



Celebrating 100 years of Girl Scouting in San Diego

100 Years of Girl Scouts San Diego

Long ago, motivated women created a foundation for Girl Scouts San Diego to become one of the strongest councils in the US. Travel back in time and see how significant events in our history, including the purchase of camp properties, created an environment where our membership can grow and thrive.

Art For Your Troop

Girl Scout art badges are a great way for girls to explore an interest and learn new skills. Art helps develop fine motor skills, language, decision making, creativity, visual learning and often cultural awareness. Dabble in some hands-on fun and become inspired to do more art with your troop!

Back Pocket Ideas: Got a Minute?

The activities in this workshop take five minutes or less. Learn minute-to-win-it games, songs and other ways to have a good time. You'll walk away with a big smile and tons of back pocket resources to brighten up your meetings.

Beyond Thinking Day

Discover a number of fun ways to integrate global action and cultural awareness into your troop experiences. Sample Girl Scout and Girl Guide activities from around the world. Empower your girls to earn the Global Action Award and explore new countries ... whether they leave home or not.

Ceremonies

Girl Scouts' beloved ceremonies make significant, lasting memories for your girls. Get tips on engaging your girls in celebration and ceremony planning, whether they're new to these traditions, or experienced Girl Scouts who want something different.

Cooperative Leadership

Guide your troop to become a strong, girl-led team as members identify their leadership styles and harness their skills as a unit. Get ideas for supporting group discussions and debriefs for girls with diverse opinions. Try cooperative activities and listening games that teach girls to make consensus-based decisions. This workshop is geared toward Junior-Ambassador leaders; Daisy-Brownie volunteers may attend for a head start!

Culture Shock

Culture Shock is a hip hop dance troupe dedicated to innovative performance, artist development, and community outreach. Enjoy a high energy performance from our community partner, and learn some new moves yourself. Then take your fresh dance moves back to your troop!

Day Hikes

We have new resources for day hiking with Brownies-Juniors. Get the scoop on the Camp Whispering Oaks and Camp Winacka trail guides and trail map, how to identify local parks that are community partners to Girl Scouts San Diego, and the local badges your girls can earn while hiking.



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DIY SWAPS station

Put together simple SWAPS to share with your troop for events, activities and badges. SWAPs are small crafts Girl Scouts make and trade with others, building friendship and community. Be sure to bring your camera to capture creative SWAP display ideas!

Early Birds Song Birds

Show up at 7 a.m. and warm up your voice before the conference begins. You'll receive a song book ... and get to welcome your Girl Scout sisters into the conference by serenading them.

Encampment Director Networking

Pick up tons of great techniques for making encampments run smoothly for everyone involved. Share your ideas and look at successful encampments to find best practices you can take back to your team. This session is geared toward encampment directors.

Fall Sale Superhero

The Fall Sale is easy to take part in and benefits your troop! Welcome our new vendor partners, Ashdon Farms and QSP, sample the full product lineup, get a sneak peek at the new online sales system for girls and explore ways to maximize your troop's sales and learning. For everyone — Fall Sale rookies or seasoned pros.

Financial Literacy with Daisies and Brownies

Ensure your Girl Scouts learn how to be responsible with money from a young age. Go over sample activities for the Daisy "Making Choices" leaf and the Brownie "Money Managers" badge. You'll receive thorough activity plans to take back to your troop, with tips on bringing financial literacy ideas into your meetings.

Fit and Focused

GirlSports is a healthy-living initiative encouraging girls to participate in sports and develop healthy lifestyles. Health, nutrition and fitness have been essential to the Girl Scout experience from the beginning. Get fit and focused with your troop! Learn how fitness can be a key part of leadership and about the badges girls can earn.

G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™

Realize the power of the G.I.R.L. — Go-Getter, Innovator, Risk-Taker and Leader — and prepare yourself to speak and act with the G.I.R.L. mindset. Through your role as a G.I.R.L. Champion, you're empowered to represent the Movement and encourage others to join you.

Gab with GAB: Our Girl Advisory Board

Join Girl Advisory Board (GAB), Girl Scout San Diego's high school advisory group, as they share their experiences as teens today and present group-designed curriculum, addressing hot topics for today's teens — healthy relationships, mental health and "adulting" skills. Find out how your girls can get involved, and equip yourself with resources to address tough topics with teens.



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Girl Scout Leadership Experience

In all Girl Scout experiences, girls should discover themselves, connect with others and take action to make the world a better place. You may be wondering: How do you know girls are having an effective leadership experience? Learn how leaders can define outcomes and guide girls into meaningful opportunities.

Go for the Bronze Award

Calling all Junior leaders: Help your girls go for the third highest award in Girl Scouts! Learn the ins and outs of the Bronze Award process and Take Action project standards, and hear tips on guiding and mentoring your girls as they develop and implement projects that make the world a better place.

Go for the Gold Award

Calling all Senior-Ambassador leaders: Learn the ins and outs of the Gold Award process, hear about successful projects and come to understand project standards. You'll leave the workshop understanding your role and with tips on how to support your girls as they go for — and earn — the highest award in Girl Scouting

Go for the Silver Award

Calling all Cadette leaders: Help your girls go for the second highest award in Girl Scouts! Learn the ins and outs of the Silver Award process and Take Action project standards, and hear tips on guiding and mentoring your girls as they develop and implement projects that make the world a better place.

Group and Behavior Management Kids Love

Harness the power of the camp counselor at your troop meetings. This positive approach to behavior management is effective because it encourages girls and adults to partner together to solve problems, builds strong relationships, and contributes to a more fun and friendly troop environment.

GS Travel 1: Travel Bugs

Put your Daisies and Brownies on the road to adventure by taking them out and about in San Diego County. You don't have to spend the night to plan a travel adventure here. Get lots of ideas of local getaways and field trips that complement your Journey or badge work. Learn about girl readiness and games to teach travel skills and trip planning to your troop.

GS Travel 2: San Francisco

Each May, Juniors from across the U.S. travel to San Francisco and bridge to Cadettes across the Golden Gate Bridge. This trip takes about a year to plan and may be your troop's first big travel experience. Begin your adventure at this workshop: Find out about required training and forms, girl planning, where to go and where to stay, budgeting, getting there and getting around.

GS Travel 4: Girl Scout Travel Opportunities

Get your passport ready! This session provides an overview of the many rich travel experiences available to Girl Scouts, from troop trips to jamborees to Destinations. We'll cover opportunities for



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domestic and international adventures, independent girls and groups, fundraising, girl planning, training and preparation.

GS Travel 3: Road Trips

Ready for an adventure beyond San Diego County? Pile the girls in the car and hit the road! We'll go over how to guide your girls to plan a road trip, where to go and what paperwork and training are necessary for weekend getaways, adventure camping, college road trips and more.

High Adventure

Epic adventures can keep girls engaged and interested as other interests compete for their attention. Join us for an overview of backpacking, canoeing, aquatics, climbing ... and your next steps to involve your girls and plan for safe adventures.

Hit the Trail

Help Cadettes-Ambassadors (and yourself) follow our path to the outdoors. Our hiking and backpacking trainers will address getting girls outside to simply enjoy nature, then go through our progression of wilderness hiking and backpacking adventures. You and girls of all ages can improve your outdoor skills, and older girls can become more independent on backpacking trips. Plus, preview our 2017-18 trainings and trips.

Keeping Older Girls Engaged

It can be difficult to keep teens engaged. Hear from a panel of your peers who have been there, done that and successfully navigated their troop's middle and high school years. Walk away with ideas — and a support system — to assist you in keeping your Cadettes-Ambassadors involved, excited and leaning into Girl Scouts.

Large Troop Games and Teambuilding Activities

Do you have more than 12 girls in your troop? Discover the benefits of a large group! Play games and practice team work. Walk away with a handful of games and teamwork activities intended for a large troop.

Leadership and Service Awards

The Cadette-Ambassador Torch Awards (Silver, Silver and Gold, and Gold, respectively) recognize girls who act as leaders in their communities. Guide your girls to earning their torches, as well as the Leader in Action (LIA), Program Aide and Volunteer in Training awards.

Letting Girls Lead

Given the opportunity to lead their own activities as a group and learn by doing instead of observing, Daisies-Ambassadors will gain confidence and leadership skills. Here's how your troop can employ a democratic system of girl governance, while you and other adults facilitate, act as a sounding board, and ask and answer questions.



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Managing Troops of 12+ Girls

Network with other leaders, gain new ideas and share best practices for running meetings with a troop of 12 or more girls. We'll cover troop governance, handy attention getters, managing patrols, appropriate progression, and working with girls and their families.

Map Your Path to Outdoor Adventure

If your troop is begging to go camping, but you aren't sure where to start or what your options are, we can get you started! Our experts will tell you all about awesome local camping and outdoor opportunities, from mild to wild.

Multi-Age-Level Troops

Working with a multi-age-level troop? Join us to share best practices for planning meetings, delegating and running your group. Through hands-on badge work stations, you'll see how you can work on multiple activities that fit each program age level's badge requirements.

Multicultural Girl Scouting

Girl Scouts has been inclusive since its inception in 1912. Join this panel to help discuss best practices in bridging cultural divide and bringing together Girl Scouts of all cultural origins.

National Parks

Get your troop ready for the ultimate camping adventure! Look over the activities available at Yosemite, Sequoia, Joshua Tree and Utah national parks. Learn about the Girl Scout Ranger Program and other badges you can work on. Plus, get practical advice on where to camp, what to pack, menu planning and more.

New to Brownies?

Collaborate with other Brownie volunteers on easy-to-implement ideas for field trips and activities perfect for grades 2-3. Get your hands on smart ways for your girls to earn badges indoors and out.

New to Daisies?

Collaborate with other Daisy leaders to collect great activity and field trip ideas you can put into action with your girls right away. Ready your troop for enjoying the outdoors and camping.

Outdoor Apps

Pack your mobile device of choice with these outdoor apps before your next camping trip! Discover apps that teach girls about the natural world around them, help you find your way, and assist with preparations. We'll provide iPads to use at this session.

Play It Safe Defense

Go "Chihuahua Crazy!" Play It Safe Defense teaches verbal and physical defense techniques, with topics including bully defense, overcoming friendship drama, appropriate touch, and stranger awareness and defense. Empower yourself to coach Daisies-Ambassadors in these areas.



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Self-Esteem Building

Dr. K. presents the facts you need to know to understand your child's brain, with a special emphasis on how to build their self-esteem.

Share Your Spark

Find out our expert tips and tricks for guerilla marketing, recruitment and the power of promoting Girl Scouts using social media. If your troop or service unit is looking to promote events, troop service projects, or recruitment activities in your community or school, we have a great session for you.

Sing Some Songs

Come sing with us! From sweet songs to spicy, quiet to active, increase your repertoire of music so you can share this wonderful tradition with your girls.

Speed of the Girl: Tech and Troop Meetings

In a world where girls know more about technology than adults, and getting your troop members off their cell phones is a heroic feat, you may need these simple techniques for keeping the digital generation engaged in the Girl Scout experience. No previous knowledge of Skype, Facebook, Pinterest, texting or Instagram required.

STEAM Makers

Introduce STEAM (science, technology, engineering, arts and math) education into your troop activities, or even your home. Learn simple and inexpensive STEAM activities, and gain a plethora of ideas, projects and support.

Troop Finances

In a workshop geared toward new leaders and treasurers, go over the financial guidelines that govern troop bank accounts. Become an expert in completing the Troop/Group Annual Financial Report, and find out the rules for fundraising and donations (both giving and receiving).

Understanding Younger Girl Behavior

Dr. K will provide tips and techniques for dealing with typical but difficult girl issues, such as not listening, talking back, bullying, leaving other girls out, acting bored and forming cliques.

VCC Badge Fair

Sign up to bring a trifold poster board featuring a badge your troop earned. Represent your troop and share what your girls loved so leaders can get ideas from each other. Bring your board to the conference and display on an empty table down the hallway.

Volunteer Self Care: Thriving in Leadership

Transform volunteer fatigue into compassion and satisfaction. Volunteer burnout affects the future and health of a troop, so empower yourself to take care of you and achieve your leadership goals. Tap into your thoughts and feelings, and create a strategic plan to be your healthiest self and let your whole troop thrive.



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Volunteer Toolkit App

Try out the Volunteer Toolkit, guiding yourself through this intuitive app at your own pace. The toolkit, designed mainly for K-5 leaders, is flexible, fun and full of great resources for planning your year, meeting by meeting.

We're Cadettes, Now What?

Welcome to Girl Scouts for older girls! As girls move into middle school, things change. Learn what your girls need from you, their leader, at this age. Find out how to offer them more leadership experiences while balancing everyone's busy schedules. We'll talk about all these challenges and more in this session.

Yoga

Start off the day right: Gently awaken your mind, body and spirit through guided meditation and soft movements. Breathe and find inner peace. Connect with your community of Girl Scout sisters, set an intention to take action, and commit to being present during the day. For all levels; some experience is helpful. Bring your own yoga mat and wear comfortable clothing.

Your Legacy: Building your Leadership Capacity

Dedicate time and attention to exploring your own leadership story. Self-reflection helps you lead from your own inner compass and see your own life more richly. Gain insight on your authentic self and personal calling, as well as the skills and knowledge you need to assist girls in pursuing their own independent and unique identities.

Session A — 10:15-11:15 a.m.

Beyond Thinking Day

Ceremonies

Culture Shock

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Girl Scout Leadership Experience

GS Travel 1: Travel Bugs

Go for the Bronze Award

Go for the Gold Award (continues to Session B)

Keeping Older Girls Engaged

New to Daisies?

Multi-Age-Level Troops (continues to Session B)

Play It Safe Defense

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Your Legacy: Building your Leadership Capacity

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Session B — 11:30 a.m.-12:30 p.m.

Back Pocket Ideas: Got a minute?
DIY SWAPS station
Fit and Focused
GS Travel 2: San Francisco
GS Travel 3: Road Trips
Hit the Trail
Map Your Path to Outdoor Adventure
Multi-Age-Level Troops (continued)
New to Brownies?
Self-Esteem Building
Speed of the Girl: Tech and Troop Meetings
Troop Finances
Volunteer Toolkit App
Yoga

Session C — 2-3 p.m.

Art For Your Troop
Day Hikes
Financial Literacy with Daisies and Brownies
Girl Scout Leadership Experience
Go for the Bronze Award
Go for the Gold Award (continued)
Group and Behavior Management Kids Love
High Adventure
Leadership and Service Awards!
Multi-Age-Level Troops (continues to Session D)
National Parks
Outdoor Apps
STEAM Makers
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Session D — 3:15-4:15 p.m.

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Cooperative Leadership
Encampment Director Networking
Fall Sale Superhero
Go for the Silver Award
GS Travel 4: Girl Scout Travel Opportunities
Hit the Trail
Large Troop Games and Teambuilding Activities
Session D continues on next page.



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Multi-Age-Level Troops (continued)
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Extras (see session description for details)
Early Birds Song Birds
VCC Badge Fair