

girl scouts 
of western ohio

Promoting Belonging Activities



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In Partnership With:



Welcomed: Handshakes



Supplies:

- Example questions and handshakes

Instructions :

This is a warm-up game that will help you and the girls to get to know each other. This game uses different types of handshakes. Have the girls mingle, introduce themselves, and shake hands (in a variety of ways - see below). They should shake a new person's hand for each handshake. With each new handshake comes a new question they must answer and really listen to their partners. Make it as fun as possible with the different types of handshakes. Play until the girls get tired or you go through all the questions. The girls may come up with different types of handshakes.

Types of Handshakes:

- Traditional - girls will do a traditional handshake.
- High Five - girls will give each other a high five.
- Rock Concert - girls will greet each other and pretend they are at a concert.
- Patty Cake - girls will play a quick game of patty cake.
- Ankle - girls will lift one foot off the ground, stand and shake the persons' opposite ankle.
- Behind Back - girls will stand back to back and shake hand~
- Bumpity Bump - girls will hip bump each other.

Example Questions:

- What's your favorite topping on pizza? Why is it your favorite?
- If you could have a super power what would it be?
- What was the last movie you saw in a theater? How would you rate it?
- If you were an animal, what would you be and why?
- What would you do if you won 1 million dollars in the lottery?
- What is your dream vacation?
- What is your favorite ice cream flavor?

Purpose:

This activity promotes welcoming by giving each girl the opportunity to introduce themselves to everyone in the troop.

Debriefing Questions:

- Did you learn something new about someone?
- What did you like about this activity?
- What would you change about this activity?
- How did each handshake help you remember each person uniquely?

Known:

M & M Game



Supplies:

- M & M's enough for each girl to have at least 5.

Instructions :

Have each girl grab a small handful of M &M's
Based on the colors you have in your hand, share two facts about yourself. Don't forget to eat the M & M's too...we wouldn't want any chocolate going to waste, now would we?

M & M Questions:

- Green: Your favorite hobbies!
- Brown: Your favorite foods!
- Red: Your favorite animal!
- Blue: Your favorite books or movies!
- Yellow: Share about something you did this summer!
- Orange: Wild Card-Share about anything!

Purpose:

This activity promotes being known by allowing each girl to share more about themselves.

Debriefing Questions:

- Did you learn something new about someone?
- What did you like about this activity?
- What would you change about this activity?
- Did you have anything in common with someone?

Included:

Elephant, Palm Tree, Giraffe



Supplies:

- None

Instructions :

The group starts in a circle with a player in the middle. The player in the middle points at someone in the circle and says "Elephant," "Palm Tree," or "Giraffe."

- **Elephant:** The person pointed at makes an elephant trunk and the person on either side make the huge ears of the elephant.
- **Palm Tree:** The person pointed at makes a Palm Tree trunk with branches sticking up in the air and the people on either side bend out front the waist and make branches sticking out and waving in the wind.
- **Giraffe:** The person pointed at uses their fingers and makes small horns on top of their head and the people on either side bend over a touch their toes to make the legs.

The player in the middle who is pointing counts to five (to three as the group gets good) while the threesome is forming their item.

If someone is too slow or gets it wrong they take the place of the person in the middle.

As the group gets good add other things like a rabbit or anything else that the group comes up with.

Purpose:

This activity promotes a sense of inclusion by allowing girls to work in different groups towards a common goal.

Debriefing Questions:

- How did this activity help you feel included?
- What challenges did you face during this activity?
- What surprised you?
- Would you use this activity with your troop?

Supported: You're a Star



Supplies:

- Star Template
- Masking or Painter's Tape
- Markers

Instructions :

- Print out star template
- Have everyone tape star on their back.
- Walk around the room and write one thing on each girl's back that makes them special, unique or a star!
- At the end have everyone remove their stars and review what everyone wrote about them.

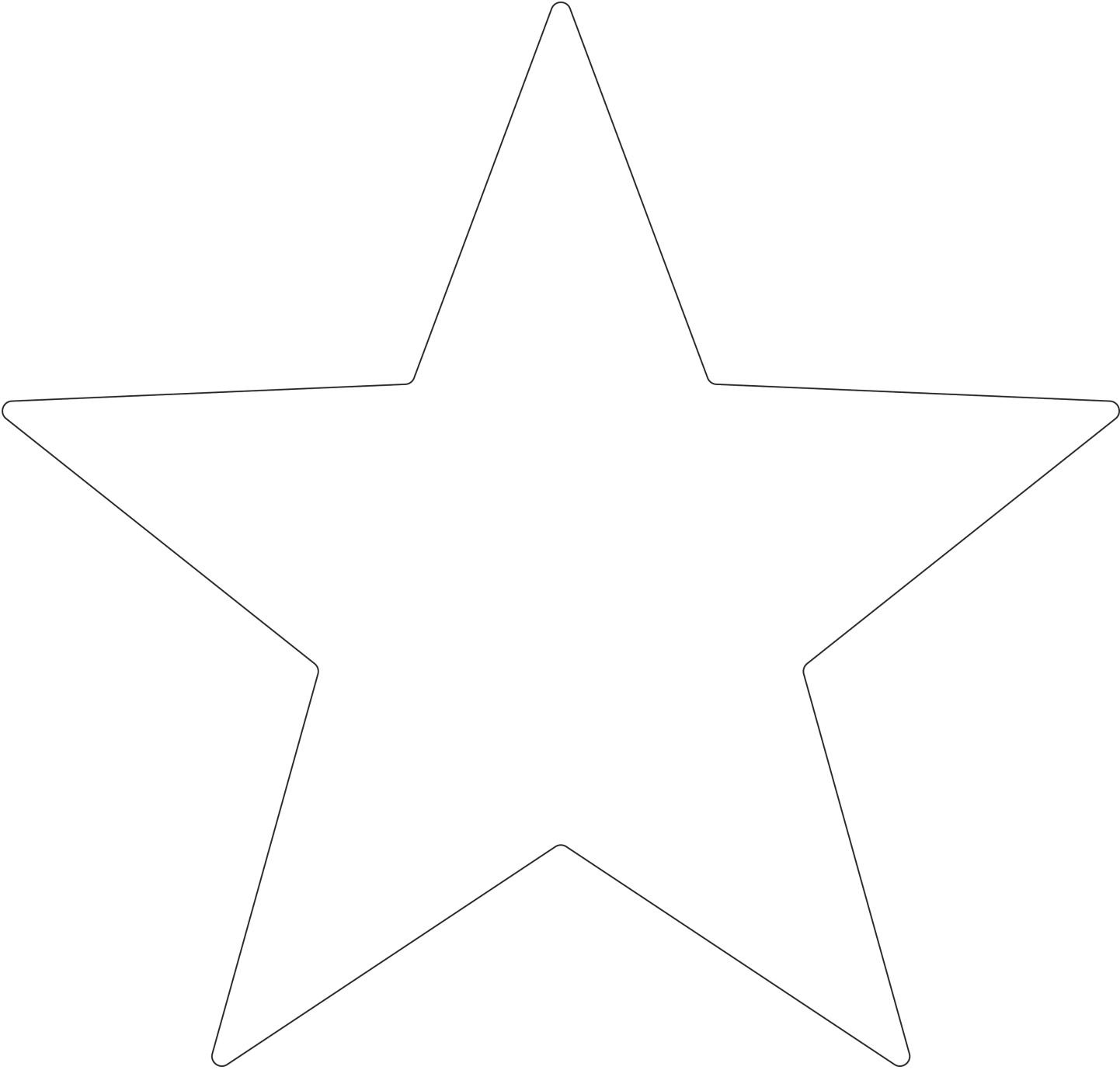
Purpose:

This activity helps girls feel supported by allowing them to share encouraging words with the other girls in the troop.

Debriefing Activity:

Roses and Thorns

Participants are asked to share a “rose” (e.g., a positive from the activity), a “bud” (e.g., how this activity can be used in the future), and a “thorn” (e.g., something they feel stuck with or need support with during the activity).



Connected: Mrs. Mumble

d

b

j

c

s

a

Supplies:

- None

Instructions :

Participants sit in a circle. Leader begins by turning to his/her right and saying, "Is Mrs. Mumble there?"

The person being asked will reply, "I don't know, let me ask my neighbor," and turns to his/her neighbor to ask, "Is Mrs. Mumble there?" and so it goes.

The key is that no one is allowed to show their teeth while speaking. If they do, they are out.

Purpose:

This activity helps strengthen bonds, create shared memories and fosters a sense of connection.

Debriefing Activity:

Print attached cards - enough for each person in your group. Mix up the cards in a basket or bowl and have each girl choose a card. Go around the circle and have each girl answer a question based on the card in her hand.

Cards can include:

- Hand: What did you feel during this activity?
- Ear: What did you hear during this activity?
- Eyes: What did you see during this activity?
- Heart: What did you love during this activity?
- Brain: What did you think during this activity?

Hand



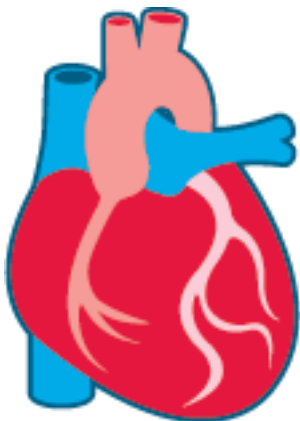
Eyes



Ear



Heart



Brain

