

Early Girl Scout Skills

A History Event in a box



**Girl Scout Council of the Nation's Capital
Archives and History Committee**

Welcome!

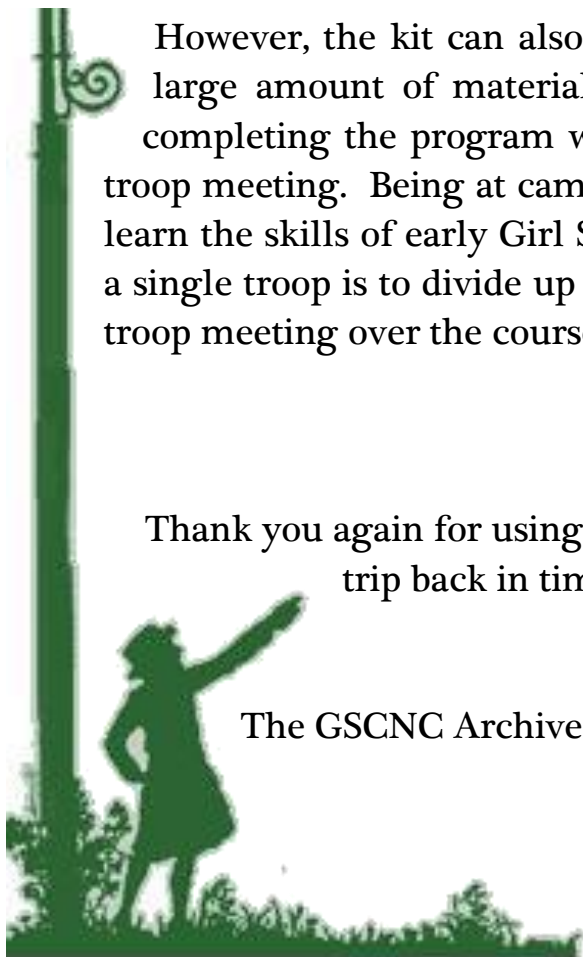
The Archives Committee of the Girl Scout Council of the Nation's Capital is charged by the Board of Directors with preserving and protecting the documents and materials which reflect the history of the Girl Scout Council of the Nation's Capital, and with fostering knowledge and appreciation of the rich history of this Council and the Girl Scout movement. To help reach these goals, we have created several program kits to help troop leaders like yourself present Girl Scout history to your girls.

This Early Girl Scout Skills program box is designed to facilitate the presentation of an event for multiple troops. For help planning your event, a suggested event outline is located on the next page. Groups of girls will rotate through stations which teach them skills a girl might have learned in her troop during the early years of Girl Scouting. A minimum of 4 hours is needed to rotate groups through all the stations, although if you have a smaller group or less time you could choose to eliminate one or more stations.

However, the kit can also be used with a single troop. Because of the large amount of material contained here, you may wish to consider completing the program while at camp, as you have more time than a troop meeting. Being at camp can also help the girls get into the mood to learn the skills of early Girl Scouts. Another way to use the program with a single troop is to divide up the stations/activities and complete 1 or 2 per troop meeting over the course of a few weeks.

Thank you again for using this program. We hope your girls enjoy their trip back in time!

The GSCNC Archives and History Committee



1923 Camp Counselors



Event Schedule:

Opening (30 minutes)

Welcome girls to the event, show *The Golden Eaglet*

Stations (30 – 45 minutes)

1. Flag signaling/Semaphore
2. 99 Ways to Use a Bandana
3. Flag Ceremony
4. Knots and Lashing
5. Edible Fire Building
6. Make a Bedroll

Closing (20-30 minutes)

Hold a court of awards, sing Girl Scout songs, or hold a closing of your choice

Kit Contents:

Please make sure that all components are returned to the tub in clean, usable condition.

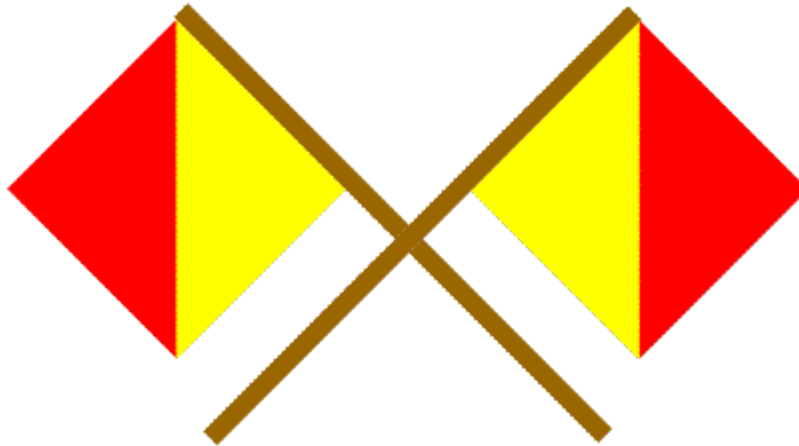
Feel free to make copies of any handouts or instruction sheets, but please do not remove any papers from this notebook.

- ❖ 1 DVD copy of *The Golden Eaglet – The Story of a Girl Scout*
- ❖ 7 Camp Skill Books
- ❖ Leader Guide Notebook

| | |
|---|---|
| <p>Station 1</p> <ul style="list-style-type: none">• 8 Signaling flags• 4 laminated instruction cards/codes• 16 green & white Message cards <p>Station 2</p> <ul style="list-style-type: none">• Laminated copy <i>99 Ways to Use a Bandana</i> <p>Station 3</p> <ul style="list-style-type: none">• Laminated Caller cards (opening & closing flag ceremony) (2 sets)• Laminated copy of flag folding instructions 1 copy | <p>Station 4</p> <ul style="list-style-type: none">• laminated copy instructions for 6 “Common Knots -2 sets”• Laminated copy flag folding instructions – 1 <p>Station 5</p> <ul style="list-style-type: none">• Laminated copy fire Safety <p>Station 6</p> <ul style="list-style-type: none">• Laminated copy <i>How to make a bedroll.</i> – 2• Laminated copy Bedroll Relay -1 |
|---|---|



Station 1: Flag Signaling/Semaphore



Materials Needed

Provided in the Kit

- ❖ 8 signaling flags
- ❖ 4 instruction cards/code sheets
- ❖ 16 Green & White Message cards

Provided by Leader

- ❖ NONE

Activity Steps

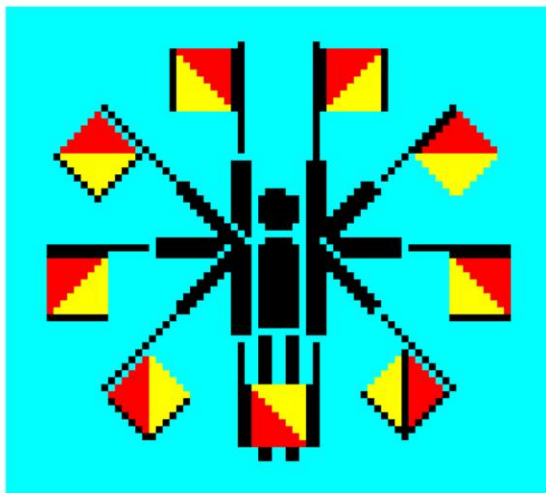
- ❖ Using the flags, demonstrate for the girls how semaphore signaling works. Run through the alphabet so that they can visualize how each cue looks.
- ❖ Divide group into six teams of 3 or 4 girls. If you have a small group, the teams can be smaller.
- ❖ Give each team a message card and an instruction card/code sheet.
- ❖ Allow the girls a few minutes to practice their message, and then have each team signal their message to the rest of the group.
- ❖ Repeat with new messages!

Flag positions in Semaphore

One way to visualize the semaphore alphabet is in terms of circles:

- first circle: A, B, C, D, E, F, G;
- second circle: H, I, K, L, M, N (omitting J);
- third circle: O, P, Q, R, S;
- fourth circle: T, U, Y and 'annul';
- fifth circle: 'numeric', J (or 'alphabetic'), V;
- sixth circle: W, X;
- seventh circle: Z

In the first circle, the letters A to C are made with the right arm, and E to G with the left, and D with either as convenient. In the second circle, the right arm is kept still at the letter A position and the left arm makes the movements; similarly in the remaining circles, the right arm remains fixed while the left arm moves. The arms are kept straight when changing from one position to another.



FLAG SIGNAL CODES



A



B



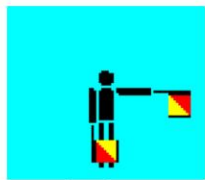
C



D



E



F



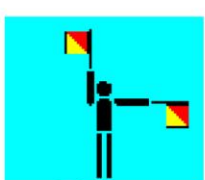
G



H



I



J



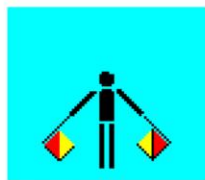
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L



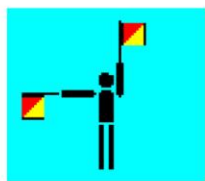
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N



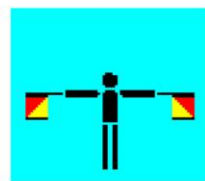
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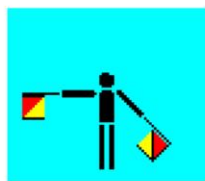
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Q



R



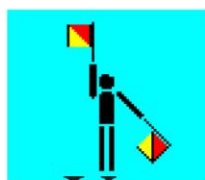
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T



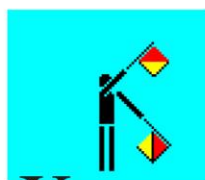
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V



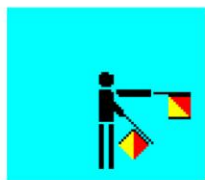
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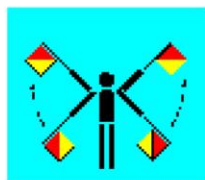
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Y



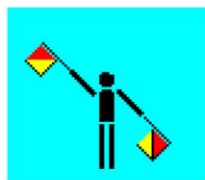
Z



Error/Start



Number



Cancel



Space/Interval

DO YOU HAVE ANY
COOKIES?

WHERE CAN WE GET
A MAP?

SEND FOR A DOCTOR

DAISY WAS REALLY
NAMED JULIET LOW

SIGNALLING CAN BE
FUN

THE GIRL SCOUT
MOTTO IS BE
PREPARED

I LOVE GIRL SCOUTS

MY NAME IS
(your name here)

LUNCH IS AT NOON

LETS PLAY A GAME

I LIVE BY THE GIRL
SCOUT LAW

CAN YOU BUILD A
SNOWMAN?



PHOTO BY E.H. DON FORTIN, 1914

Station 2: 99 Ways to Use a Bandana



Materials Needed

Provided in the Kit

- ❖ Laminated master copy of the list of 99 *Ways to Use A Bandana*

Provided by Leader/Girls

- ❖ 1 bandana per girl
- ❖ Copy of list for each girl
- ❖ Jar/hat with pieces of paper numbered 1-99

Activity Steps

- ❖ Divide girls into pairs and have each pair choose a number from the jar.
- ❖ Give each girl a copy of the list *99 Ways to Use A Bandana* (found on the next page).
- ❖ Have each team complete the “way” that matches the number they drew.
- ❖ Go around the group and have the girls explain what their way is and how it is used.
- ❖ Repeat until the time is up or all 99 ways have been shown.
- ❖ Have the girls suggest new ways to use their bandanas

99 Things to Do With a Bandana

| | | |
|-------------------------|-------------------------------------|--------------------------------------|
| 1. Hair band | 38. tea strainer | 68. tie canoes together |
| 2. Neckerchief | 39. bib | 69. tie your paddle to your wrist |
| 3. Sash | 40. Bread basket liner | 70. fish net |
| 4. Ear muffs | 41. apron | 71. trail marker |
| 5. Babushka (headscarf) | 42. polish rag | 72. warning of tent stakes |
| 6. Scarf | 43. wound care | 73. relay baton |
| 7. Hankie | 44. pressure bandage | 74. bases for games |
| 8. Bunny ears | 45. bandage | 75. practice knots |
| 9. Diaper | 46. ice pack cover | 76. flag of surrender |
| 10. Muffler | 47. cold compress | 77. car window shade |
| 11. Purse | 48. poultice | 78. flag down a taxi |
| 12. Watch fob | 49. splint | 79. car antenna décor |
| 13. Hat décor | 50. sling | 80. doll clothes |
| 14. Key chain | 51. digit holder | 81. bandana doll |
| 15. Hobo pack | 52. dry tears | 82. Barbie parachute |
| 16. Lunch box | 53. sit upon | 83. doll house wallpaper |
| 17. Belt | 54. drink cover to keep out bees | 84. Beanie Baby blanket |
| 18. Tie | 55. glove | 85. catnip toy |
| 19. shoelace | 56. flyswatter | 86. dog kerchief |
| 20. Glasses cleaner | 57. picnic blanket | 87. cat cape |
| 21. Necklace | 58. cool-dana | 88. toadies' tent |
| 22. Pocket protector | 59. sunscreen | 89. game marker |
| 23. wash cloth | 60. smoke screen (mask) | 90. racing flag |
| 24. earplugs | 61. smoke signals (must be wet) | 91. envelope |
| 25. towel | 62. fire-starter (must be dry) | 92. curtain |
| 26. bookmark | 63. plug | 93. gift wrap |
| 27. pillow | 64. trail marker | 94. rolled rag paint finish |
| 28. dinner napkins | 65. fan | 95. lampshade |
| 29. fan-fold napkin | 66. emergency toilet paper | 96. muffler for alarm clock |
| 30. fleur de lis fold | 67. seedling holder | 97. handcuffs |
| 31. utensil holder | | 98. muzzle your dog |
| 32. pot holder | | 99. Magic trick prop. |
| 33. strainer | | |
| 34. coffee filter | | |
| 35. placemat | | |
| 36. cheesecloth | | |
| 37. salad spinner | | |



1914-15
HUGH MILLER
WASHINGTON, D.C.

1920's Compass Practice



Station 3: Flag Ceremony



Materials Needed

Provided in the Kit

- ❖ Laminated Caller Cards (opening and closing) 2 sets
- ❖ Laminated Flag folding instructions

Provided by Leader

- ❖ Flag
- ❖ Sashes for color guard and caller(s) - *optional*

Activity Steps

- ❖ Explain to the entire group how a flag ceremony is conducted. Discuss proper respect for the flag, how to stand, when to salute, etc. (This information is detailed on the next few pages).
- ❖ Divide girls into color guard teams of 7 or 8 girls.
- ❖ Have each group choose responsibilities (caller, flag bearer, etc.)
- ❖ Practice folding and unfolding the flag, raising and lowering it on the flag pole, and instruction calls.
- ❖ Have each group complete a flag ceremony while the other groups are the audience. NOTE: If you have several groups, have one group complete the opening, another group the closing, and then repeat. With a small number of groups, each group can complete an opening and closing.

HELPFUL HINTS FOR FLAG CEREMONIES

Flag Ceremonies come in many different shapes and forms.

Girls should help plan the ceremony; therefore each ceremony will be different. As long as they treat the flag with respect, their ceremony will be correct. Discuss the flag etiquette found on the following pages, but do not scare the girls.

Girls should be eager and proud to perform a flag ceremony.

Many times girls are frightened of “messing up.” They think if they drop the flag it will have to be burned. However, Girl Scout flag ceremonies can be used as learning experiences. If the wind should happen to blow the flag out of the girls’ hands and it lands on the ground, do not stop the ceremony and scold the girls. Instead, calmly help them if needed and encourage them to finish the ceremony. Assure them that you will not have to burn the flag. No girl should be scolded or ridiculed for making a mistake or forgetting a part during a ceremony. That’s why Girl Scouting teaches flag ceremonies, so that Girl Scouts can practice and learn. Girls should be proud to carry the flag of the United States of America.



Teach the girls that once participants have entered the ceremony area, or the ceremony begins, there should be absolute silence from all (girls and adults.)

The audience should stop all talking (including whispers); everyone should be still, observant, and respectful during the ceremony. The “Caller” will instruct the audience in speaking, standing, singing, or pledging.

There is absolute silence from the time the horseshoe is formed until it is dismissed.

The color guard remains silent from the time they start to walk in until they walk out. They do not speak or sing with the group, but stay at attention.

To salute the flag, stand at attention and place your right hand over your heart.

Salute the flag when it is being raised or lowered, when it passes you in a parade, and when you recite the Pledge of Allegiance. Salute when you sing "The Star-Spangled Banner," with or without the flag present.

FAQs ABOUT FLAG CEREMONIES

What are the responsibilities of each girl participating?

Traditionally there the following positions should be filled by girls in the flag ceremony. These jobs are flexible and can be altered to fit your particular group of girls.

- ❖ **Caller** – this girl is responsible for instructing the group's actions throughout the ceremony. Although most ceremonies have one caller, if you have quite a few girls, you can have two or three who each say a few commands.
- ❖ **Flag Bearer** – this girl carries the folded flag to the flag pole (for an indoor ceremony, she carries the flag on its pole). She is also responsible for raising the flag.
- ❖ **Color Guard** – this is a group of anywhere from two to eight girls who walk in pairs behind the flag bearer. They help to hold the flag as it unfolds and is raised.

NOTE: In an outdoor ceremony it is acceptable to carry the flag unfolded. In this case there is not a flag bearer, and each member of the color guard holds a corner or edge of the flag. It should be held taut and not allowed to touch the ground. This method is useful for including more girls, and can also be useful for groups of younger girls who struggle to unfold the flag while raising it. If the flag is carried unfolded, the union (stars) should be at the front and left of the group. The girl at this corner will clip the flag and raise it up the flag pole (usually the flag bearer's responsibility).

What are the sashes used for? How are they worn?

For outdoor ceremonies, red sashes may be worn to identify the girls participating in the ceremony. These are always tied on the left, and should be worn around waist of color guard members. The sashes of the caller(s) and flag bearer (if the flag is carried folded) should be worn similar to a Girl Scout uniform sash, over right shoulder and tied on left. For indoor ceremonies, white gloves are traditionally worn instead of red sashes.

Do color guard members say the Pledge of Allegiance and Girl Scout promise?

No. The guards are still and silent throughout the ceremony. They should not salute or speak when the caller and audience are saying the Pledge of Allegiance and Girl Scout Promise.

How do you fold a flag?

To fold flag, fold in half lengthwise. Fold again lengthwise so stars show on both sides. Make a triangle fold at striped end by bringing a corner to the opposite side and align edges. Fold pointed end toward stars keeping edge even. Fold along the diagonal and align edges. Continue these steps the length of the flag. Tuck ends into a fold. Result is a triangle of stars.j

Instruction sheet for folding flag included.

What are the caller commands, and what actions should be performed for each of them?

For an Opening (raising) ceremony:

"Girl Scouts, Attention"

Everyone present should stand silently at attention, and remove any hats or head coverings (including bandanas).

"Color Guard, Attention"

The Color Guard stands at attention and prepares to advance to the flag pole

"Color Guard, Advance"

Guards come forward, stand in front of flag pole. As the flag passes audience members they should salute the flag and hold the salute until the end of the recitation of the Pledge of Allegiance.

"Color Guard, Post the colors"

The flag bearer attaches the top of the flag to the first clip, and begins unfolding the flag until the second corner is free and attaches the second corner. As the flag is raised, it should be unfolded (if the flag is carried in unfolded, girls should pass it forward until it is raised high enough to stay off the ground). The flag is then raised briskly to the top of the flag pole. The rope is secured and the guard steps back into place. *NOTE:* If the flag is being flown at half staff, it should be first raised to the peak for an instant, and then lowered to a position half way between the top and bottom of the staff.

"Girl Scouts, the flag of your country. Please join me in saying the Pledge of Allegiance."

The caller and all audience members salute the flag and recite the Pledge of Allegiance. COLOR GUARD IS SILENT

"Please join me in saying the Girl Scout Promise."

The caller and all audience members hold their right hand in the Girl Scout sign and recite the promise. COLOR GUARD IS SILENT

"Color Guard, dismissed."

The Color Guard turns around and returns to their place in the assembly.

"Girl Scouts, dismissed."

The ceremony is over. Audience members may leave the area, or return to their seats in the case of a meeting or similar situation.

For a Closing (lowering) ceremony:

"Girl Scouts, Attention"

Same action as in opening ceremony

"Color Guard, Attention"

Same action as in opening ceremony

"Color Guard Advance"

Guards come forward, stand in front of flag pole.

"Color Guard, Retire the colors"

The flag is lowered slowly and respectfully. As the flag approaches the ground, each corner should be caught and passed back among the color guard until it is unclipped and held taut. The flag can be folded there, or carried out open and folded after the ceremony. *NOTE:* If the flag is being flown at half staff, it should be raised to the peak for an instant before being lowered.

"Color Guard, dismissed."

"Girl Scouts, dismissed."

FLAG ETTIQUITE

STANDARDS of RESPECT

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. They are:

- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used as a drapery, or for covering a speaker's desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard
- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.
- The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.
- The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously. The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

Note: Most American Legion Posts regularly conduct a dignified flag burning ceremony, often on Flag Day, June 14th. Contact your local American Legion Hall and inquire about the availability of this service.

Displaying the Flag Outdoors

When the flag is displayed from a staff projecting from a window, balcony, or a building, the union should be at the peak of the staff unless the flag is at half staff.

When it is displayed from the same flagpole with another flag - of a state, community, society or Scout unit - the flag of the United States must always be at the top.

When the flag is displayed over a street, it should be hung vertically, with the union to the north or east. If the flag is suspended over a sidewalk, the flag's union should be farthest from the building.

When flown with flags of states, communities, or societies on separate flag poles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor - to its own right.

**The other flags may be smaller but none may be larger.

****No other flag ever should be placed above it.**

****The flag of the United States is always the first flag raised and the last to be lowered.**

When flown with the national banner of other countries, each flag must be displayed from a separate pole of the same height. Each flag should be the same size. They should be raised and lowered simultaneously. The flag of one nation may not be displayed above that of another nation.

Raising and Lowering the Flag

The flag should be raised briskly and lowered slowly and ceremoniously. Ordinarily it should be displayed only between sunrise and sunset. It should be illuminated if displayed at night.

The flag of the United States of America is saluted as it is hoisted and lowered. The salute is held until the flag is unsnapped from the halyard or through the last note of music, whichever is the longest.

Displaying the Flag Indoors

When on display, the flag is accorded the place of honor, always positioned to its own right. Place it to the right of the speaker or staging area or sanctuary. Other flags should be to the left.

The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states, localities, or societies are grouped for display.

When one flag is used with the flag of the United States of America and the staffs are crossed, the flag of the United States is placed on its own right with its staff in front of the other flag.

When displaying the flag against a wall, vertically or horizontally, the flag's union (stars) should be at the top, to the flag's own right, and to the observer's left.

Parading and Saluting the Flag

When carried in a procession, the flag should be to the right of the marchers. When other flags are carried, the flag of the United States may be centered in front of the others or carried to their right.

When the flag passes in a procession, or when it is hoisted or lowered, all should face the flag and salute.

The Salute

To salute, all persons come to attention. Citizens salute by placing their right hand over the heart and head covers should be removed and held to left shoulder, hand over the heart.

The Pledge of Allegiance and National Anthem

The pledge of allegiance should be rendered by standing at attention, facing the flag, and saluting.

When the national anthem is played or sung, citizens should stand at attention and salute at the first note and hold the salute through the last note. The salute is directed to the flag, if displayed, otherwise to the music.

The Flag in Mourning

To place the flag at half staff, hoist it to the peak for an instant and lower it to a position half way between the top and bottom of the staff. The flag is to be raised again to the peak for a moment before it is lowered. On Memorial Day the flag is displayed at half staff until noon and at full staff from noon to sunset.

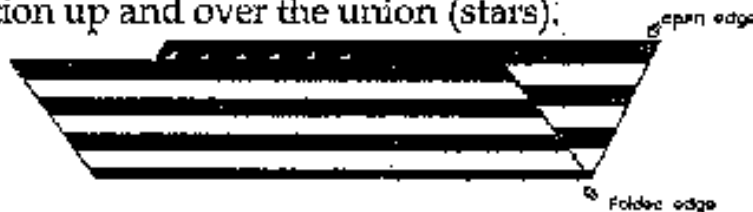
The flag is to be flown at half staff in mourning for designated, principal government leaders and upon presidential or gubernatorial order.

FOLDING THE FLAG OF THE UNITED STATES

1. Hold flag waist-high parallel to the ground.



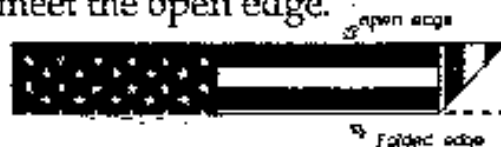
2. Fold flag in half lengthwise bringing lower striped section up and over the union (stars).



3. Fold flag again lengthwise bringing folded edge to meet open edges, encasing stripes in stars.



4. Make a triangle fold by bringing the striped corner of the folded edge to meet the open edge.



5. Turn outer pointed end inward, parallel to the open edge to form a second triangle.



6. Continue steps 4 and 5 making triangular folds the entire length of the flag.



7. When completely folded, only a triangular blue field of stars should be visible, a reminder of the tri-corner hats worn during the Revolutionary war.



Flag Ceremony Caller Commands (Opening)

GIRL SCOUTS, ATTENTION

(Wait for all scouts to stand quietly)

COLOR GUARD, ATTENTION

COLOR GUARD, ADVANCE

(Wait for color guard to reach the flag pole)

COLOR GUARD, POST THE COLORS

(Wait until the flag is completely raised and color guard has stepped back)

**GIRL SCOUTS, THE FLAG OF YOUR COUNTRY.
PLEASE JOIN ME IN SAYING THE PLEDGE OF
ALLEGIENCE.**

(Caller and audience say the Pledge of Allegiance. Color Guard is silent)

**PLEASE JOIN ME IN SAYING THE GIRL SCOUT
PROMISE**

(Caller and audience say the Girl Scout promise. Color Guard is silent)

COLOR GUARD, DISMISSED

(Wait until the color guard has returned to their starting position)

GIRL SCOUTS, DISMISSED

Flag Ceremony Caller Commands (Closing)

GIRL SCOUTS, ATTENTION

(Wait for all scouts to stand quietly)

COLOR GUARD, ATTENTION

COLOR GUARD, ADVANCE

(Wait for color guard to reach the flag pole)

COLOR GUARD, RETIRE THE COLORS

(Wait until the flag is completely lowered and folded, and color guard has stepped back)

COLOR GUARD, DISMISSED

(Wait until the color guard has returned to their starting position)

GIRL SCOUTS, DISMISSED

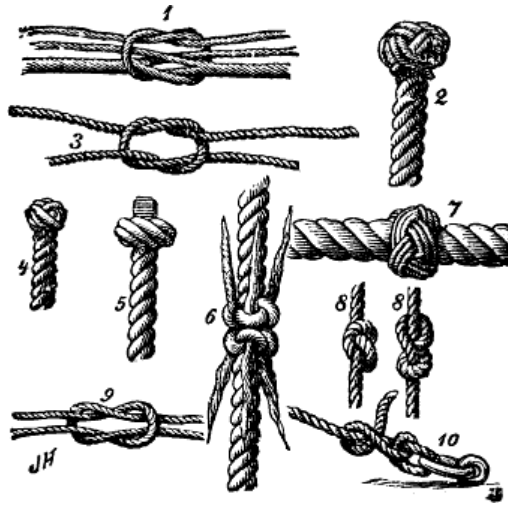


Camp May Flather 1936

Camp May Flather 1936



Station 4: Knots and Lashing



Materials Needed

Provided in the Kit

- ❖ 2 sets of “Common Knots”

Provided by Leader







- ❖ Pieces of rope for each girl to learn and practice on

Activity Steps

- ❖ Explain to the girls that different knots are used for different jobs. Discuss the differences between ‘hitches’, ‘bends’, and ‘loops’.
- ❖ Give each girl a piece of rope to practice their knots on.
- ❖ Teach some or all of the knots on the following page. Be sure to explain their uses when teaching the knot. If you are comfortable with more knots, feel free to teach those as well.
- ❖ If you have time, play one or more of the knot practice games on the next few pages.

Note: If you are not familiar with knots, these web pages have clear and easy-to-follow videos and instructions showing how to tie each one.

<http://www.boyslife.org/about-scouts/large-width/644/learn-to-tie-knots/>

| Knot | Hitch Attaches a rope to an object. | Bend Joins two pieces of rope. | Loop An enclosed circle tied with a rope. |
|--|---|--|--|
| | Application | Application | Application |
| <p>Bowline</p>  | <p>Tent guyline to tree. Hammock to tree. Guyline to grommet.</p> | <p>Make a long rope.</p> | <p>Hang an object from a branch.</p> |
| <p>Figure 8</p>  | <p>Tent guyline to tree. Hammock to tree. Climbing harness. Guyline to grommet.</p> | <p>Make a long rope.</p> | <p>Hang an object from a branch.</p> |
| <p>Sheet Bend</p>  | <p>Join various ropes.</p> | <p>Tie sandals to pack. Join ropes with different diameters.</p> | <p>N/A</p> |
| <p>Clove Hitch</p>  | <p>Hang object from a branch. Close a bear bag.</p> | <p>N/A</p> | <p>N/A</p> |
| <p>Square Knot</p>  | <p>Hang object from a branch.</p> | <p>Make a long rope. Tie your shoes.</p> | <p>N/A</p> |
| <p>Fisherman's Knot</p>  | <p>N/A</p> | <p>Make a long rope.</p> | <p>N/A</p> |

KNOT GAMES

Blackout Knots

All players have a piece of rope. Assign a specific knot. Shut out lights for a specified time and see how adept group is in the darkness. Vary knots called and time lights are out.

Blindman's Knot

The group is blindfolded. The leader passes down the line, holding a piece of cord knotted in one of the familiar knots. Each girl may finger it for ten seconds to discover which knot it is. The group is then provided with a cord. At the word "Go" each blindfolded player makes the knot she considers the right one. The quickest (if correct) wins.

Bowline/Sheet-bend Draw

Have the troop divide into pairs. Each pair lines up across from each other. Each girl is given a piece of rope long enough to tie around her waist and leave a couple of extra feet. These ropes should be on the ground by the scout's feet.

At the GO signal, each scout picks up her rope and ties a bowline around their waist. Then they join the rope with their partners rope using a sheet-bend. They then back up until the ropes become taught, lean back and hold their hands in the air.

Knotting Baseball

Same teams as baseball, but no bat or ball. Pitcher and batter each have a piece of rope. Pitcher calls name of knot and throws her rope to anyone in the field. If batter reaches first with knot tied correctly, she is safe. If knot tied (correctly) by fielder, reaches first before batter, she is out. If batter cannot tie knot called, she is out. If fielder cannot tie knot called, batting side scores one run whatever else happens. Fielders can then return ropes to second, third or home to "force" base runners. Make sure pitcher throws rope to all fielders and not too frequently to first base.

Knotting Circle

Players in circle, one ties a knot in a bit of rope and drops it at the feet of one of another group, who must name the knot correctly and say if it is tied right before the tier has run around the circle. Whichever wins ties the next knot, and so on.

Knotting Relays

Give all girls a chance to compete and practice. Use basic knots tied in a useful way: bowline around the waist, tie a sheet bend using two different thickness of rope, tie a clove hitch around a spar or pole.

Knot Relay (timed variation)

Have the groups line up behind a starting line. A leader stands opposite each group and has one or two ropes, and a pole (if desired). At the GO signal, each group sends one scout forward. The leader gives them a randomly selected knot. The scout then must successfully tie that knot before returning to their patrol. When each scout returns to the group, the next scout is sent forward.

Count the number of knots tied. Keep moving until the game period has nearly expired. The group with the most successfully tied knots wins. By running this relay for a fixed time, there is no need to adjust for different sized groups. Each scout should get the opportunity to tie 2 or 3 different knots (at least).

Knotty

1) Each scout is provided with a thin rope that is a foot and a half long.

2) Two players sit face to face with about 8 feet between them. One player holds her rope in front of her and the other scout is the guesser. When the scout who is the guesser says "Ready!" the other scout puts her cord behind her and makes any number of simple, single knots on it, from one to four. The knots are made as fast as possible and when done, the player brings her empty hand out in front of her. Her opponent guesses how many knots there are on the cord. The guesser only has one chance.

3) Immediately upon the guess the rope is held out in front of the player who made the knots, in order to prove the guess right or wrong. The scout making the knots tries to fool her opponent by only making one knot, none, or several knots in the time it should take to make one, in order to fool her opponent. Her face can give the expression that her hands are idle when they are actually busy or vice versa.

4) When playing this game as a group competition, each player on each team has a turn at knotting and guessing before the winning side can count coup. A team can have a brief conference before guessing the number of knots made by the opposing group. In group competition it is best to have a referee to keep track of the score made by each team.

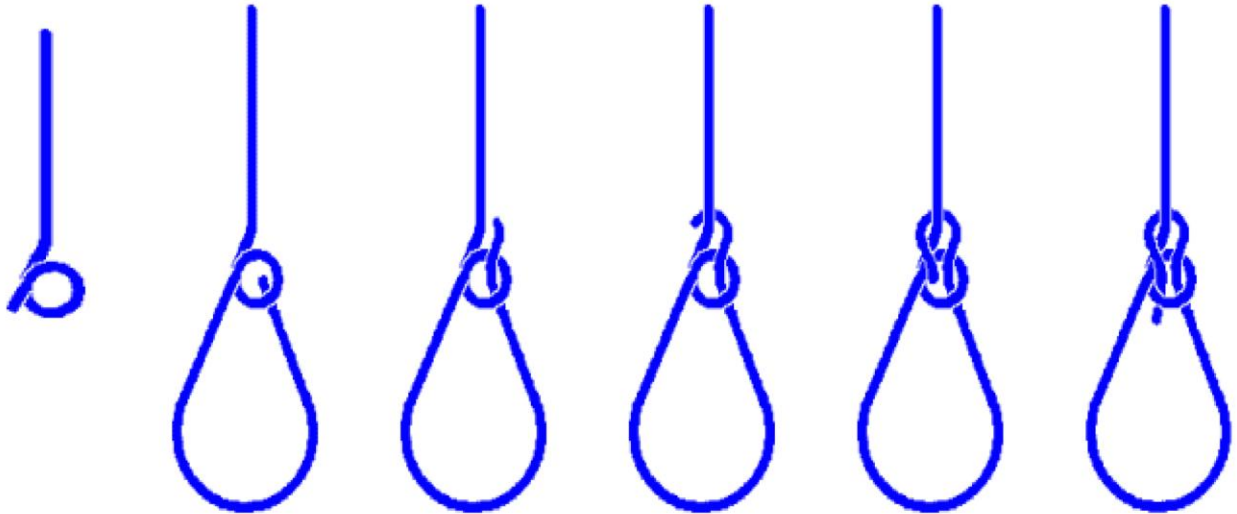
Knot Relay

The game simply involves each member of the team running across the hall, where they are told a knot to tie, and they must tie that before returning to their team and the next person running up to do their knot. Each player will be given a knot in a predetermined sequence and the sequence will be the same for all teams. Therefore the girls know that if they do not pay attention during the learning phase of the evening they will let their team down during the game phase. This is often sufficient incentive for them to make every effort to learn. You will need to decide in advance how to handle a competitor who, after making several attempts, still fails to tie the required knot, one possibility is for the next person in the team to come up (after the previous has been there for a set period of time), then the next person must tie the knot that the previous person failed at and one more person must come up at the end of the race so that the required number of knots get tied.

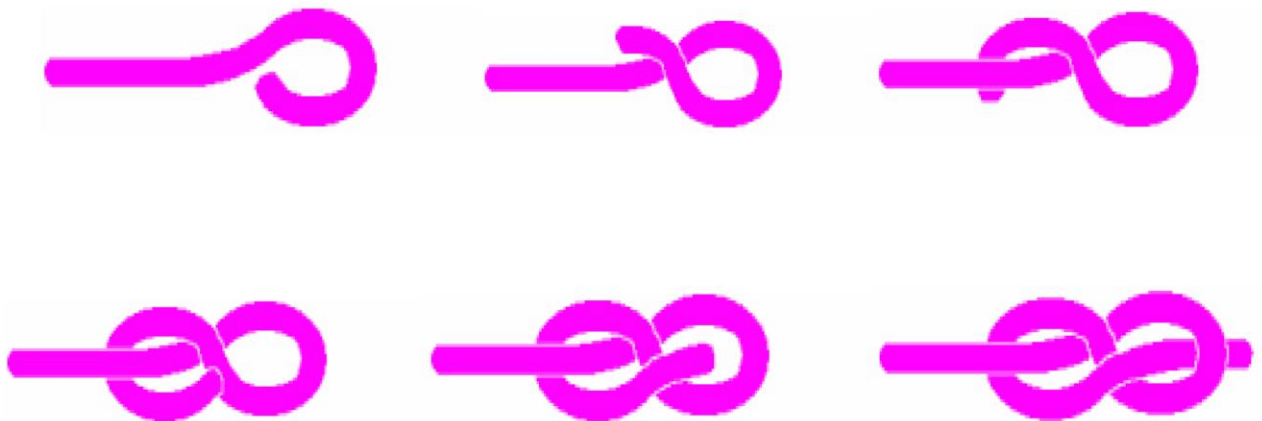
Rope Throw

One member of group is seated on a piece of cardboard (2' x 2') 30' - 35' away from the group. Balance of group each have one piece of rope about 6' long. On "Go" each group must join all pieces of rope using a specified knot (square, reef, clove hitch) and throw completed rope close enough to player on cardboard so that he can reach it. Player on cardboard cannot move and rope must fall within his arms reach. When he catches rope, he must tie bowline around waist and be hauled across line where rest of group throws rope from. Works well on most indoor floors. If you haven't enough rope for all your groups, game can be run by groups in turn using best time to declare the winners.

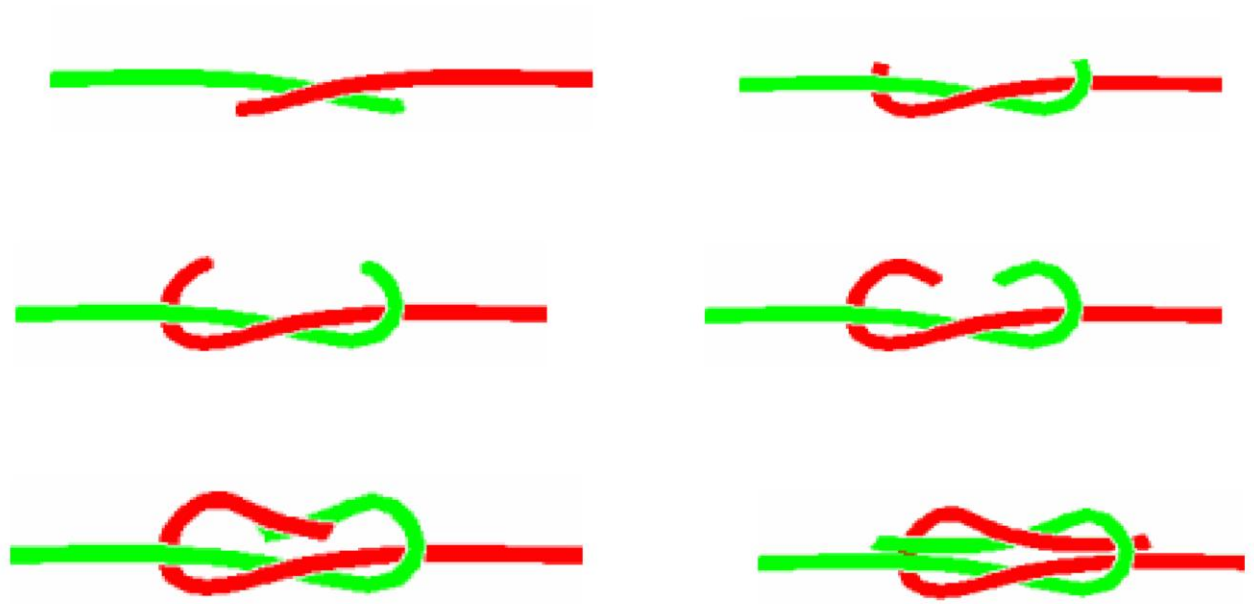
Common Knots - Bowline



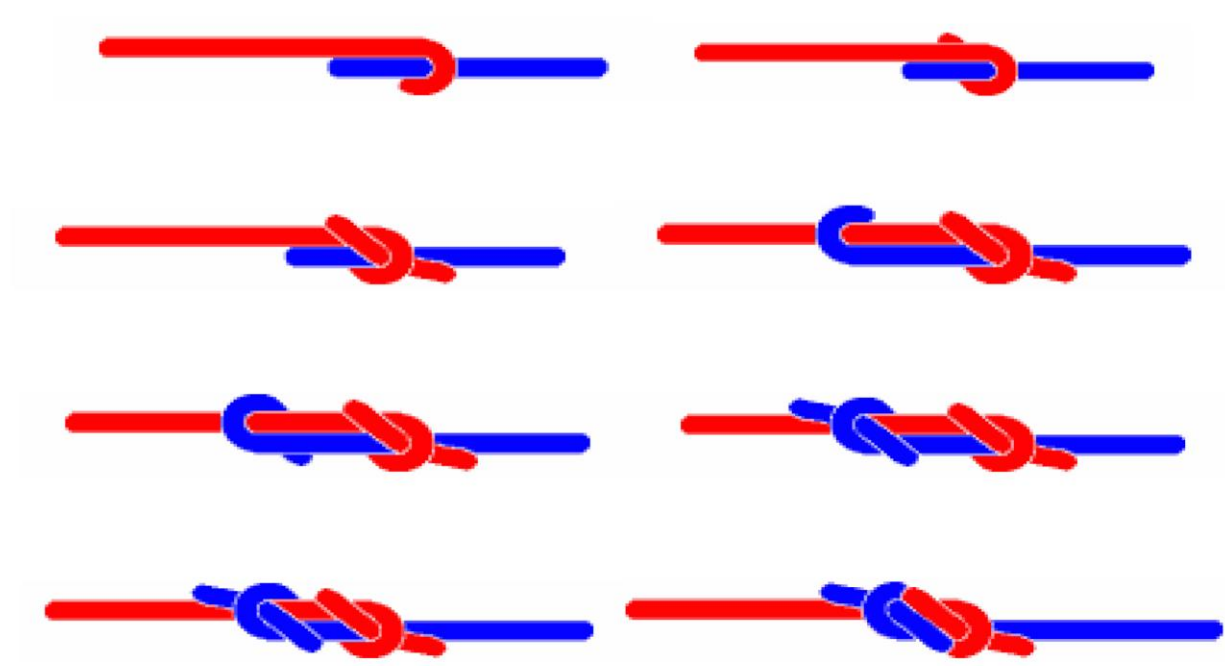
Common Knots - Figure 8



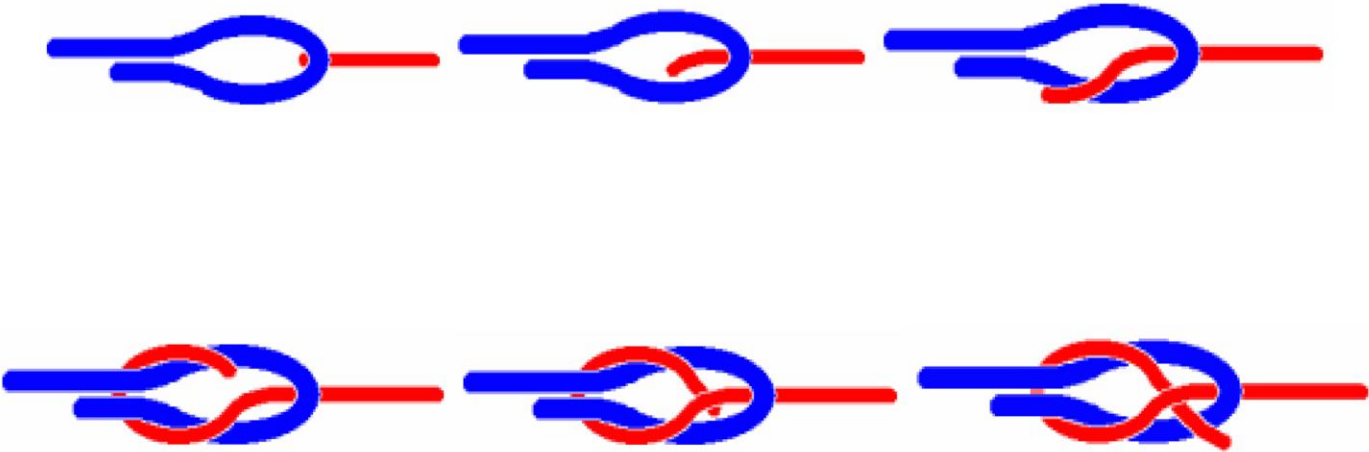
Common Knots - Square Knot



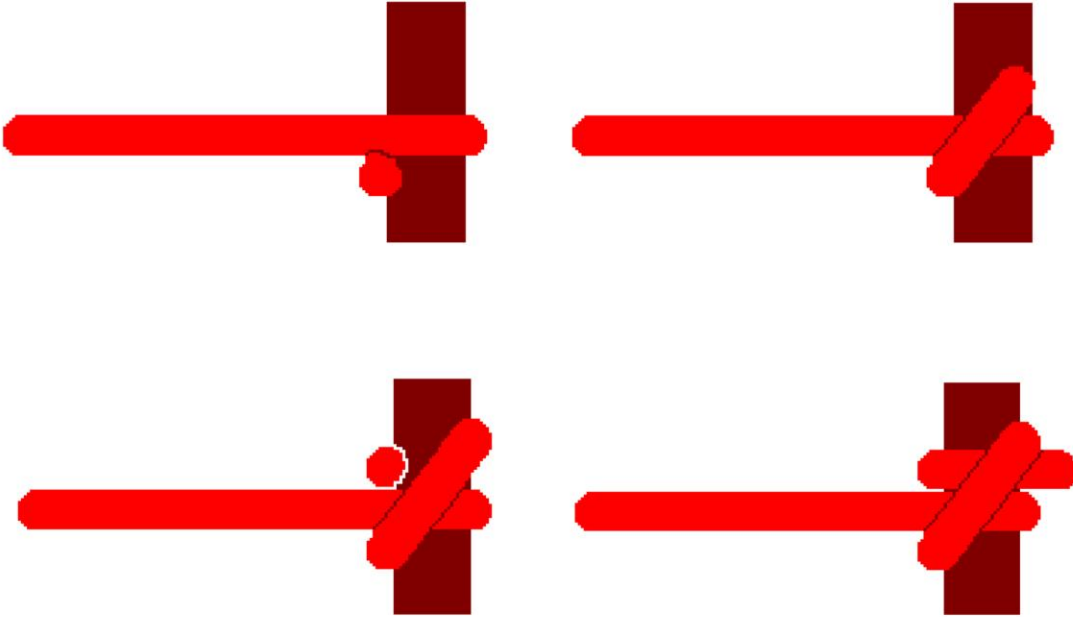
Common Knots - Fisherman's Knot



Common Knots - Square



Common Knots - Clove Hitch





Camp May Flather 1936

Station 5: Edible Fire Building



Materials Needed

Provided in the Kit

- ❖ Laminated copy of fire safety

Provided by Leader

- ❖ Each type of candy/food listed on the next page
- ❖ Napkins, cups, spoons for each girl

Activity Steps

- ❖ Explain the basics of fire building to the girls. Talk about the different types of fuel, the importance of having a fire ring or other safe place to build it, and general fire safety. This includes never leaving a fire unattended, always having water buckets close to your fire, and protecting yourself by pulling back long hair, wearing a bandana, and discarding loose baggy clothing that might fall into the fire. You can circulate the Fire Safety sheets if you desire.
- ❖ Hand out the different types of candy and explain that they are going to practice building their own fires using candy. See if the girls can identify which type of fuel each type of candy represents.
- ❖ Follow the instructions of the next page to build their fires!

EDIBLE FIRE

In the past, a wood fire was commonly used for warmth, cooking, and ceremonies. For conservation and safety reasons, we no longer encourage wood fires, except for ceremonial purposes. However, in the tradition of Girl Scouting, girls should learn how to build a wood fire and have a chance to practice, if possible. The Edible Campfire activity is a great way to teach your girls basic fire safety and fire-building principles.

Edible Campfires

Things You Will Need:

| | | |
|---------------|---|---|
| Clear space | = | Paper napkin |
| Fire ring | = | Jelly beans or M & M's |
| Tinder | = | Coconut |
| Kindling | = | Pretzel sticks |
| Matches | = | Potato sticks |
| Fire | = | Red hots or candy corn |
| Fuel | = | Pretzel logs, licorice Twizzlers, or Tootsie Rolls |
| Firestarters | = | Mini marshmallows |
| Fire bucket | = | Cup of juice, water |
| Shovel | = | Spoon |
| Critter stick | = | Coffee stirrer or popsicle stick |



As you help your girls put the fire together, explain what they are doing and how it relates to a real campfire.

Directions:

1. First, clear an area of debris at least eight to ten feet around where the fire will be built. Make sure there are no overhanging branches. (Open up and spread out the napkin. Move any clutter back.)
2. Lay your fire ring. (Arrange jelly beans or M&M's on the napkin in a wide circle at least 5" in diameter.)
3. Fill your fire bucket and place a critter stick in it. The stick will allow a "critter" that accidentally falls into the bucket to climb out. Put your shovel nearby. (Put water or juice in the cup; put a stirrer or stick in it. Put the spoon nearby.)
4. Lay the A-frame using kindling. The opening (the bottom of the A) needs to be facing you and your back needs to be to the wind. (Lay down three pretzel sticks so that they form a capital "A" with the crosspiece on top of the two legs.)
5. Place the firestarters in the center of the A-frame, with two or three under the crosspiece. (Distribute about six mini-marshmallows in the A-frame.)
6. Now add tinder. (Sprinkle coconut throughout the center of the A-frame.)
7. Hold a match under the crosspiece of the A-frame and light the firestarters. (If the fire has been built correctly, the instructor then adds the red hots [or candy corn] to show that the fire has been lit.)
8. Add kindling. (Add more pretzel sticks.)
9. When the kindling is burning well, add fuel. (Add pretzel logs, Twizzlers, or Tootsie Rolls.)

Now the best part — they can eat their campfire!

Building A Safe Campfire



Build campfires away from overhanging branches, steep slopes, rotten stumps, logs, dry grass and leaves.



Start with dry twigs and small sticks. Remember - a good firebuilder never needs gas or kerosene to start a fire.



Keep the campfire small. A good bed of coals or a small fire surrounded by rocks gives plenty of heat. Use an existing fire ring.



Add larger sticks as the fire builds up. Avoid using hatchets, saws, or breaking branches off trees. Dead and down wood burns easily.



Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.



Put the big pieces on last, pointing them toward the center, and pushing them into the flames. Use wood no larger than the diameter of an adult wrist.

Putting Out Your Campfire

If your campfire is not "dead out", wind can rekindle the embers and start a wildfire. Follow these steps.



Keep plenty of water handy and have a shovel for throwing dirt on the fire if it gets out of control.



Stir the remains, add more water and stir again. Be sure all burned material has been put out and cooled. Smaller pieces of wood are easier to put out than large logs.



Be sure your match is out cold. Break it so you can feel the charred portion before carefully discarding it.



Feel all materials with your bare hand. Make sure that no roots are burning.



Drown the fire with water. Make sure all embers and sticks are wet. Move rocks - there may be burning embers underneath.



Campfires may be banned if wildfires are likely. Watch for signs and obey them.



Camp May Flather 1936

Station 6: Make a Bedroll



Materials Needed

Provided in the Kit

- ❖ 2 Laminated Copies of “How to Make a Bedroll”
- ❖ 1 laminated copy relay instructions

Provided by Leader/Girls

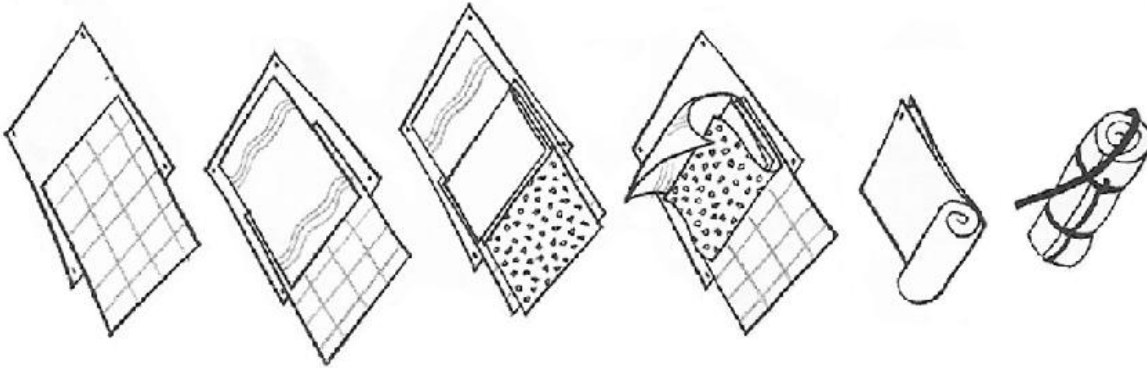
- ❖ Ground cloths/ponchos
- ❖ Blankets
- ❖ Sheets
- ❖ Pieces of rope

Activity Steps

- ❖ Explain to the girls that when Girl Scouts first went camping, they didn’t have sleeping bags with zippers. Instead they would wrap all their bedding up in a bedroll, usually tucking extra clothes and equipment inside.
- ❖ Hand out the copies of “How to Make a Bedroll” so the girls can visualize how to roll one.
- ❖ Have girls practice wrapping up their bedrolls using the instructions on the next page.
- ❖ If you have time, play the bedroll relay!

How to make a Bedroll

1. Place ground cloth/poncho flat on the ground.
2. Place first blanket with one edge down center of cloth/poncho.
3. Place second blanket with one edge at middle of first blanket. (The blankets are thus staggered.)
4. Alternate blankets in the same way, until all are down. Fold a sheet in half lengthwise and place it in the middle.
5. Starting with the last blanket you put down, fold blankets, alternating in reverse order, until all are over the middle. Pin with blanket pins at bottom, if cloth/poncho does not snap together, or else fold under.
6. Fold cloth/poncho over.
7. When packing up, put your night things and toilet articles inside and roll from the bottom. Tie roll with a rope bowline loop at one end, with a double half hitch at the other.



Bedroll Relay

Have girls divided into teams of 2 to 4 pairs of partners/buddies at each end of a room or about 30 ft apart.

Each team should have:

1 ground cloth or poncho, 1 twin flat sheet, two to 4 blankets/quilts/coverlets (twin) and one 4 ft length of rope

1. First team takes stack of materials assembles the bedroll
2. Carries the bedroll as a shoulder sling across the room.
3. She unrolls the bedroll and gets in it.
4. When she gets back out ...
5. Next pair reassembles and rolls the bedroll
6. Repeat # 2 - # 5 until the last team gets in/out of the bedroll

The fastest team wins.

A BEDROLL

You need: Ground cloth, blankets, sleeping sheet, blanket pin, piece of rope.

1. Place poncho or waterproof ground cloth flat on ground. Ground cloth should be foot longer than blankets to protect them and to keep you dry.

2. Place first blanket down center of ground cloth.

3. Place second blanket down center of first blanket.

4. Add other blankets in the same way as the first and second blankets.

5. Take sheet and fold in half the long way. Place on top blanket with edges down the center of blanket.

6. Fold uncovered half of top blanket over the two edges of sleeping sheet and then fold the other half of next-to-top blanket over that. Continue folding each blanket over, first from one side then from the other. Pin all the blankets together at one end.

7. Pack some clothes and equipment in bedroll.

8. Fold ground cloth over blankets and tuck the ends in.

9. Roll from bottom to top and tie up with two half hitches.

