


girl scouts
of oregon
& sw washington



Girl Scout Junior Activity Book

Grades 4-5



What Girl Scout Juniors Do

Every Junior activity—be it science, outdoors, entrepreneurship or character building—expands her world as she makes new friends, tries new things, and builds life skills that will help her in school and beyond. All the while, she'll be earning badges to wear proudly on her Girl Scout uniform! Plus, she'll have the chance to take trips, sell cookies, and take the lead in making

the world a better place with her new Girl Scout sisters. If she loves laughing, learning and lifetime-friendship, she's ready to be a Junior!

Let's have some fun! The activities in this booklet will help your girl get a head start on a few Girl Scout badges. You can learn more about these and other badges at girlscouts.org/badgeexplorer. If you like these activities, we invite you to continue the fun by signing up to become a Girl Scout Junior today at girlscoutsosw.org/juniors!

Promise and Law

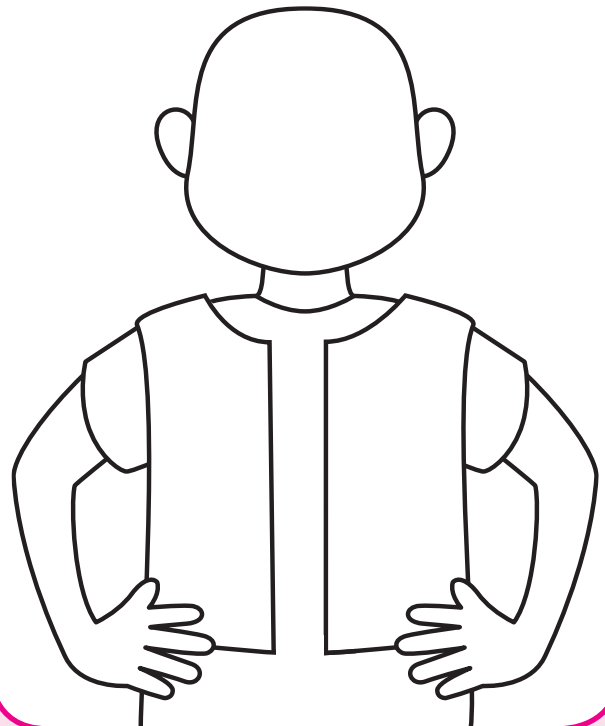
In Girl Scouts, it's not just about the amazing activities we do, but the values of our Promise and Law which we live by each and every day.

The Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.



Color in your Junior vest and draw in your face and hair to see what you'll look like as a Girl Scout! Check the back cover to see what your uniform can look like once you've earned some badges.

Dance-A-Thon

In any sport, athletes often need to keep going even when they think they can't. You need endurance to run around all the bases in softball, to play a long tennis match or run a marathon.

Have you ever watched a marathon, bike race, or sports game where you've seen a person really push herself physically?

Practice helps you build endurance. For example, the first time you run, you might be able to go for 20 minutes. But the next time you run, 25 minutes might seem easier.

Let's practice endurance training with dancing.

Instructions:

1. Dance for one minute using any move that uses all parts of your body. Take a one-minute break.
2. Dance for three minutes. Take a 30 second break.
3. Now see if you can dance for five minutes straight!
4. You worked up a sweat with your dance-a-thon, so let's end with a cool down stretch:
 - Stand with your feet shoulder distance apart.
 - Place your arms behind you. Lace your fingers together.
 - Bend forward from the waist, leaning your chest forward. Lift your hands overhead as you fold your body down toward your thighs. Hold this stretch for 30 seconds.
 - Slowly lift back to standing position.

Materials Needed:

Energizing music played on a phone, computer, or other music player
Timer



This activity fulfills Step 3 of the Junior Practice with Purpose badge: Build Up Your Strength.

About the Junior Practice with Purpose badge: Girls learn to improve a skill—no matter what track, court, rink, pool, slope or field they like to play on!



This activity helps fulfill Step 3 of the Junior Animal Habitats badge: Create an Animal House.

About the Junior Animal Habitats badge: Girls learn about wild animals and explore where they live, how they play, and how we can help them!



Design a Habitat

Imagine meeting a monkey in a rainforest, or kicking up dust with a kangaroo in the Australian outback. These animals live in the wild, so we don't get to spend time with them in their natural homes—their habitats.

A habitat is the place where an animal or plant lives. The Earth is full of habitats for all kinds of animals, on land and in water.

Materials Needed:

Guess the Animals chart (next page)
A piece of paper
Shoe box, tissue box, take-out container, or any other container
Plastic animal toy, stuffed animal, or animal drawing
Art supplies you have available, like modeling clay, pipe cleaners, construction paper, tissue paper, markers, paint, glue, scissors, tape



Instructions:

Start by exploring a variety of habitats and then design your own!

1. Use a piece of paper to cover up the right column of your Guess the Animals chart. See how many animals you can think of that might live in each of the habitats!

2. Use the supplies you have at home to create an animal habitat. Remember to think about what that animal might need for food, water, shelter and survival. Let your creativity shine, and have fun!



Guess the Animals

What do you think lives in a rain forest that is cool and rainy?	Squirrels, black bears, rat snakes, birds like a cardinal and turkey, raccoon, deer, boar, dormouse.
How about a hot desert?	Snakes, reptiles, birds. Many kinds of nocturnal animals that are active at night.
How about a cold desert?	Kangaroo rats, jackrabbits, antelope, and squirrels.
Now think about the grasslands, open stretches of grass, like the prairies or in Africa.	Zebra, lion, ostrich, elephant, giraffe, hyena, bison, and rhinoceros.
Imagine the freezing arctic tundra, where there is little plant life. What lives there?	Polar bears, penguins, foxes, wolves, snowbirds, insects like grasshoppers, fish like salmon and trout.

Explore Your Needs and Wants

Food and water, clean clothes, a place to live: these are things everyone needs. A closet full of shoes, a new desk, tickets to a movie: these are things people want. This activity will help you discover the difference between wants and needs in the world around you.

Materials Needed:

Paper cut into strips and a pen or pencil

Instructions:

1. Take a home tour. Starting in the room where you sleep, write down at least five items in each room. Write each item on its own scrap of paper.
2. When you've completed your tour, find an open space and line up the papers from the item you need the most to the item you need the least.
3. Then, talk to your family about what you discovered.

This activity fulfills Step 1 of the Junior Savvy Shopper badge: Explore Your Needs and Wants.

About the Junior Savvy Shopper badge: Girls learn the difference between wants and needs so they are ready to be money savvy.





This activity fulfills Step 2 of the Junior Space Science Investigator badge: Circle the Sun.

About the Junior Space Science Investigator badge: Girls venture through the Solar System and beyond, discovering that space is even bigger than they thought!

Find Your Age on Other Planets

The Earth orbits (moves around) the Sun, and it also rotates (spins) on its axis. Have you ever heard the word axis? An axis is an imaginary line that an object rotates around. The Earth has an axis that runs from its north pole, through its center, to its south pole.

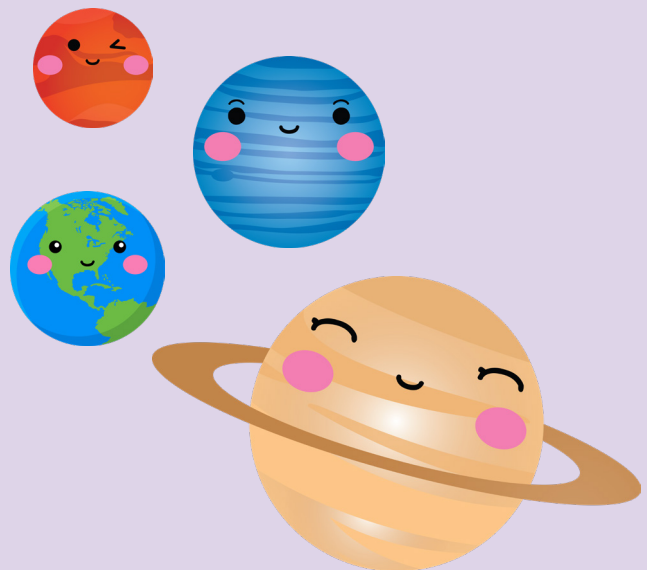
It takes the Earth about 24 hours (or one day) to complete one rotation on its axis and about 365 days (or one year) to complete one orbit around the Sun. Do you think that all planets orbit the Sun at the same speed? Do all planets rotate on their axes at the same speed?

All planets move the same two ways the Earth does, but they do it at different speeds. Each one is unique—just like you! Because of this, the length of the days and years are

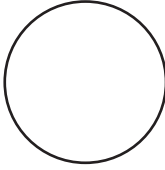
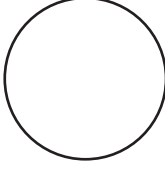
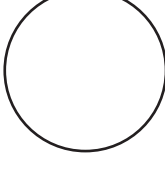
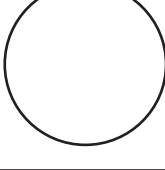
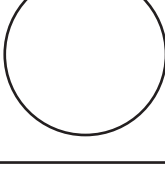
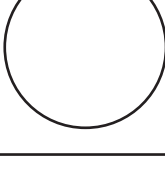
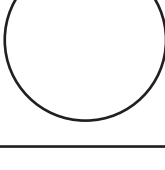
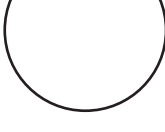
different on each planet. How many Earth days or years do you think it takes Saturn to complete one rotation on its axis? How long do you think a “day” on Saturn is?

It takes Saturn roughly .45 Earth days to make one rotation on its axis. It takes about 29.46 Earth years for Saturn to orbit the Sun. That means if you were born on March 29, 2006, you would be .4 Saturnian years old!

Visit girlscouts.org/spacescienceplanetages to figure out your age on other planets! Before you enter your birth date, predict how many days and years you’ve been alive on each planet. Fill in your predictions and your ages in the chart on the next page!



Your Age on Other Planets

<p>Mercury Draw Mercury here:</p>		<p>My prediction: My Mercurian age: Days: Years: Next birthday:</p>
<p>Venus Draw Venus here:</p>		<p>My prediction: My Venusian age: Days: Years: Next birthday:</p>
<p>Earth Draw Earth here:</p>		<p>My prediction: My Earth age: Days: Years: Next birthday:</p>
<p>Mars Draw Mars here:</p>		<p>My prediction: My Martian age: Days: Years: Next birthday:</p>
<p>Jupiter Draw Jupiter here:</p>		<p>My prediction: My Jovian age: Days: Years: Next birthday:</p>
<p>Saturn Draw Saturn here:</p>		<p>My prediction: My Saturnian age: Days: Years: Next birthday:</p>
<p>Uranus Draw Uranus here:</p>		<p>My prediction: My Uranian age: Days: Years: Next birthday:</p>
<p>Neptune Draw Neptune here:</p>		<p>My prediction: My Neptunian age: Days: Years: Next birthday:</p>

You're Invited to Join Girl Scouts!

Did you have fun with this activity packet? There's so much more to discover as a Girl Scout! Don't miss a moment of fun and friendship—you are invited to an animal dance party! Find an upcoming virtual animal dance party at girlscoutsw.org/connect or sign up to become a Girl Scout Junior family at www.girlscoutsw.org/juniors. We can't wait for you to join us!

Have a question? We're here to help. Email answers@girlscoutsw.org or call (800) 338-5248.

Where Does Everything Go?

As your Junior earns her badges and awards, she'll want to display them on her vest or sash. Here's your cheat sheet on how she can show off her accomplishments with pride.

