

What Girl Scouts Do



- Girl Scouts will help her develop:
- ✓ Skills to thrive today and tomorrow
 - ✓ Confidence and self-esteem
 - ✓ Outdoor, STEM, entrepreneurship and life skills
 - ✓ Friendships, connections, and belonging
 - ✓ Physical and mental well-being

Girl Scouts is more than an activity—it's a Movement dedicated to building girls of courage, confidence, and character who make the world a better place. Wondering what your Girl Scout is learning as part of the in-school program? Here's a breakdown of some of the activities we have planned this year.

Learning Focus & Activities this Year

STEM & Hands-On Learning

We are continuing to grow our STEM-focused programming, giving girls opportunities to explore science and engineering through fun, interactive experiences:

- Straw Rockets – Girls explore force and motion by designing and launching their own rockets.
- Polymers & Slime – A hands-on activity where girls learn how polymers work while creating slime.
- Paper Helicopters – Girls will experiment with gravity and air resistance by building and testing paper helicopters.
- Fidget Spinners – Girls will create simple fidget tools while learning how movement and sensory tools can support focus, calmness, and emotional regulation.



These activities are designed to spark curiosity, problem-solving, and confidence in STEM concepts.



Did you know?
Participating in just ONE Girl Scout STEM activity makes a difference!

Findings show that for Girl Scouts of all ages, doing at least one Girl Scout STEM activity during the troop year increased STEM interest and confidence at the end of the year.

[Learn more from our 2022GSRI Report: The Impact of Girl Scout STEM Programming.](#)

Just ONE Girl Scout STEM activity makes a difference!*



+22% Confidence	+6% Competence	+17% Interest	+22% Value
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Learning Focus & Activities continued

Social-Emotional Learning & Well-Being

Supporting girls' emotional growth is a key part of our program.



- Mindfulness & Mental Health Conversations – Integrated into activities and movement-based projects to help girls identify healthy ways to calm their bodies and minds.
- Gratitude & Reflection: During the fall season, girls participated in a Grateful Jar activity, where they explored what gratitude means and reflected on the people, moments, and things they are thankful for. This activity encouraged kindness, mindfulness, and thoughtful reflection in an age-appropriate and hands-on way.
- Valentine's Day Craft: Self-Love & Self-Awareness – Girls will create a Valentine-themed project focused on identifying things they love about themselves, celebrating strengths, kindness, and confidence in a developmentally appropriate way.



Creativity & Art Exploration

Creative expression plays an important role in building confidence and self-awareness.

Each activity includes guided discussion to help girls reflect on creativity, patience, and trying new things.



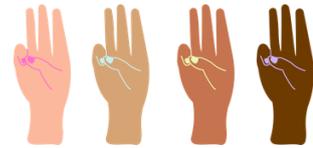
- Color Exploration & Coffee Filter Art: Girls will experiment with markers and coffee filters to observe how colors spread, blend, and change. This activity introduces simple science concepts like absorption and color mixing while encouraging creativity.
- Monogram & Initial Art: Girls will create personalized artwork featuring their initials or monograms using color, patterns, and design. This supports fine motor skills, self-expression, and pride in creating something uniquely their own.
- Spiral & Process Art: Through spiral and motion-based art projects, girls will explore patterns and movement. The focus is on the creative process rather than the final product, reinforcing that there is no “right” or “wrong” way to create.



Learning Focus & Activities continued

Community Service & Giving Back

Giving back is an important part of the Girl Scout experience.



As part of our Community Programs, girls will participate in a community service project in honor of Armed Forces Day.

- Will coincide with Operation: Cookie, allowing girls to take part in a meaningful service opportunity that supports local service members. Through age-appropriate activities and guided discussion, girls will learn about gratitude, kindness and the importance of helping others.
- This experience focuses on fostering empathy, respect and civic awareness while showing girls how small acts of service can make a positive impact in their community.



Financial Literacy & Smart Choices

Learning how to make thoughtful financial choices is an important life skill, even for our youngest Girl Scouts.

As part of our programming, girls will be introduced to basic financial literacy concepts in an age-appropriate and engaging way. Through hands-on activities and guided discussion, girls will explore:

- The difference between needs and wants
- The importance of saving money
- Making thoughtful choices about how we spend and save



These conversations are designed to build awareness, confidence, and responsibility while helping girls understand that money can be a tool for reaching goals and helping others.



Girl Scouts of Suffolk County's In-School Program gives girls in our community meaningful experiences that help them build courage, confidence, and character — and a place where they can truly shine. Thank you for your support.