

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
A				
About you	dress up and act out how you feel	Dress it up	Let's Pretend	p. 66
About you	make a paper doll of yourself	Body Parts	My Body	p. 47
About you	make a poster that tells your number facts	My Numbers	Math fun	p. 108
About you	make a timeline for yourself - past, present and future	Your Story	Her Story	p. 107
Acting	act out a fairy tale, fable or well known story	Act it out	Let's Pretend	p. 67
Acting	act out a problem then the solution	Act it out	Working it Out	p. 83
Acting	act out a scene from the past	Acting out	Listening to the Past	p. 155
Acting	act out a story without using words	Be a mime	Let's Pretend	p. 66
Acting	act out conversations on the phone	Phone Fun	Manners	p. 69
Acting	act out what you would do in 2 situations from the try-it book	What if?	Caring and Sharing	p. 60
Acting	describe cookies & role play "sales pitch"	Making Your Sales Pitch	Smart Cookie	online
Acting	dress up and act out how you feel	Dress it up	Let's Pretend	p. 66
Acting	practice at least 10 ways to make change for a dollar	Making Change	Smart Cookie	online
Acting	practice making change	Fun with change	Cookies Count	p. 13
Acting	pretend to be a waitress, learn how to be polite	Table manners	Manners	p. 69
Acting	role play customer situations	What Do You Say?	Smart Cookie	online
Acting	try the 2 breathing exercises	Louder, Please	Let's Pretend	p. 67
Acting	wear clothes from a particular time period	Clothes	GS Through the Years	p. 10
Acting	walk like the animals	Creature Moves	Animals	p. 86
Animals	find animals that match the descriptions	Looks mean Something	Animals	p. 87
Animals	find living and non living things	Exploring Nature	Eco Explorer	p. 102
Animals	learn about 4 important things animals and plants need to survive	What's a habitat	Eco Explorer	p. 103
Animals	learn about endangered species and put on a show	Speak up for animals	Eco Explorer	p. 105
Animals	learn what some of the animals mean when they talk	Animal Talk	Watching Wildlife	p. 140
Animals	make a butterfly from coffee filters	Make a butterfly	Science in Action	p. 128
Animals	make a chain of who eats who	Food Chain	Eco Explorer	p. 104
Animals	make a grocery list for 2 wild animals	Outdoor shopping	Watching Wildlife	p. 141
Animals	make a pretend habitat for an animal in a shoebox	Make a habitat	Eco Explorer	p. 103
Animals	observe animal homes and building materials	Animal Architects	Watching Wildlife	p. 140
Animals	observe earthworms	Earthworm Observations	Watching Wildlife	p. 140
Animals	see if animals change color from season to season	A New Wardrobe	Watching Wildlife	p. 140
Animals	take care of your pet or imaginary pet for a few days	Caring for Pets	Animals	p. 86
Animals	walk like the animals	Creature Moves	Animals	p. 86
Animals	watch ants	Ant Adventure	Watching Wildlife	p. 141
B				
Balloons	blow a balloon using baking soda and vinegar	Balloon Blowing	Science in Action	p. 127
Balloons	hit a balloon with a paddle	Striking w/paddle or racket	Girl Sports	p. 28
Balloons	keep a balloon in the air using all parts of your body	Body Volley	My Body	p. 44
Balloons	kick a balloon like soccer	Kicking Fun	Girl Sports	p. 28
Balloons	make a balloon rocket	Balloon Rocket	Movers	p. 113
Balloons	make a color spectrum (wheel)	Light and Color	Science in Action	p. 129
Balloons	make your own static electricity	Static Electricity	Science Wonders	p. 133
Balloons	play with a balloon like volleyball	Volleying	Girl Sports	p. 28

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
Business	create a one day business	It's your Business	Careers	p. 23
Business	have a garage sale	Step Right up	Penny Power	p. 49
Business	learn business vocabulary & do puzzle	Talking the Business Talk	Smart Cookie	online
Business	plan a money earning project	Learn to Earn	Careers	p. 23
Business	practice at least 10 ways to make change for a dollar	Making Change	Smart Cookie	online
Business	practice making change	Fun with change	Cookies Count	p. 13
C				
Ceremony	learn about a flag and have a ceremony	Flags of many countries	People of the World	p. 159
Ceremony	perform a ceremony to honor women	Ceremony to honor women	Her Story	p. 106
Ceremony	plan holiday celebration	Celebrate	Wave the Flag	online
Computer	learn about .com sites & purchasing on the net. Do's and don'ts	Can you believe everything you see?	Computer Smarts	p. 151
Computer	learn computer words	Computer Language	Point, Click & Go	p. 162
Computer	learn how to work on the computer	Making the Computer work	Point, Click & Go	p. 162
Computer	make a chart with your computer	Making a chart	Computer Smarts	p. 151
Computer	make an invitation, card or design on computer	Creating	Point, Click & Go	p. 162
Computer	play a computer game	Playing a game	Point, Click & Go	p. 163
Computer	play a game at Scout's http://www.gogirlsonly.org/ site	Computers at Play	Computer Smarts	p. 151
Computer	send a message using e-mail, learn about chat rooms	Talk time	Point, Click & Go	p. 163
Computer	talk with someone who uses a computer at her work.	Computers and Work	Computer Smarts	online
Computer	use computer to do math or make a number puzzle.	Numbers	Point, Click & Go	p. 162
Computer	use the internet and sign the safety pledge	Be Prepared	Computer Smarts	p. 150
Computer	use yahoooligans search engine & share results with others	Finding a Favorite	Computer Smarts	p. 151
Computer	visit 3 of given sites	Open the Door	Computer Smarts	p. 150
Computer	visit an internet site, learn about GS on the internet or IM	Talk Time	Point, Click & Go	p. 162
Computer	write a story or poem. Use spell-check.	Writing A story	Point, Click & Go	p. 162
Computer	write letters to friends through e-mail or regular mail	Write a letter	Write Away	p. 55
Craft	create a case for your cookie order form	Create a Cookie Portfolio	Smart Cookie	online
Craft	display an example of your craft	Making an example	Hobbies	p. 37
Craft	make a Family Time Capsule	Make a Family Time Capsule	All in the Family	p. 59
Craft	make a magnetic attraction box with steel wool	Magnetic Box	Science in Action	p. 129
Craft	make a model of a house and bridge	Put on your hard hat	Building Art	p. 89
Craft	make a neighborhood you would like to live in	Create a Neighborhood	Building Art	p. 88
Craft	make a place to hang messages, phone #'s and addresses	Safety Center	Safety Sense	p. 51
Craft	make a plaque with an aluminum pan	Shadow & Light Plaque	Me and My Shadow	p. 43
Craft	make a pretend habitat for an animal in a shoebox	Make a habitat	Eco Explorer	p. 103
Craft	make a shadow box of your favorite story	Shadow Box	Me and My Shadow	p. 43
Craft	make a sit upon	Sit-upon	Girl Scout Ways	p. 15
Craft	make a treasure rock	Make a rock	Earth and Sky	p. 96
Craft	make a water snooper	Water Snooper	Water Everywhere	p. 142
Craft	make a wind chime	Melody Mobiles	Sounds of Music	p. 167
Craft	make a windsock	Windsock	Movers	p. 112
Craft	make an hourglass	Telling Time	Math fun	p. 108
Craft	make an invitation, card or design on computer	Creating	Point, Click, and Go	online
Craft	make and play the game of Tapatán	Tapatán	Around the World	p. 147
Craft	make dough and mold it into shapes	Making Dough Shapes	Colors and Shapes	p. 91
Craft	make face paint and paint your faces	Face Paint	Art to Wear	p. 19

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
Craft	make glop	Weird Glop	Science in Action	p. 126
Craft	organize your hobby so it is attractive	Organizing your hobby	Hobbies	p. 37
Craft	practice your hobby and teach to a friend or relative	Practice your hobby	Hobbies	p. 37
Craft - Book	create a book of activities your troop likes to do	Create a Picture Book	BS Around the World	p. 9
Craft - Book	make a scrapbook	A Friends Scrapbook	Caring and Sharing	p. 61
Craft - Book	make a travel journal for a trip, keep track of your trip in it	Travel Journal	Travel Right	p. 81
Craft - Book	make a troop recipe book	Troop Recipe Book	Around the World	p. 147
Craft - Book	make recipe book cover and dividers add recipes	Recipe Book	Make it, Eat it	p. 41
Craft - Book	stitch a book together	A Real Page Turner	Stitch in Together	p. 77
Craft - Doll	make a yarn doll	Yarn Doll	Puppets, Dolls & Plays	p. 73
Craft - Doll	make a paper doll of yourself	Body Parts	My Body	p. 47
Craft-Glue/paper	make a cloud picture	Sky watching	Earth and Sky	p. 95
Craft-Glue/paper	make a yarn painting	Yarn Painting	Colors and Shapes	p. 93
Craft-Instrument	make a percussion instrument	Make your own	Sounds of Music	p. 164
Craft-Instrument	make a shoebox guitar	Shoebox Guitar	Sounds of Music	p. 166
Craft-Instrument	make a string instrument	Single String Swing	Sounds of Music	p. 164
Craft-Instrument	make a wind instrument	Sliding Air	Sounds of Music	p. 165
Craft-Instrument	make music with instruments	Compose music	Creative Composing	p. 152
Craft-Jewelry	make a bracelet out of paper mache and a cardboard tube	Paper Mache	Art to Wear	p. 20
Craft-Jewelry	make a bracelet out of yarn and cardboard tube	Friendship bracelet	Friends are Fun	p. 62
Craft-Mobile	make a colors and shapes mobile	Colors and Shapes Mobile	Colors and Shapes	p. 90
Craft-Mobile	make a mobile of the food pyramid	Balancing act	Eat Right, Stay Healthy	p. 27
Craft-Nature	make a terrarium	Recipe for a miniworld	Earth is our Home	p. 100
Craft-Nature	make natural cleaning products	Clean and Green	Earth is our Home	p. 98
Craft-Paint	make a painting of a special place	Compose a painting	Creative Composing	p. 153
Craft-Paint	mix primary colors for other colors	A Rainbow of colors	Colors and Shapes	p. 92
Craft-Paint	paint a t-shirt	T-Shirt Art	Art to Wear	p. 18
Craft-Space	make a solar cooker	Cooking with sun	Earth is our Home	p. 100
Craft-Space	make an eclipse	What's and Eclipse	Earth and Sky	p. 97
Craft-Space	make your own indoor star show	Star Maker	Space Explorer	p. 139
Craft-Space	make a balloon rocket	Balloon Rocket	Movers	p. 113
Craft-Paper	create picture or collage of America	Show It Off	Wave the Flag	online
Craft-Paper	cut out food from magazines and glue together to make a person	Food People	Eat Right, Stay Healthy	p. 27
Craft-Paper	discuss the rules of playground safety and post them	Playground Safety	Safety Sense	p. 50
Craft-Paper	draw a friends outline of her face, fill with pictures of what you like	Tracing a Shadow	Me and My Shadow	p. 42
Craft-Paper	make a better ear	Make a better ear	Senses	p. 134
Craft-Paper	make a butterfly from coffee filters	Make a butterfly	Science in Action	p. 128
Craft-Paper	make a chain of who eats who	Food Chain	Eco Explorer	p. 104
Craft-Paper	make a fitness wheel	A Fit Body	My Body	p. 46

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Craft-Paper	make a jigsaw puzzle	Jigsaw Puzzle	Numbers & Shapes	p. 117
Craft-Paper	make a lunch bag kite	Lunch Bag kite	Movers	p. 113
Craft-Paper	make a mask	Putting your best face forward	Let's Pretend	p. 67
Craft-Paper	make a mask	Mask Making	Art to Wear	p. 21
Craft-Paper	make a paper doll of yourself	Body Parts	My Body	p. 47
Craft-Paper	make a poster for someone's birthday	Birthday Countdown	All in the Family	p. 59
Craft-Paper	make a poster that tells your number facts	My Numbers	Math fun	p. 108
Craft-Paper	make a toy that uses your eyes to trick you	Now you see it	Senses	p. 135
Craft-Paper	make coupons for family members	Coupon Collection	All in the Family	p. 58
Craft-Paper	make crayon rubbings	Plant rubbings	Plants	p. 122
Craft-Paper	make different shapes from the same pattern	Math Shapes	Numbers & Shapes	p. 114
Craft-Paper	make mobius strips	Mobius Strips	Numbers & Shapes	p. 116
Craft-Paper	make origami	Origami	Numbers & Shapes	p. 115
Craft-Paper	make recycled paper	Homemade recycle paper	Science Wonders	p. 132
Craft-Paper	make stationary and matching envelopes	Paper design	Friends are Fun	p. 64
Craft-Paper	make your own greeting card or wrapping paper using stamps	Stencil Stampers	Colors and Shapes	p. 90
Craft-Paper	say please and thank you when selling cookies, make thank you notes	Good Manners	Cookies Count	p. 13
Craft-Paper	take pictures of people from other countries, make up a game	Global Family Card Game	Around the World	p. 146
Craft-Paper	weave paper together	Weaving Color Patterns	Colors and Shapes	p. 92
Craft-Puppet	create a puppet show about safety do's and don'ts	Safety Play	Puppets, Dolls & Plays	p. 75
Craft-Puppet	make a marionette	Marionette	Puppets, Dolls & Plays	p. 74
Craft-Puppet	make a paper bag puppet	Paper bag puppet	Puppets, Dolls & Plays	p. 74
Craft-Puppet	make a puppet stage	A puppet stage	Puppets, Dolls & Plays	p. 75
Craft-Puppet	make finger puppets from gloves	Finger Puppets	Puppets, Dolls & Plays	p. 72
Craft-Sewing	learn about embroidery	Embroidery	Stitch in Together	p. 78
Craft-Sewing	make a draft stopper	Stop a draft	Earth is our Home	p. 99
Craft-Sewing	make a patchwork quilt	Patch it all Together	Stitch in Together	p. 79
Craft-Sewing	make a sewing card of an animal	Animal Sewing Card	Stitch in Together	p. 76
Craft-Sewing	sew buttons on a piece of fabric	Button Collage	Stitch in Together	p. 76
Craft-Sewing	use your sewing skills to make something useful	Sew What?	Stitch in Together	p. 78
Craft-Sewing	using thread, paint, buttons, etc. decorate your clothes	Decorate Your Clothes	Art to Wear	p. 19
Craft-Toy	make a pinwheel	Pinwheel	Movers	p. 110
Craft-Toy	make a paper copter	Paper Copter	Movers	p. 111
Craft-Toy	make a ring glider	Ring Glider	Movers	p. 111
D				
Dance	dance to different kinds of music	Move to the Music	Making Music	p. 156
Dance	do the weather vane dance	Weather Vane Dance	Movers	p. 112
Dance	learn song or dance from another country	Around the World	BS Around the World	p. 9
Dance	make up your own dance	My own dance	Dancercize	p. 25
Dance	practice movements to your favorite music	Move to the Beat	Dancercize	p. 24
Dance	show others how to do a movement	Follow the leader	Dancercize	p. 25
Dance	use dance to tell a story	A dance story	Dancercize	p. 25
Dance	watch a performance	Dance on stage	Dancercize	p. 25

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Drawing	design a fire escape plan	Fire Safety	Safety Sense	p. 50
Drawing	design a place better for someone with disability	Design a space for special needs	Building Art	p. 89
Drawing	design a place for having a girl scout meeting	Design a GS meeting place	Building Art	p. 89
Drawing	draw a costume for a journey in space	Ready, Set, Jet	Space Explorer	p. 139
Drawing	draw a picture of a building 100 years from now	Building for the Future	Building Art	p. 88
Drawing	draw or describe a leaf to a friend, can they pick it out	Leaf Hunt	Plants	p. 123
Drawing	draw the moon one day of the week for 4 weeks	The Moon	Space Explorer	p. 138
Drawing	draw the right and wrong way of handling a conflict	Picture This	Working it Out	p. 82
Drawing	write or draw a cookie adventure story starring you	Planning Your Girl Scout Cookie Advent	Smart Cookie	online
F				
Family	learn a game that your parents or grandparents would have played	Entertainment	GS Through the Years	p. 11
Family	learn about your family background	Where are you from?	All in the Family	p. 58
Family	make a Family Time Capsule	Make a Family Time Capsule	All in the Family	p. 59
Family	make a list of what your family eats for a week, go grocery shopping	Smart shopper	Eat Right, Stay Healthy	p. 26
Family	make a poster for someone's birthday	Birthday Countdown	All in the Family	p. 59
Family	make coupons for family members	Coupon Collection	All in the Family	p. 58
Field Trip	attend a concert put on by band or orchestra	Live Music	Sounds of Music	p. 167
Field Trip	go camping	Sleep Out	Outdoor Adventurer	p. 119
Field Trip	make a bag of things to do in the car or on a trip	Busy Kits	Travel Right	p. 80
Field Trip	make a check off list of 10 things you expect to see on your trip	Scenery Scavenger Hunt	Travel Right	p. 80
Field Trip	make a travel journal for a trip, keep track of your trip in it	Travel Journal	Travel Right	p. 81
Field Trip	pack a bag for a hiking trip	Pack it up	Travel Right	p. 81
Field trip	tour neighborhood & find what stands for America	Check It Out	Wave the Flag	online
Field Trip	visit a bakery and see how cookies are made	Fun on the job	Cookies Count	p. 13
Field Trip	visit a doctor, nurse, or dentist and ask questions	Community Helpers	Healthy Habits	p. 32
Field Trip	visit a pond and look for creatures and plants that live in the water	Water Explorer	Water Everywhere	p. 143
Field Trip	visit a zoo, state park or nature center, learn how to enjoy wildlife safely	Understanding Animals	Animals	p. 86
Field Trip	visit an old cemetery, take rubbings, photos, etc	Visit the Cemetery	Listening to the Past	p. 154
Field Trip	visit historic buildings, find an interesting fact out about it	If buildings could talk	Listening to the Past	p. 154
Field Trip	visit library and read story about a family from another country	Books	Around the World	p. 146
Field Trip	visit your local bank, find out what to do to open a savings account	Bank on it	Penny Power	p. 48
First Aid	learn the Heimlich maneuver	First Aid	Safety Sense	p. 50
Flashlight	make a color spectrum (wheel)	Light and Color	Science in Action	p. 129
Flashlight	make an eclipse	What's an Eclipse	Earth and Sky	p. 97
Flashlight	make shadow animals	Shadow animals	Me and My Shadow	p. 42
Food	eat different dairy foods and make some of your own	Dairy Foods	Eat Right, Stay Healthy	p. 26
Food	eat snack that requires different utensils, table manners, & seating	Eating Customs	Manners	p. 69
Food	make a list of ingredients of 3 different foods	The foods we eat	Eat Right, Stay Healthy	p. 26
Food	make a list of things containing water in the ingredients	Made of Water	Water Everywhere	p. 142
Food	make a list of what your family eats for a week, go grocery shopping	Smart shopper	Eat Right, Stay Healthy	p. 26
Food	make a meal from a different time period	Meals	GS Through the Years	p. 10
Food	make baked apples	Baked Apples	Make it, Eat it	p. 38
Food	make brownie soup	Brownie Soup	Make it, Eat it	p. 41
Food	make camp stew	A Camp Stew for You	Ready, Set, Go Camping	p. 125

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Food	make fruit juice fizz and fruit salad	Fruit Fun	Make it, Eat it	p. 39
Food	make sloppy joes	Sloppy Joes	Make it, Eat it	p. 39
Food	make s'mores	S'mores	Girl Scout Ways	p. 14
Food	take a hike, make a walking salad to take with you	Day Hike	Outdoor Adventurer	p. 120
Friends	be a secret pal for someone	I Care	Caring and Sharing	p. 60
Friends	create a book of activities your troop likes to do	Create a Picture Book	BS Around the World	p. 9
Friends	draw the right and wrong way of handling a conflict	Picture This	Working it Out	p. 82
Friends	find out a fun fact about someone else	Become a reporter	Write Away	p. 55
Friends	find out how you are different or the same as your friends	Differences are OK	Caring and Sharing	p. 61
Friends	grow a chrysanthemum	Flower Power	Friends are Fun	p. 65
Friends	have a dance party with your friends	Dance party	Dancercise	p. 25
Friends	invite a new boy or girl to play with you	Make New Friends	Friends are Fun	p. 62
G				
Game	do something at Scout's http://www.gogirlsonly.org/ site	Computers at Play	Computer Smarts	online
Game	do the weather vane dance	Weather Vane Dance	Movers	p. 112
Game	draw or describe a leaf to a friend, can they pick it out	Leaf Hunt	Plants	p. 123
Game	in 2 bags find the same object	Can you feel it	Senses	p. 136
Game	learn a game that your parents or grandparents would have played	Entertainment	GS Through the Years	p. 11
Game	learn how to make shadow animals on the wall	Shadow Animals	Me and My Shadow	p. 42
Game	make and play the game of Tapatan	Tapatan	Around the World	p. 147
Game	play 3 games from the handbook or other books	Games	Sports & Games	p. 53
Game	play a computer game	Playing a Game	Point, Click, and Go	online
Game	play Hawks and Hens from Zimbabwe	Hawks and Hens	Playing Around the World	p. 161
Game	play Jan Ken Pon from Japan	Jan-Ken-Pon	Playing Around the World	p. 161
Game	play Kim's Game from England	Kim's Game	Playing Around the World	p. 160
Game	play music mystery or Chinese jump rope	Global Games	BS Around the World	p. 9
Game	play octopus tag	Octopus Tag	Sports & Games	p. 53
Game	play Red Light, Green Light from USA	Red Light, Green Light	Playing Around the World	p. 160
Game	play shadow tag	Shadow Tag	Me and My Shadow	p. 42
Game	play Sheep & Hyena from Sudan	Sheep & Hyena	Playing Around the World	p. 161
Game	play store	The Price you pay	Penny Power	p. 48
Game	play The Ocean is Stormy from Denmark	Game from Denmark	People of the World	p. 158
Game	use computer to do math or make a number puzzle.	Numbers	Point, Click, and Go	online
Game	walk like the animals	Creature Moves	Animals	p. 86
Game	what can you use a bandanna for	Bandanna tricks	Ready, Set, Go Camping	p. 124
Game	with eyes blindfolded see tell what the different smell are	Only the nose knows	Senses	p. 134
Game	write your name and wiggle your foot, catch a dollar bill	Brain Power	My Body	p. 44
Game-Cards	play guess the feeling game	Getting the feel of things	People are Talking	p. 70
Game-Cards	play the feelings game	Feelings Game	Healthy Habits	p. 35
Game-Cards	take pictures of people from other countries, make up a game	Global Family Card Game	Around the World	p. 146
Game-Charades	play charades of different careers	Career Charades	Careers	p. 23
Game-Charades	play sound charades of different animals	Sounds Charades	Animals	p. 87
Game-Group	make your own group storm	Storm warning	Ready, Set, Go Camping	p. 125
Game-Group	with four or more of your friends work together to be a type of machine	If you were...	Let's Pretend	p. 66

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Game-Past	learn a game that your parents or grandparents would have played	Entertainment	GS Through the Years	p. 11
Game-Past	learn a game that your parents or grandparents would have played	Games of the Past	Listening to the Past	p. 155
Game-Relay	play the sleeping bag relay	Roll-A-Bag Relay	Ready, Set, Go Camping	p. 124
Game-Relay	play the weather relay game	Dress for Weather Relay	Outdoor Adventurer	p. 118
Girl Scouts	learn about the Girl Scout Law	The Girl Scout law	Girl Scout Ways	p. 14
Girl Scouts	learn about the GS handshake, sign, squeeze, quiet sign, etc.	Special GS Ways	Girl Scout Ways	p. 14
Girl Scouts	learn sign language, learn how to say the GS promise in sign language	What's it Like?	Senses	p. 137
Girl Scouts	make a sit upon	Sit-upon	Girl Scout Ways	p. 15
Girl Scouts	visit an internet site, learn about GS on the internet or IM	Talk Time	Point, Click, and Go	online
Goals	set a goal of how many boxes of cookies to sell to do a troop activity	Setting Goals	Cookies Count	p. 12
Goals	schedule times to ask potential customers	Contacting Potential Customers	Smart Cookie	online
H				
Handbook	pick an activity from country in book and do it	Brownie GS Around the World	Around the World	p. 146
Handbook	play 3 games from the handbook or other books	Games	Sports & Games	p. 53
Handbook	read page 128 in handbook, act out the scene in the school lunchroom	Prejudice Fighter	People of the World	p. 158
Health	keep a list of what you eat that has calcium in it	Calcium Counts	Healthy Habits	p. 33
Health	keep track of how often you brush your teeth	Beautiful smile	Healthy Habits	p. 32
Health	learn how to take your pulse, see if it changes after playing	Pulse	My Body	p. 46
Health	wash your hands and sing song, learn about germs	Washing Works	Healthy Habits	p. 34
History	draw a picture of a building 100 years from now	Building for the Future	Building Art	p. 88
History	learn a game that your parents or grandparents would have played	Entertainment	GS Through the Years	p. 11
History	learn a game that your parents or grandparents would have played	Games of the Past	Listening to the Past	p. 155
History	learn about your community's history	Through the Years	Wave the Flag	online
History	make a Family Time Capsule	Make a Family Time Capsule	All in the Family	p. 59
History	make a timeline for yourself - past, present and future	Your Story	Her Story	p. 107
History	sing a song from a particular time period	Sing a song	GS Through the Years	p. 11
History	visit historic buildings, find an interesting fact out about it	If buildings could talk	Listening to the Past	p. 154
History	wear clothes from a particular time period	Clothes	GS Through the Years	p. 10
Home	fix a leaky faucet	Drip Drop	Water Everywhere	p. 142
Home	learn about smoke alarms and test your smoke alarm at home	Smoke Alarm	Safety Sense	p. 50
Home	practice saving water for 2 weeks	Be a water saver	Water Everywhere	p. 142
Home	start a recycling center in your home or scout meeting place	Project Recycle	Earth is our Home	p. 99
K				
Knot	practice an overhand knot and square knot	Knowing your knots	Ready, Set, Go Camping	p. 125
Knot	practice an overhand knot and square knot make a bracelet out of it	Knots	Art to Wear	p. 21
J				
Journal-log book	make a travel journal for a trip, keep track of your trip in it	Travel Journal	Travel Right	p. 81
Journal-log book	keep track of how much money you spend in a week	Keeping Tabs	Penny Power	p. 49

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M				
Magnet	make a magnetic attraction box with steel wool	Magnetic Box	Science in Action	p. 129
Magnet	find things that are magnetic	Magnet Hunt	Science Wonders	p. 132
Musical Instruments				
Musical Instruments	attend a live concert with a band or orchestra	Live Music	Sounds of Music	p. 167
Musical Instruments	make a mobile	Melody Mobile	Sounds of Music	p. 167
Musical Instruments	make a percussion instrument	Make your own	Sounds of Music	p. 164
Musical Instruments	make a shoebox guitar	Shoebox Guitar	Sounds of Music	p. 166
Musical Instruments	make a string instrument	Single String Swing	Sounds of Music	p. 164
Musical Instruments	make a wind instrument	Sliding Air	Sounds of Music	p. 165
Musical Instruments	make your own music	Compose Music for Instruments	Creative Composing	p. 152
Musical Instruments	play music on cups filled with water	Melody glasses	Making Music	p. 156
O				
Outdoors	build a shelter	Build a Shelter	Outdoor Adventurer	p. 120
Outdoors	examine the soil for insects, warmth, and soil	Can you dig it?	Earth and Sky	p. 94
Outdoors	find things outside from touching, smelling, and listening	Touch, Smell, Listen	Outdoor Adventurer	p. 121
Outdoors	learn about erosion	Going, going, gone	Earth and Sky	p. 95
Outdoors	learn about fresh water and salt water	Water Layers	Water Everywhere	p. 143
Outdoors	make a solar cooker	Cooking with sun	Earth is our Home	p. 100
Outdoors	make a sundial by using a stick	Shadow Time	Space Explorer	p. 139
Outdoors	watch the sky and take notes	Creatures of the air	Earth and Sky	p. 96
Outdoors	with an adult look at the stars and identify some constellations	The Night Sky	Space Explorer	p. 138
Outdoors-Animals	observe animal homes and building materials	Animal Architects	Watching Wildlife	p. 140
Outdoors-Animals	observe earthworms	Earthworm Observations	Watching Wildlife	p. 140
Outdoors-Animals	see if animals change color from season to season	A New Wardrobe	Watching Wildlife	p. 140
Outdoors-Animals	watch ants	Ant Adventure	Watching Wildlife	p. 141
Outdoors-Hike	take a hike a look for different shapes	Nature Shapes	Numbers & Shapes	p. 117
Outdoors-Hike	take a hike, make a walking salad to take with you	Day Hike	Outdoor Adventurer	p. 120
Outdoors-Hike	using a scent mark a trail and have a friend follow it	Hiking scents	Ready, Set, Go Camping	p. 125
P				
Picture	take pictures of shadows	Shadow Display	Me and My Shadow	p. 43
Picture	take a photo of your family doing something special	Say Cheese	All in the Family	p. 58
Plants				
Plants	grow a chrysanthemum	Flower Power	Friends are Fun	p. 65
Plants	grow a vegetable or herb	Green Thumb	Make it, Eat it	p. 40
Plants	grow lima beans	Baby beans	Plants	p. 123
Plants	learn about 4 important things animals and plants need to survive	What's a habitat	Eco Explorer	p. 103
Plants	plant 6 kinds of seeds, see which one sprouts first	Seed Race	Plants	p. 122
Plants	plant flowers in your community and take care of them	Earth's Caretakers	Earth is our Home	p. 101
Problem Solving				
Problem Solving	brainstorm a list of problems and have each girl come up with a solution	Problem Solving	Working it Out	p. 83
Problem Solving	discuss a problem and find a solution	Negotiate	Working it Out	p. 83
Problem Solving	talk about and come up with solutions for problems	Calling all helpers	Citizen Near and Far	p. 148
Problem Solving	talk about situations and what to do	Getting along	Citizen Near and Far	p. 148

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
R				
Reading	read a biography	Read the Story of Someone Special	Write Away	p. 54
Reading	read about Juliette Lowe & talk to someone in GS	A Girl Scout story	Her Story	p. 106
Reading	read your magazine and share it	Like it or Not	Write Away	p. 55
Reading	read 2 stories of the past, share	Tell Stories of the past	Listening to the Past	p. 155
Reflex	watch how your face works	Funny Face	My Body	p. 44
Reflex	see if you can make your arm go up on its own	Muscle Reaction	My Body	p. 45
Ruler	make stationary	Paper Design	Friends are Fun	p. 64
Ruler	write a secret message	Measure Up	Friends are Fun	p. 64
Ruler	make a pinwheel	Pinwheel	Movers	p. 110
Ruler	make a ring glider	Ring Glider	Movers	p. 111
Ruler	make a windsock	windsock	Movers	p. 112
Ruler	make different pattern shapes	Math Shapes	Numbers and Shapes	p. 114
Ruler	make a mobius strip	Mobius Strips	Numbers and Shapes	p. 116
S				
Safety	design a fire escape plan	Fire Safety	Safety Sense	p. 50
Safety	discuss the rules of playground safety and post them	Playground Safety	Safety Sense	p. 50
Safety	learn the Heimlich maneuver	First Aid	Safety Sense	p. 50
Safety	make a place to hang messages, phone #'s and addresses	Safety Center	Safety Sense	p. 51
Safety	plan how to stay safe selling & delivering, answer questions	Finding Your Way Through the Safety M	Smart Cookie	online
Safety	use internet browser. Sign safety pledge	Be Prepared	Computer Smarts	online
Safety	use the internet and sign the safety pledge	Be Prepared	Computer Smarts	p. 150
Science	blow a balloon using baking soda and vinegar	Balloon Blowing	Science in Action	p. 127
Science	do the coin experiment from book	Discover Strengths of Shapes	Building Art	p. 88
Science	find out about hot and cold objects, evaporation	Hot time in the sun	Earth and Sky	p. 94
Science	find out where the sour, bitter, and sweet parts are of your tongue	Mapping the Tongue	Senses	p. 136
Science	find things that are magnetic	Magnet Hunt	Science Wonders	p. 132
Science	go on a science and technology hunt	Science & Technology Hunt	Science in Action	p. 126
Science	grow sugar crystals in a jar	Home grown crystals	Science Wonders	p. 130
Science	make a color spectrum	Light and Color	Science in Action	p. 129
Science	make a magnetic attraction box with steel wool	Magnetic box	Science in Action	p. 129
Science	make bubbles	Bubbles	Science Wonders	p. 131
Science	make some mold	Simple Plants	Plants	p. 122
Science	make your own static electricity	Static Electricity	Science Wonders	p. 133
Science	see what happens to skim milk after adding lemon juice-make invisible ink	Presto change-o	Science Wonders	p. 132
Service Project	do a service project	Help your community	Her Story	p. 107
Service Project	do a service project from a particular time period	Service to others	GS Through the Years	p. 11
Service Project	do a service project to help animals	Helping Wildlife	Eco Explorer	p. 105
Service Project	give a box of cookies to someone	Being a good friend or neighbor	Cookies Count	p. 13
Service Project	help out a neighbor	Be a Good Neighbor	Caring and Sharing	p. 61
Service Project	make community a better place. Tell leader about good deed.	Do Good	Wave the Flag	online
Service Project	plant flowers in your community and take care of them	Earth's Caretakers	Earth is our Home	p. 101

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
Song	fill glasses with water and learn how to play a song on them	Melody Glasses	Making Music	p. 156
Song	learn song or dance from another country	Around the World	BS Around the World	p. 9
Song	make up a song about traveling, make up hand gestures to go with it	Sing a Song	Travel Right	p. 81
Song	sing a song from a particular time period	Sing a song	GS Through the Years	p. 11
Song	sing a song in rounds	Singing in Rounds	Making Music	p. 156
Song	sing an action song	Action Songs	Making Music	p. 156
Song	sing the brownie friend maker song	Music around the World	Making Music	p. 157
Song	wash your hands and sing song, learn about germs	Washing Works	Healthy Habits	p. 34
Song	write a song	Compose a song	Creative Composing	p. 152
Space	draw the moon one day of the week for 4 weeks	The Moon	Space Explorer	p. 138
Space	make a solar cooker	Cooking with sun	Earth is our Home	p. 100
Space	make an eclipse	What's and Eclipse	Earth and Sky	p. 97
Space	make your own indoor star show	Star Maker	Space Explorer	p. 139
Space	watch the moon and write down it's shapes	Shapes of the Moon	Numbers & Shapes	p. 117
Sports	do a family fitness activity	Family Fitness	All in the Family	p. 59
Sports	do stretching activities from try-it	Stretching Action	Girl Sports	p. 28
Sports	go skating and practice a few things	Skating	Sports & Games	p. 52
Sports	learn bicycling skills	Bicycling	Sports & Games	p. 52
Sports	learn to swim	Swimming	Sports & Games	p. 53
Sports	practice throwing and catching	Catching practice	Girl Sports	p. 30
Sports	practice underhand throwing using chalk and a beanbag	Throwing skills	Girl Sports	p. 30
Sports-Balloons	hit a balloon with a paddle	Striking w/paddle or racket	Girl Sports	p. 31
Sports-Balloons	keep a balloon in the air using all parts of your body	Body Volley	My Body	p. 45
Sports-Balloons	kick a balloon like soccer	Kicking Fun	Girl Sports	p. 30
Sports-Balloons	play with a balloon like volleyball	Volleying	Girl Sports	p. 31
T				
Talking	choose 3 countries from activity 1 and find out 2 facts about them	Where in the World?	BS Around the World	p. 9
Talking	discuss the rules of playground safety and post them	Playground Safety	Safety Sense	p. 50
Talking	find out what a fake dollar bill looks like	Is it Real?	Penny Power	p. 48
Talking	find out what it will cost to go on a field trip	Budget for your troop	Math fun	p. 109
Talking	guess what is in the jar	Can you Guess	Math fun	p. 109
Talking	have a show and tell day about each girls hobbies in the troop	Show and Tell	Hobbies	p. 37
Talking	learn about famous women inventors and explorers	Women Pioneers	Careers	p. 23
Talking	learn how to read body language	Body Language	People are Talking	p. 70
Talking	make a list of your favorite things and share with your friends	Favorites	Caring and Sharing	p. 60
Talking	plan a money earning project	Learn to Earn	Careers	p. 23
Talking	practice what you would say to sell cookies	Cookie talk	Cookies Count	p. 13
Talking	read about Juliette Lowe & talk to someone in GS	A Girl Scout story	Her Story	p. 106
Talking	find out interesting facts about American flag. Share with 2 people	Flag Facts	Wave the Flag	online
Talking	read your magazine and share it	Like it or Not	Write Away	p. 55
Talking	say some lines to a friend, how did she sound	How you say it	People are Talking	p. 70
Talking	talk about a dream you had	Dreams	My Body	p. 44
Talking	talk about how to prepare for 3 situations	Be Prepared	Girl Scout Ways	p. 15
Talking	talk to 5 women about 3 issues facing women today	Talk to women	Her Story	p. 106
Talking	talk to someone born and raised from another country	World Reporter	People of the World	p. 158

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
Talking	talk to someone who smokes and tell them it is bad for them	Smoking, a bad habit	Healthy Habits	p. 34
Talking	talk to someone who uses a computer at work	Computers and work	Computer Smarts	p. 151
Talking	talk to your parents about the hobby your are interested in	Your Talents, Interests & Hobbies	Hobbies	p. 36
Talking	talk with someone who uses a computer at her work.	Computers and Work	Computer Smarts	online
Talking	think of ways to show respect for others, do a song, skit or poem about it	Respect for others	Manners	p. 68
Talking	use yahooigans search engine & share results with others	Finding a Favorite	Computer Smarts	online
Talking	what rules do you follow as a brownie	It's the Law	Citizen Near and Far	p. 149
Talking-Goals	set a goal of how many boxes of cookies to sell to do a troop activity	Setting Goals	Cookies Count	p. 12
Talking-Language	learn how to 3 words or phrases in another language	Different languages	People are Talking	p. 71
Talking-Language	learn how to say your name and two phrases in sign language	Become Handy	People are Talking	p. 71
Talking-Language	learn the words from a different time period	Language of the times	GS Through the Years	p. 11
Talking-Language	practice tongue twister and make one up of your own	Tongue Twisters	Let's Pretend	p. 67
Talking-Listening	practice listening activity	Clearing the Air	Working it Out	p. 82
Talking-Listening	practice listening skills	Do you really care?	People are Talking	p. 71
Talking-Manners	find out how to say please and thank you in another language, and greetings	All around the World	Manners	p. 68
Talking-Manners	learn how to introduce yourself to others	Meeting People	Manners	p. 68
Talking-Manners	plan a party and learn to act polite	Host a party	Manners	p. 69
Talking-Manners	say please and thank you when selling cookies, make thank you notes	Good Manners	Cookies Count	p. 13
Talking-Story	create a story about a girl your age from another country	World Stories	People of the World	p. 158
Talking-Story	listen to a story from one of the oldest members in your community	Community Stories	Listening to the Past	p. 154
Talking-Story	read 2 stories of the past, share	Tell Stories of the past	Listening to the Past	p. 155
Talking-Story	share a good citizen story	Citizen of America	Citizen Near and Far	p. 148
Talking-Story	start a story, each girl adds a sentence till the story is done	Group giggles	Write Away	p. 55
Talking-Voting	practice making choices and voting	Making Choices and Voting	Citizen Near and Far	p. 149
W				
Water, Hot	grow sugar crystals in a jar	Home grown crystals	Science Wonders	p. 130
Water	make a wind instrument	Sliding Air	Sounds of Music	p. 165
Water	wash your hands and sing song, learn about germs	Washing Works	Healthy Habits	p. 34
Water	fill glasses with water and learn how to play a song on them	Melody Glasses	Making Music	p. 156
Water	learn about fresh water and salt water	Water Layers	Water Everywhere	p. 143
Water	fix a leaky faucet	Drip Drop	Water Everywhere	p. 142
Water	make a water snooper	Water Snooper	Water Everywhere	p. 142
Water	visit a pond and look for creatures and plants that live in the water	Water Explorer	Water Everywhere	p. 143
Water	make bubbles	Bubbles	Science Wonders	p. 131
Water	blow a balloon using baking soda and vinegar	Balloon Blowing	Science in Action	p. 127
Weather	make a cloud picture	Sky watching	Earth and Sky	p. 95
Weather	make your own group storm	Storm warning	Ready, Set, Go Camping	p. 125
World	find the different languages in your handbook	Language Hunt	People of the World	p. 158
World	learn about a flag and have a ceremony	Flags of many countries	People of the World	p. 159
World	learn about the world	Look at the World	Around the World	p. 146

Category	Requirement Description - Always check the Handbook	Try-it Activity Name	Try-it	Page
World	learn about what others do to help people in other countries	Reaching Out	Citizen Near and Far	p. 149
World	learn song or dance from another country	Around the World	BS Around the World	p. 9
World	visit an internet site, learn about GS on the internet or IM	Talk Time	Point, Click & Go	p. 162
Writing	find out what it will cost to go on a field trip	Budget for your troop	Math fun	p. 109
Writing	find things outside from touching, smelling, and listening	Touch, Smell, Listen	Outdoor Adventurer	p. 121
Writing	keep track of how much money you spend in a week	Keeping Tabs	Penny Power	p. 49
Writing	make a secret message using paper and a ruler	Measure up	Friends are Fun	p. 64
Writing	make crayon rubbings	Plant rubbings	Plants	p. 122
Writing	make up a play	Compose a play	Creative Composing	p. 153
Writing	modernize a fairy tale	Create tales	Her Story	p. 106
Writing	on a map mark the places you need to know about	Street Safety	Safety Sense	p. 50
Writing	practice tongue twister and make one up of your own	Tongue Twisters	Let's Pretend	p. 67
Writing	say please and thank you when selling cookies, make thank you notes	Good Manners	Cookies Count	p. 13
Writing	take a hike a look for different shapes	Nature Shapes	Numbers & Shapes	p. 117
Writing	think of ways to show respect for others, do a song, skit or poem about it	Respect for others	Manners	p. 68
Writing	watch the moon and write down it's shapes	Shapes of the Moon	Numbers & Shapes	p. 117
Writing	watch the sky and take notes	Creatures of the air	Earth and Sky	p. 96
Writing	what do they call brownies in other countries	What do they Call?	GS Around the World	p. 8
Writing	what rules do you follow as a brownie	It's the Law	Citizen Near and Far	p. 149
Writing	write a poem	Compose a poem	Creative Composing	p. 152
Writing	write a secret message w/ pictures, codes, or sign language	Compose a message	Creative Composing	p. 153
Writing	write a song	Compose a song	Creative Composing	p. 152
Writing	write a story about you	All about me	Write Away	p. 54
Writing	write a story on the computer with your friends	Writing a story	Point, Click & Go	p. 162
Writing	write a troop plan for using the money you earn from cookie sales	Cookie Dough	Penny Power	p. 48
Writing	write down how expensive your name by giving \$ amounts to letters	Money Words	Math fun	p. 109
Writing	write letters to friends through e-mail or regular mail	Write a letter	Write Away	p. 55
Writing	write or draw a cookie adventure story starring you	Planning Your Girl Scout Cookie Advent	Smart Cookie	online
Writing - Codes	make a secret code for your friends	Create a code	Friends are Fun	p. 64
Writing - Codes	make up your own secret code	Alphabet Code	Math fun	p. 109
Writing - Lists	list 5 safety smart rules	Be Prepared	Travel Right	p. 80
Writing - Lists	Make a check off list of 10 things you expect to see on your trip	Scenery Scavenger Hunt	Travel Right	p. 80
Writing - Lists	Make a grocery list for 2 wild animals	Outdoor shopping	Watching Wildlife	p. 141
Writing - Lists	make a list of hobbies you collect, make or sport hobbies	Types of hobbies	Hobbies	p. 36
Writing - Lists	make a list of hobbies, sports you like and talk to adult	Autobiography	Careers	p. 22
Writing - Lists	make a list of ingredients of 3 different foods	The foods we eat	Eat Right, Stay Healthy	p. 26
Writing - Lists	make a list of jobs you think we will have in the future	Future jobs	Careers	p. 22
Writing - Lists	make a list of things containing water in the ingredients	Made of Water	Water Everywhere	p. 142
Writing - Lists	make a list of what your family eats for a week, go grocery shopping	Smart shopper	Eat Right, Stay Healthy	p. 26
Writing - Lists	make a list of your favorite things and share with your friends	Favorites	Caring and Sharing	p. 60