

May 2022

Starting your Girl Scout Journey

Girl Sprouts Newsletter

Girl Sprouts is a monthly newsletter for caregivers and school administrators. It introduces you to the fantastic opportunities that await girls as Girl Scout Daisies through information about the program and fun activities girls can do now to ready themselves for Girl Scouts! For more information, contact customercare@girlscoutshh.org

We hope you are enjoying receiving our Girl Sprouts newsletter, a publication to help introduce you to the first level of Girl Scouting, Daisies. Any girl starting Kindergarten in the fall can official join as a Girl Scout Daisy! The activities in our newsletter will acquaint girls, caretakers, and school administrators to what girls can expect as a Girl Scout.

Since the beginning, Girl Scouts has encouraged girls to be helpers at home and in their communities. This month, being a helper is our focus - a perfect one for the month we celebrate Mother's Day!

Helpful Hands Circle Discussion

Tell girls that you are going to read them a situation, or explain something that could happen. In each of the situations, someone needs a helping hand. Use the situations provided below.

- You little brother or sister is crying. How can you help?
- Your dad is going to do the laundry. How can you help?
- Your mom is trying to get dinner ready for your family. How can you help?
- You just played with your dog outside and he got really dirty and messy. How can you help.
- You just had an after-school snack with a friend. You notice that you left a lot of crumbs on the floor. How can you help?
- Your grandma did the laundry and there is a pile of your clean clothes in the laundry room. How can you help?
- Recycling is a good way for people to take care of the planet. How can you help?
- You spilled your juice on the kitchen floor. How can you help?
- Your dad usually does the grocery shopping for your family. This time, there is a really big grocery list of items to get. How can you help?

Ask the girls which of those helpful behaviors they can personally do at home or at school. How can they be helpful hands?



Craft

Create hand notes by having girls trace their hand on a paper and cut it out. Then, after they choose a task to help with, write it on the hand for them to take home and share.



girlscouts 
heart of the hudson

Providing Girl Experiences to girls in Westchester, Putnam, Rockland, Orange, Dutchess, Ulster, and Sullivan Counties.

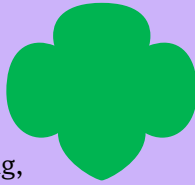
girlscoutshh.org/join

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.

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.



Choose an in-person event to learn about Girl Scouts!

Do fun activities and meet new friends.

RSVP for a fun-filled event today!

girlscoutshh.org/joindaisies



May is Mental Health Awareness Month and recent studies show girls are disproportionately affected by the increasing mental health crisis in America. Click [here](#) for resources for girls and their caregivers on maintaining their mental wellness.

Rising kindergarten girls can register to become a Girl Scout Daisy for this year and NEXT year - all in one for \$35, a savings of \$15. Girls will receive their first Daisy patch after registering!