



*Taken from the Volunteer Toolkit Badge Year for Juniors  
Social Butterfly 1*

## Overview

### Note to Volunteers

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

### Prepare Ahead

- Get your badges [here](#).
- Create social cue cards by writing an emotion on an index card. Words could include words such as "happy," "excited," "sad," "nervous," "scared," "proud," or "embarrassed." Write one word per card, enough for each girl to have one.
- Blow up a medium-sized beach ball, and using a sharpie marker, write several questions on the ball that could spark conversation. Write the questions in different spots on the ball, so the entire ball is covered. When a girl catches it, her hand should land on a question. Examples could be:
  - What's your favorite movie?
  - If I could have 3 wishes, they'd be...
  - What are you most scared of?
  - Who is someone special in your life and why?
  - What is the one place in the world you really want to visit?
  - Describe your mom or dad.
  - What is one quality you look for in a friend?
  - What is your favorite sport to watch or play?
  - If you had a superpower, what would it be?
  - What is one thing you love about yourself?
  - What is your happiest memory?
  - What is your favorite song?
  - What is your favorite holiday and why?
  - If you could be an animal, what you be and why?
  - What do you want to be when you get older?
  - What is your favorite thing to do in your spare time?
- Write a conversation topic on a sheet of paper in big bold letters. You'll need enough topics for stations where 2-3 girls would talk. Examples could include "school," "family," "vacation," "animals," or "TV."
- *Cut the center from a paper plate, so it looks like a ring.*
- *Cut strips of colored paper to use in a paper chain. Make enough strips so each girl has 8-10 strips.*

### Get Help from Your Friends and Family Network

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Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- make snacks
- welcome girls to the meeting
- supply materials for the session

## Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop.

Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led!

And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

## Materials

### Activity 1: As Girls Arrive

- Sheets of paper
- Markers, crayons

### Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law
- Index cards with different emotions written on each one, such as "happy," "excited," "sad," "nervous," "scared," "proud," or "embarrassed"
- A jar or hat to pull the cards from

### Activity 3: Hellos and Intros

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- A timer

## Activity 4: Conversation Starter

- Beach ball with conversation questions

## Activity 5: Conversation Stations

- Sheets of paper with conversation topics on each one
- Tape
- Music
- Timer

## Activity 6: Conversation Connect

- Paper plate with center cut out
- Strips of colored paper
- Pens or markers
- A few staplers or rolls of tape

## Activity 7: Snack break: Table Traditions

- Healthy snacks

## Activity 8: Thank You Bites

- A snack that might be a little new to some girls, such as seaweed chips, or a different kind of fruit or vegetable

## Activity 9: Closing Ceremony

- None

## Detailed Activity Plan

### Activity 1 : As Girls Arrive

#### Time Allotment

5 minutes

#### Materials

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- Sheets of paper
- Markers, crayons

### Steps

As girls arrive, have them draw a picture of something they like to talk about.

### SAY:

- *Draw something that you really like to talk about. For example, you might like to talk about your pet, your best friend, a sport, or a favorite hobby. Then at the bottom of the paper, write 3 questions you'd ask someone else about this topic. So for example, if you really like talking about your pet, what would you ask someone else about their pet?*

### Activity 2 : Opening Ceremony

#### Time Allotment

15 minutes

#### Materials

- PDF of Girl Scout Promise and Law
- Index cards with different emotions written on each one, such as “happy,” “excited,” “sad,” “nervous,” “scared,” “proud,” or “embarrassed”
- A jar or hat to pull the cards from

### Steps

Gather girls in a circle. Welcome them to the Social Butterfly meeting. Have girls say the Girl Scout Promise and the Girl Scout Law together. For this activity, you'll explain social cues and have each girl pick a card from a hat or jar. Have each girl say the Promise again, this time using the emotion on the card. The girls will guess what emotion the reader is using.

### SAY:

- *Welcome to the Social Butterfly meeting. This badge is going to be really fun, but also really important, as everyone can always practice social style, manners, and how to talk to other people, especially those that may be different from us.*
- *We are going to start out learning about social cues. Social cues are actions or behaviors that show us how someone may be feeling, without them actually*

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*telling us. On each card is an emotion. Pick out an emotion, then recite the Girl Scout Promise again using that emotion as you say it. Then we can try to guess what you might be feeling.*

- *[After everyone has taken a turn] How hard is it to know what a person is feeling? Which one was hardest to figure out?*

## Activity 3: Hellos and Intros

### Time Allotment

10 minutes

### Materials

- A timer

### Steps

Ask girls to pair up with another girl that they may not know as well as others. Each pair introduces themselves, and shares three things about themselves that the other person may not know. Time them so they have five minutes to learn what they can about their partner. For the next five minutes, have each girl introduce her partner to the group.

### SAY:

- *Now that we've learned how to communicate without words, let's try practicing introductions. When you meet someone new, the first thing you want to do is introduce yourself. A great way to introduce yourself is to of course, start with your name and shake that person's hand. Then tell that person a little about yourself so they can get to know you better.*
- *With your partner, introduce yourself, and then tell your partner three things about yourself. After you've met each other, practice a regular handshake, and then have fun creating your own unique handshake. Make sure you pay attention – after a few minutes each pair will get up and introduce each other to the group, and show off their handshake.*

## Activity 4: Conversation Starter

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### Time allotment

15 minutes

### Materials

- Beach ball with conversation questions

### Steps

Have the girls stand in a circle. Girls toss the beach ball to each other—when someone catches it, whatever question their right thumb lands on is the one they must answer. Keep going until everyone has shared something at least twice.

### SAY:

- *Introducing yourself is just the start—once you meet someone, you need to be able to continue the conversation so you seem open to learning more about new friends.*
- *We are going to toss the ball to each other. On the ball are examples of good questions that can help start a conversation. Once you catch the ball, read the question that is under your right thumb, and give your answer to the question.*
- *[After everyone has had a chance to answer a few questions] Which questions did you like best to start a conversation? Why? Are there other questions that you like to use to start a conversation that weren't on the ball?*

## Activity 5 : Tag, You're It

### Time Allotment

10 minutes

### Materials

- Sheets of paper with conversation topics on each one
- Tape
- Music
- Timer

### Steps

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Create “conversation stations” at different places within the room. You should have enough stations that there are 2-3 girls at each station. Girls rotate through each station when the music plays, hitting all the stations.

**SAY:**

- *Now that we’ve learned how to start a conversation, let’s practice. When you hear music play, go to a conversation station of your choice. You’ll eventually go to all of them, so it doesn’t matter where you start. Once the music stops, start a conversation about the topic at your station with the other girls there. Remember to use eye contact, and listen. Keep the conversation going until the music plays again. Then rotate to the next station.*

**TAKE ACTION PAUSE:**

**SAY:**

- *Now that you’ve seen how to start a conversation, what could you do to help friends or people at school that may have a tough time starting a conversation?*

## **Activity 6: Conversation Connect**

### **Time Allotment**

15 minutes

### **Materials**

- Paper plate with center cut out
- Strips of colored paper
- Pens or markers
- A few staplers or rolls of tape

### **Steps**

Give every girl several strips of paper in front of her. Have everyone sit in a very tight circle, with the paper plate in the middle. Start a conversation about a topic, and have

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each girl try to contribute to the conversation. As they contribute, they add a “chain link” with their strip of paper to the plate ring. Keep going around the circle, and every time they add something to the conversation, they get to add a link to their own chain. The goal is to see how long you can carry on the conversation, and who creates the most links.

**SAY:**

- *We’ve played several games now about how to introduce ourselves, how to start a conversation, and how to talk about a topic. Now, let’s see if we can put all those things together into a game that tests how well we can have a conversation together.*
- *The plate in the middle is what is going to link us all together. So let’s start by adding a paper link with your name on it to the paper plate ring. This is going to be your conversation chain. You get to add a link to your chain every time you contribute to the conversation. But, if you talk about something that is off topic, then your chain is broken. Let’s also think about how we move from person to person. If someone is talking, and you interrupt, I’ll also break your chain.*
- *Let’s see how many links we can add before the conversation ends.*
- *[After the conversation] What was hard about this activity? How would you use this skill at school? How about with grownups?*

## **Activity 7: Snack Break: Table Traditions**

### **Time allotment**

15 minutes

### **Materials**

- Healthy snacks

### **Steps**

Put girls in two teams. Pass out the snacks and play “Table Manners Game” with true or false questions.

**SAY:**



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- *First let's learn about table manners from other countries—I'm going to give you a table manner, and each group can decide if it's true or false and give me your answer.*
- 1. In India, make sure to finish your entire meal, as wasting food is disrespectful. [Answer: TRUE.]
- 2. In France, keep your bread on your plate. [Answer: FALSE – in France, they put the bread on the table instead.]
- 3. In Japan, never slurp your soup. [Answer: FALSE – slurping loudly is a sign to the chef that you really like it!]
- 4. In Brazil, make sure you use a fork and knife to eat pizza. Answer: [TRUE. It is considered very rude to eat with your hands.]
- Now I'm going to give you some table manners we do in the U.S. and you can call out true or false.
- 1. Napkins go on your lap. [Answer: TRUE.]
- 2. Always chew with your mouth open.[Answer: FALSE]
- 3. It's OK to use your cell phone or video game device while eating at a table.[Answer: FALSE]
- 4. The way to ask for something you want is "Please pass...(the salt)." And always say, "Thank you." [Answer: TRUE]
- 5. It's OK to make bad comments about the food, like "Yuk! This tastes gross." [Answer: FALSE]
- What's a table manner you always remember to do?
- Can you give me some other good table manners that we should practice?
- How about some bad table manners that we should try to avoid?

### Activity 8: Thank You Bites

#### Time allotment

10 minutes

#### Materials

- A snack that might be a little new to some girls, such as seaweed chips, or a different kind of fruit or vegetable

#### Steps

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After the regular snack, pass out a small portion of something that might be new to some of the girls.

### SAY:

- *In many countries, and in some households in the America, it's considered poor manners to not try something that the chef or family has made for you. In this case, it is important to try a "no thank you" bite.*
- *Instead of saying you don't like something or not eating it, try taking one bite. If you still don't like it, you can then say "no thank you" and not offend anyone. Everyone try a bit of this snack and share what you think.*

## Activity 9: Closing Ceremony

### Time allotment

5 minutes

### Materials

- None

### Steps

Girls form a friendship circle and sing a song.

### SAY:

- *Today we learned more about how to introduce ourselves, start a conversation, and continue one. We also learned about good table manners, and even table manners from around the world.*
- *One of the important things we do as Girl Scouts is help people. With what you learned today, think about ways you can use conversation to help people. For example, you can have a conversation with someone who might want to talk, like a person in a senior citizens home or a kid in a homeless shelter.*
- *Next meeting we'll practice manners for special occasions; how to say thank you, and then invite our parents to come to a special party so we can practice all our new social skills.*

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Ask a girl to end the ceremony by starting the friendship squeeze.