¼" red pompom ball

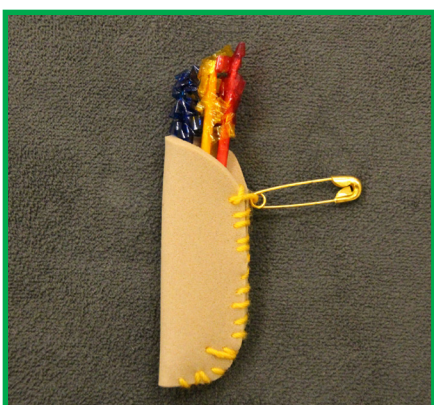
Glue Styrofoam ball into baking cup (can be iced with acrylic paint or bathtub caulk). Glue pompom on for cherry.

9. Arrows in Quiver

Materials

Tan or brown felt
Cocktail toothpicks
Cut oval shape from felt approximately 1"

Place two to three cocktail toothpicks at center of felt oval extending cellophane frills end past top end of oval. Fold felt over toothpicks and glue along edge.



10. Pretzel

Materials

Brown pipe cleaner

White seed beads or white glitter

Bend pipe cleaner in the shape of a pretzel. Dot with glue and sprinkle with seed beads or glitter to represent salt.

11. Styrofoam Hat

Materials

1 styrofoam cup, 6 or 7 oz.

Small flowers

1/8" ribbon

Permanent markers

If desired, decorate cup with markers first. Place cup upside down on a cookie sheet. Place in a 350 degree oven for about five minutes. Remove from oven, let cool. If decorating with ribbon and flowers, glue on now. No two cups will shrink alike. Caution: will produce toxic fumes.

12. Fly Swatter

Materials

1 hairpin

1 1/2" square of plastic canvas

Weave hairpin through center of canvas square.

13. Worm or Snake on a stick

Materials

1 brown or green pipe cleaner 6" long

1 twig – 2" long

2-4mm wiggle eyes

Wind pipe cleaner around twig, glue eyes to one end for head.

14. Bed Roll

Materials

1 strip of felt 2" wide by 6" long

1 piece of string or yarn 12" long

Roll strip of felt lengthwise, tie with string and make a handle with string.



15. Canteen



Materials

- 3/8" ribbon – 3" long
- 1" wooden button plug
- Grey or silver acrylic paint
- 1 7mm pony bead

Paint button plug. Glue end of ribbon on each side to form shoulder strap. Glue pony bead on top center.

16. Square Knot

Materials

- 1 piece of cording

Tie a square knot with the cording.

17. Taco

Materials

- Tan felt–2" circle
- Felt: brown, green, red and yellow cut in thin strips

Fold circle in half, place strips in the middle to "fill" taco leaving ends sticking out. Glue felt together.

18. S'more

Materials

- Fun foam: tan, brown and white
- Cut fun foam in 1" squares

Tan felt represents graham crackers, brown represents the chocolate bar and white represents the marshmallow. Glue Fun Foam together in layers to form a s'more. Print on tan layer: "Make S'more Friends."

19. Bead Head Person



Materials

- Yarn: various colors
- Pipe cleaners: various colors, 1-6", 1-3"
- 3/4" wood bead
- 1" safety pin

Cut yarn into 4" pieces for hair. Bend one 6" pipe cleaner in half. Place four pieces of yarn in the bend. Thread pipe cleaner of yarn through wooden bead "feet" first. Pull pipe cleaner through the wooden bead until the yarn is sticking out the top. Take the 3" pipe cleaner and bend in half. Wind around first pipe cleaner just below wooden bead to form arms. Paint a face on the wooden bead. Bend ends of pipe cleaners to make feet and hands.

20. Caterpillar

Materials

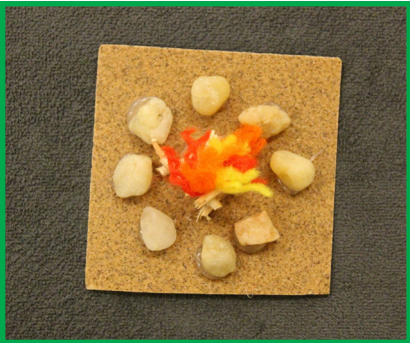
4 - ½" pompoms, various colors

1" plastic or small wooden spring type clothespin or artificial green leaf

2 small wiggle eyes

Glue 4 pompoms together. Glue to topside of clothespin or leaf. Glue eyes to front end of caterpillar.

21. Fire Circle



Materials

1" square of sandpaper

2 Toothpicks

8 pieces of fish tank gravel

2 small pieces of red or yellow yarn

Glue gravel in a circle on top of sandpaper square. Glue toothpicks broken in short pieces to form a log cabin or teepee fire, glue yarn to toothpicks for flame.

22. My Pet Tick

Materials

Tongue depressor

Watermelon seed

Marker

Cut tongue depressor in half. Poke a hole in the rounded end of the tongue depressor to insert swap pin. Glue the watermelon seed to the wood with a marker. Draw "legs" on your seed. Print "my pet tick" at the bottom.

23. Do a Good Deed Beads



Materials

1 piece 1/8"-wide ribbon cut 16-18" long.

10 pony beads

Fold ribbon in half making a loop, leaving ends free. Run ribbon through each side of the beads, loosely lacing as you go, one after the other. Tie in a loop knot after adding the last bead.

This is a cute way for girls to keep track of their "good deeds." Each time they do something good, they get to move a bead down. The object is to have all the beads down at each meeting. Then, each week they start again. There are many other ways these beads can be used. Be creative!

24. Butterflies

Materials

Pre-cut foam butterflies
Markers, glitter glue pens, paint, etc.

Have girls decorate butterflies.

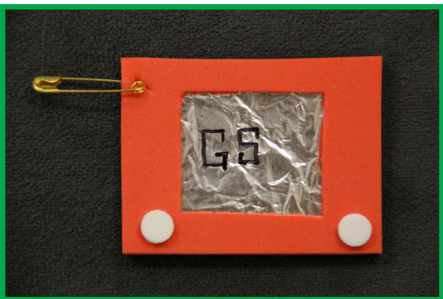
25. Flashlight

Materials

Golf tee, painted silver
1 white pony bead
1 small piece of fun foam

Glue pony bead to top of tee for light. Glue small piece of fun foam to side to represent switch.

26. Etch-A-Sketch



Materials

Fun foam – black, red, white
Aluminum foil (heavy works best)
Hole punch
Black sharpie marker, fine point

Cut template from a piece of cardboard for a rectangle 1 ½” x 2” with a rectangle near the top cut out 1” x ¾” to resemble a frame. Use your template to cut a back piece in black, solid rectangle. Trace and cut front in red – cut out center piece to make a frame. Cut a piece of foil to fit behind the red front. Glue layers together. Hole punch two white circles and glue to front for “knobs.” Use black sharpie to “etch” a picture or letters.

27. Magnifying Glass

Materials

Pipe cleaner, 6”
Clear plastic sheet (transparency paper, sheet protector or clear contact paper, doubled)
Bug sticker

Bend the pipe cleaner into a circle at one end. Glue clear plastic to back. Add a bug sticker.

28. Bird Nest



Materials

Acorn top
2-3 small beans or pompons
Jute rope

Glue jute loop to acorn top to hold pin, glue two to three small beans in bottom to represent eggs.

29. Snow Cone

Materials

Small Styrofoam ball, colored with powdered blush or powdered tempera paint
White cardstock paper

Glue Styrofoam ball to cone made from white cardstock rolled into a cone shape.

30. Snow Globe

Materials

Small plastic container from vending machine toys
Small piece of white Styrofoam
Small object to put inside snow globe
Artificial snow

Glue a small piece of white Styrofoam in the lid of the container. Glue small object to center of Styrofoam. Allow glue to dry. Put small amount of artificial snow in globe half of container. Glue top to bottom. Allow glue to dry before turning globe right side up.

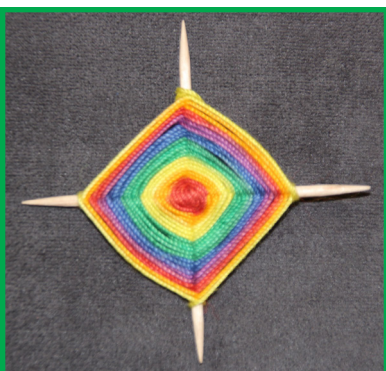
31. Ear Muffs

Materials

Pipe cleaner – 3” length
Pompoms

Curl cut ends of pipe cleaner in a “U” shape and glue the pompoms onto each end. Bend to make an arch as would fit on your head.

32. God's Eye



Materials

2 toothpicks with sharp ends cut off
Embroidery floss (may use several colors to create design)

Cross toothpicks at center to form cross. Begin wrapping floss around center of two toothpicks until they are secure. Start going over and around and then to the next stick and over and around until complete. You can cut floss and tie in new color at any time. *Hint: Tie floss colors together before wrapping so you don't have to stop to tie knots in the middle of wrapping.*

33. Bandana

Materials

Pinking shears to cut fabric
Small piece of cotton fabric
Pony bead

Cut triangle of fabric with pinking shears. Fold over at middle and feed two ends of one of the points through the pony bead.

34. Boxers

Materials

Fun foam
Sharpies or gel pens
Mini clothespin

Cut boxer shorts from fun foam. Decorate with sharpies or gel pens. Attach a mini clothespin to the top.

35. Caterpillar on Leaf

Materials

Green felt
2 wiggly eyes
Lime green pipe cleaner
Cut leaf shape from green felt

Wrap pipe cleaner around pencil and slide off to form a coil. Cut to fit on leaf. Glue wiggly eyes to one end of pipe cleaner.

36. Tray of Cookies

Materials

Cardboard cut to rectangle shape 1" x 2"
Foil cut to rectangle shape 1" x 2"
Fun foam – tan
Fine tip sharpie marker

Glue foil to cardboard. Using hole punch, punch six circles from fun foam. Glue evenly to cookie sheet to represent cookies. Dot cookies with black dots to represent chocolate chips.

37. Igloo Cooler



Materials

2 bottle caps from 2-liter soda bottles—same size
Small piece of wire, pipe cleaner or plastic lacing
Orange electrical tape
Mini pony bead-white

Tape together two bottle caps to make a cooler. Tape piece of wire from one side to the other to form handle. Glue mini pony bead to front to represent spigot. Write IGLOO on tape.

38. Blackboard

Materials

Black posterboard
Cardboard
White marker or paint pen

Cut black posterboard approximately 1½" x 2". Cut thin strips of cardboard to glue around edges to make frame. Use white marker or paint pen to make letters on board.

39. Newspaper

Materials

Strips of newspaper
Thin string

Cut strips of newspapers 1" wide by 8" long. Start at one end and roll newspaper tightly. Tie string around middle.

40. Maps

Materials

Old map

Cut up old map into 1 ½" x 1 ½" squares. Add a pin.

41. Rock and Roll Record

Materials

Black fun foam
Yellow hole reinforcer
Hole punch

Cut a circle from the black fun foam. Stick hole reinforcer in center. Punch hole from center.

42. Clothespin Reindeer



Materials

Round miniature clothespin
Wiggle eyes
Red pompom
Brown felt
Brown paint
Glue

Paint clothespin brown. Turn upside down so that the slit is the antlers and the round part is the nose. Glue on wiggle eyes. To make Rudolph, glue a tiny red pompom on the nose. Cut out ears from the felt and glue them on above the eyes.

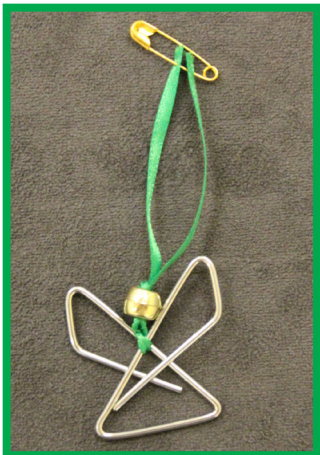
43. Easter Basket

Materials

Lid to a 2-liter soft drink bottle
Spray paint in a pastel color
Colored grass
Small eggs made from dough or clay
Colored pipe cleaner for handle

Spray paint the soda bottle lid. Punch holes in each side to connect pipe cleaner handle. Glue colored grass and small eggs inside. Glue safety pin on the bottom of the basket or insert safety pin through the handle.

44. Green Angel Necklace



Materials

Square paper clips
Green satin ribbon
Silver or gold metallic pony bead

Use "square" type paper clips, turn upside down. Take a length of green satin ribbon where edges of clip intersect at the top, wrap ribbon around clip and tie in a square knot. Slide the ends of the ribbon up through the center of a silver metallic bead. Tie ribbon in an overhand knot on top of bead. Tie ends of ribbon together to make a necklace or attach a pin for a SWAP.

45. Pizza Slice

Materials

Tan fun foam
Assorted colors of felt or fun foam scraps
Tiny pompoms
Brown marker
Glue

Cut a triangle from the fun foam about 2" from point to "crust." Color back edge with brown marker for crust. Decorate with scraps of felt and pompoms for toppings.

46. Cotton Candy

Materials

Pink cotton ball
Piece of white paper 1" by 1" square
Glue

Roll paper from one end to the other and glue down to form a tube. Glue one end of the tube into one end of the pink cotton ball.

47. Tropical Fish

Materials

1 small glass decorator gem
1 small balloon (water balloon size)
Sharpie marker

Insert the glass gem into the small balloon no further than just inside the opening. Tie the balloon in a knot just behind the glass bead to form the tail fin. Using the sharpie, add eyes to either side of your fish.

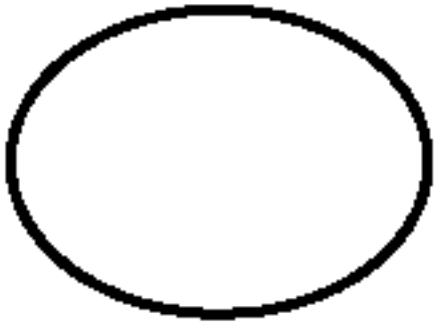
48. Make New Friends Swap

Materials

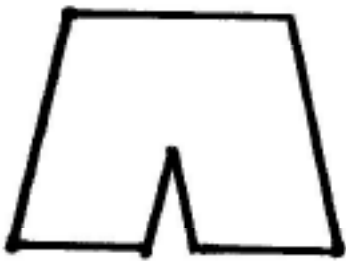
2 puzzle pieces (figure shaped)
Silver paint
Gold paint
Glue

Paint one puzzle piece gold and the other silver. Glue "hands and legs" together. You can add names, troop numbers etc.

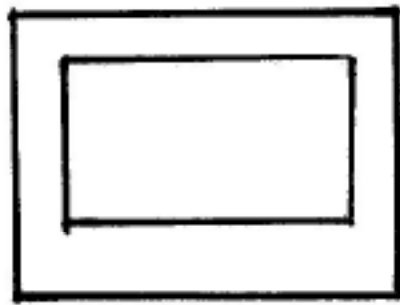
Patterns



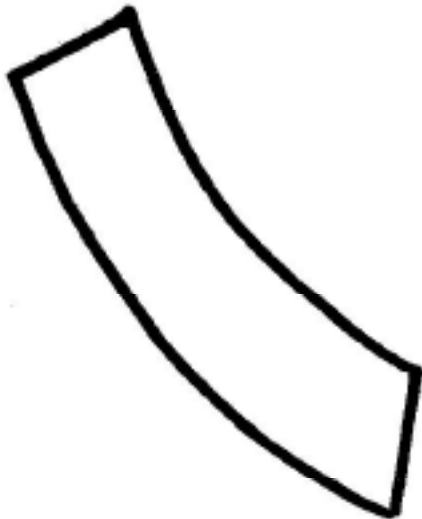
Oval Pattern for Quiver



Box Shorts Pattern



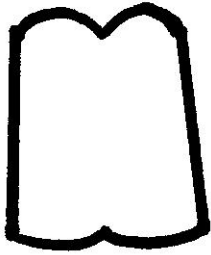
Etch A Sketch Pattern



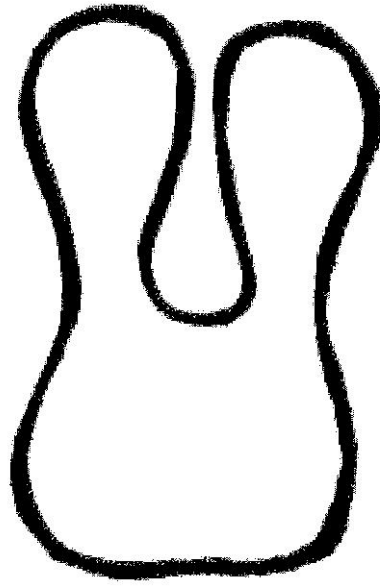
Sash Pattern



Sno Cone or Ice Cream Cone Pattern



Popsicle Pattern



Life Vest Pattern