



2009 Fall Product Program Rally Guide



G S I



FARMS



Unlock the Mystery



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Introducing Fall Product Program

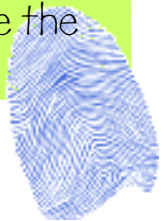
Ashdon Farms and QSP are excited to offer Councils, service units, and troops the opportunity to host Fall Product Program (FPP) Rallies. As with other rallies, a FPP Rally at the Council, service unit, or troop level will not only be a fun learning experience for the girls, but it will also motivate them to take action toward a successful FPP.

And we know, you and your leaders are the best ones to determine what is most effective for motivating girls, so there's plenty of room for creativity, and flexibility. But whatever type of rally you decide to host, whether grand or simple, it's sure to inspire your Girl Scouts to engage in the FPP even more than they did last year!

The theme for this year's FPP is Girl Scout Investigators (GSI): Unlock the Mystery. At the FPP Rally, girls will participate in fun hands-on activities to learn about the nut and chocolate offerings, goal setting, safety, entrepreneurship, and other life skills to empower them to discover, connect, and take action to make the world a better place.

Unlocking the Mystery of Rally Planning

The purpose of this guide is to help you take the mystery out of planning a successful FPP Rally. It includes preparation considerations, suggested rally procedures, and even station ideas. Feel free to use the station ideas exactly as they are, modify them for your rally, or create station ideas of your own!



Preparation

Select a location, date, and time for the Fall Product Program (FPP) Rally.

Get the word out!

- Communicate the FPP Rally details to the troop leaders and volunteers.
- Invite the girls and their parents/guardians.
(Optional: As a fun activity, ask the girls to help make invitations.)
- Advertise the FPP Rally (e.g., troop newsletter, web site, etc.).

Station Planning

- Determine how many stations you will have, and which activity per station.
- Recruit and prepare adults and older Girl Scouts to manage each station. (Make sure an adult is present at each station during the rally.)
- Reserve tables according to station requirements, as well as other table requirements (e.g., refreshments).
- Gather supplies needed for each station.
- Secure method for signaling the girls to move on to the next station (e.g., horn or whistle).

Set-up Considerations

- Refreshments (optional): If you choose to provide refreshments, be sure to ask the parents/guardians about any potential allergies before the rally.
- Decoration ideas related to the GSI theme: magnifying glasses, caution tape, locks and keys, giant-sized footprint/fingerprints, etc.





Suggested Rally Order (and procedures)

Welcome

Start the event with the leader thanking the girls and their parents/guardians for joining in this exciting Fall Product Program (FPP) Rally, sharing why the FPP is important, and providing examples of some of the skills and values that they'll learn here at the rally.

Procedure Overview

Explain that the girls will be divided into manageable groups. Each group will rotate from station to station, with approx. 7-10 min. at each station. When the time is up, you will signal that it's time to change stations and unlock the next mystery. (To divide the girls into groups, they can number off, draw numbers from a hat, etc.) Have stations set up for the different grade levels too!

Closing Comments

Let girls and their parents/guardians know whom to contact if they have any questions. And wish everyone a fun time as they Unlock the Mysteries in each of the rally activities.

Start Unlocking the Mysteries!



Station

1

Nut Bingo

This station is designed to reinforce the girls' knowledge of Ashdon Farms' nut and chocolate offerings.

Supplies needed

- Table and chairs
- Container to hold calling slips
- Nut Bingo cards (provided at the back of this guide)
- Nut Bingo calling slips (provided at the back of this guide)
- Crayons or markers
- Small prizes

Simple Preparation

- Copy the bingo cards so that you have enough for each girl attending.
- Cut out the calling slips. Fold them in half, and place them in a container.

Instructions to Unlock the Mystery

- Give each girl a Nut Bingo card and a crayon or marker, and ask her to find a seat at the table.
- Provide the girls with basic game instructions. (Each time they hear a product called that appears on their card, mark the spot. The goal is to have a full row of "marked" squares.)
- Begin by selecting a calling slip out of the container, and call out the selection to the girls. Continue until you have a winner.
- Award the winner of each round a prize.



Station

2

Safety Dance

This station is designed to remind girls how to stay safe while selling.

Supplies needed

- Construction paper
- Tape
- Small prizes

Simple Preparation

- On each piece of construction paper, write a question regarding safe selling practices (e.g., selling in familiar neighborhoods, looking both ways when crossing streets, never selling to people in vehicles, using the buddy system). **Important:** Be sure to have enough squares to accommodate the group size.
- Tape the squares, and a few “free spaces,” to the floor in a circle.

Instructions to Unlock the Mystery

This fun activity is like a cake walk. First, ask each girl to stand on a space. Then explain the game to them:

- As the music plays, they'll walk around the circle.
- When the music stops, they'll each stop at the square that they're standing on (or the closest available square).
- If they're standing on a square with a question, they should raise their hand if they know the answer.
- And each girl who can answer her question with the correct answer will win a prize!

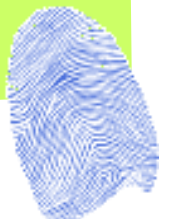
Turn on the music, and begin. (“Safety dance” by Men Without Hats or “Don't talk to strangers” by Rick Springfield would be great options here!)



ASHDON FARMS



☺ **Thanks to the Girl Scouts of the Chesapeake Bay Council!**
This station idea is a variation of an activity in Idea Book '04-'05.



Station

3

Investigate the Evidence

This station is designed to help girls:

- **discover** the value of their sensory abilities
- remember to use their senses to **connect** with the world around them
- **take action** to enhance those sensory skills

Supplies needed

- Table and chairs
- Paper (for writing answers)
- Piece of yarn
- Tube sock
- 10-15 small household items
- Small prizes
- Age-appropriate writing utensils

Simple Preparation

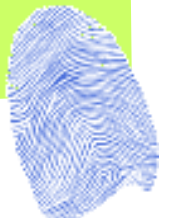
- Gather @ 10-15 small items that will fit in the tube sock (e.g., button, key, paper clip, ring, watch, etc.).
- When the items are in the sock, tie the top closed with a piece of yarn.

Instructions to Unlock the Mystery

- Ask each girl to find a seat at the table, and distribute a piece of paper and writing utensil to each girl.
- Give each girl one minute to feel the items in the sock.
- After all girls have completed this task, ask them to write down as many items as they can remember.
- Reveal the items from the sock, and the girl with the most items correctly identified wins a prize!



☺ *Thanks to the Girl Scouts of the Chesapeake Bay Council!
This station idea is a variation of an activity in Idea Book '04-'05.*



Station

4

GSI Lane:

Solving it Together

This station is designed to reinforce goal setting, an invaluable life skill, and a key to the Fall Product Program's success.

Supplies needed

- Scissors
- Tape
- Markers or colored pencils
- Paper: Colored, construction, or white (Note: The color of paper needs to be light enough to see the girls' writing.)
- Poster paper (a different color from the other paper)

Simple Preparation

- Cover a wall with the poster paper.
- Write the title in large letters at the top of the paper: GSI Lane
(Optional: Make the title with die-cut letters, if you have the capability.)
- Write the subtitle in medium letters below the title: Solving it Together

Instructions to Unlock the Mystery

- Have each girl trace both of her footprints on paper and cut them out.
(The younger girls might need some help with the tracing.)
- Ask each girl to write her individual goal (i.e., learning, sales, or incentive) on both footprints.
- Have her write her name on one footprint, and tape that one to the poster paper. (You could offer to write the goals for the younger girls, if needed.)
- Let her take the other footprint home with her as a reminder of her goal throughout the program.

Optional Discussion Questions

- What's a goal?
- What makes a goal a SMART goal?
(Specific, Measurable, Attainable, Realistic, Timely)
- What goal did you write down?
- How can you make it a SMART goal?



Station



Super Seller Beat

This station is designed to prompt girls to be proactive by thinking creatively and strategically – a critical skill for becoming successful business leaders.

Supplies needed: None!

Simple Preparation: None!

Instructions to Unlock the Mystery

This fun activity is like the “Name of ...” game.

- You can play this game with everybody sitting in a circle on the floor with their legs crossed or sitting in chairs in the formation of a circle.
- Get the rhythm in motion, and have the girls join in to get the hang of rhythm is a slap on the thighs, a clap, and two snaps of the fingers (first with the right hand, then with the left). So the rhythm sounds like: slap, clap, snap, snap.

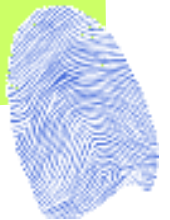
- When everyone is slap-clap-snapping at the same time, announce the category (on the rhythmic snaps), and start. Girls then speak one at a time, in turn (clockwise), on the rhythmic snap of the fingers.

Suggested categories to encourage entrepreneurship

- possible customers
- places to sell
- creative advertising ideas
- occasions (for which nuts and magazines make great gifts)

The Beat Goes On

In addition to the entrepreneurial categories listed below, your troop could also select other areas of focus, such as the joy of reading (category ideas: my favorite book, my favorite place to read, etc.). This activity is a great forum for training girls in any topic! Please modify for each grade level.



☺ Thanks to the Girl Scouts of the Chesapeake Bay Council!
This station idea is a variation of an activity in Idea Book '04-'05.

Station

6

Sharpen your Senses

Taste Test

This station is designed to get the troop excited about the delicious nuts and chocolate!

Simple Preparation

- Contact the parents/guardians to confirm that you do not have any girls in your troop with nut allergies.
- Pour a small portion of nuts and chocolate into the cups (one for each person attending). Include a mixture, unless you plan to do the optional voting activity below.
- Arrange the samples on a table.

Instructions to Unlock the Mystery

- Let their taste buds unlock this mystery!

Optional Voting Activity

- Fill each cup with a single nut or chocolate, but include a comprehensive sampling of all nuts and chocolate on the table. (Again, make sure you have enough samples for each person attending the rally.)
- Arrange like nuts and chocolate in sections on the table with a label for each section.
- Have girls vote for their favorite, and post a running tally.

Supplies needed

- Table
- A variety of Ashdon Farms nuts and chocolate
- Small disposable cups



Station



Discover Your 2009 GSI Team

The Be a Reader Activity Booklet offers ways to help girls investigate more about themselves and their values. What better place for girls to start than to recognize their unique identity as evidenced in their fingerprints.

Supplies needed

- Poster paper
- Ink
- Markers and/or colored pencils

Simple Preparation

- Cover a wall with the poster paper.
- Write a title in large letters at the top (e.g., Heart of PA's 2009 GSI Team).
- Write the definition of a fingerprint on the poster paper (provided in "Just the Facts" on the next page).
- Optional: Feature the Fingerprint Pattern Type information (also provided in "Just the Facts").

Instructions to Unlock the Mystery

- Fingerprint each girl.
- After she places her mark on the poster, let her add details with a marker to make a creature (e.g., cat, mouse, bear) or a design (e.g., balloon, pumpkin, apple, flower).
- Ask her to sign her first name next to her fingerprint.



Station

7

continued

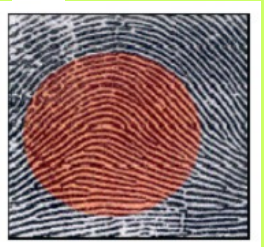
Just the Facts



Fingerprint Loop



Fingerprint Whorl



Fingerprint Arch

Definition

Fingerprints are the result of minute ridges and valleys found on the hand of every person.

Fingerprint Pattern Types

In the fingers and thumbs, these ridges form patterns of fingerprint loops, fingerprint whorls, and fingerprint arches. (See the pictures above for examples.)

- In a fingerprint loop pattern, the ridges enter from either side, recurve, and pass out, or tend to pass out, the same side they entered.
- In a fingerprint whorl pattern, the ridges are usually circular.
- In a fingerprint arch pattern, the ridges enter from one side, make a rise in the center, and exit generally on the opposite side.



☺ *Thanks to the Girl Scouts in the Heart of Pennsylvania!
This information is courtesy of their CSI Grab 'n Go Kit.*





Just for Daisies

Daisy Girls Scouts are ready to tackle just about anything. Here are some suggestions for activities for them to do at your Fall Product Kickoff /Registration Rally.

Use the "Be a Reader" Activity Book and get on your way to earning the "Be a Reader" Patch

Create a Law or Promise Puzzle.

Print out the GS Law or Promise on puzzle pieces. Have the girls work together to put it back together in the right order. You can also do a relay race with this: Do 2 or 3 poster puzzles, form teams, and have a race to stick the words in the right order.

When the puzzle is put together, the Law or Promise is in the correct order. It can be done as a group exercise when the number of participants is small or for a larger group in teams as a relay race

Play Super Sleuths

Have every girl make a handprint on a piece of paper. They can decorate it if they wish.

Arrange the handprints on a table or on the floor.

Play a musical chairs type game; when the music stops have each girl choose the handprint in front of them try to guess whose it is.





Just for Brownies

Memory Game

Start your Brownie off with a game of memory. Use pictures of nuts to make a memory match game.

Mystery Mirror

Have several words that tie into this year's theme "Unlock the Mystery". Print the words or phrases in the mirror image and have the girls use a small mirror to decode the words or phrases.

Family Star

Get the girls started on the "Discovery Key" patch: Have them list special qualities and values of their families. Make a family star.

See page 54-55 in the "How to Guide Girl Scout Brownies"





Just for Juniors

Map Drawing

Draw a map from a central location to the location of the Service Unit Rally. Discuss how each one is different and the different symbols and landmarks that were used on the map. Have a map of your community on hand that the girls can use to locate different places in the map.

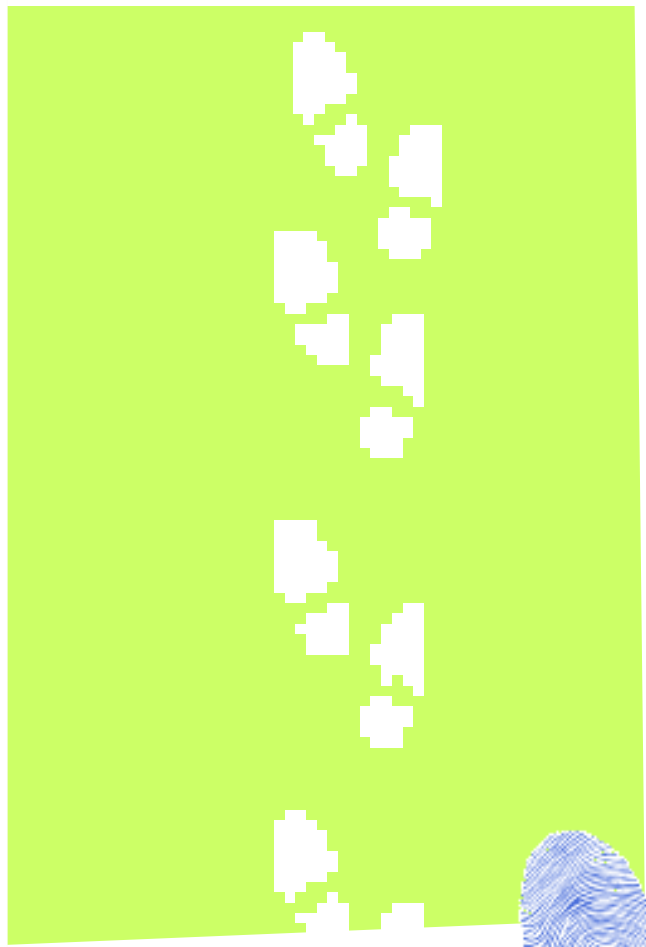
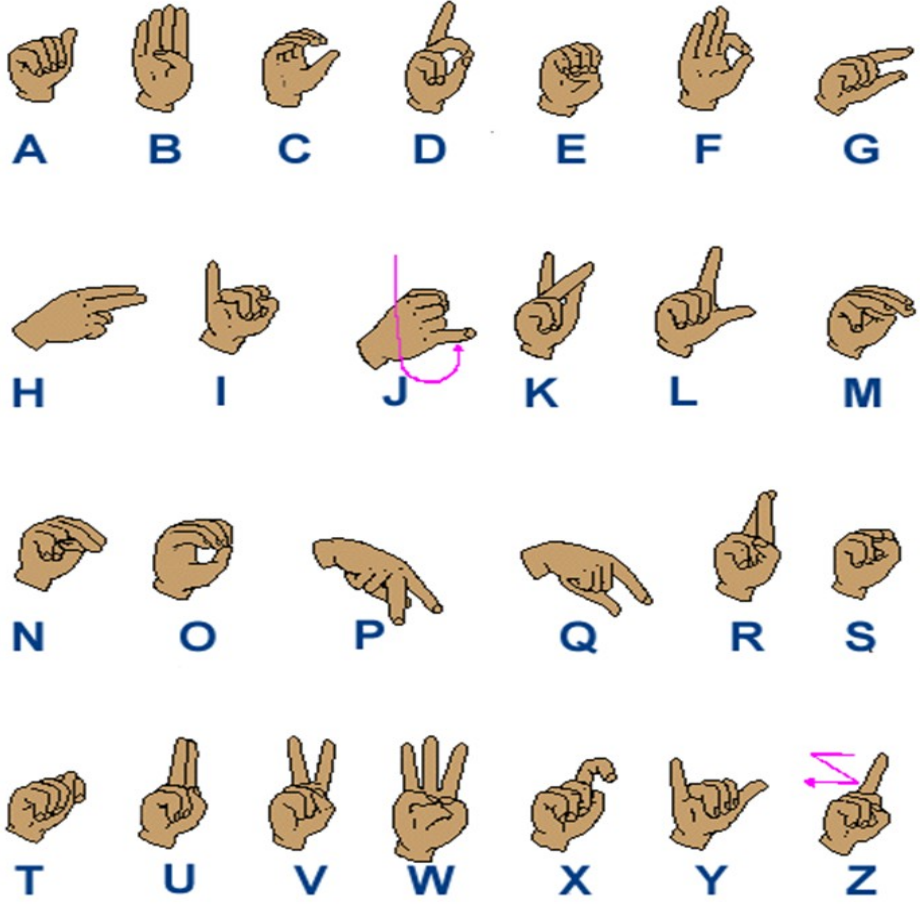
Braille and Sign Language

Learn some basic sign language and Braille writing. Use the Braille alphabet to make a code of your own and see if the other girls can decode it. This will get you started on your way to the Communication Badge.





Just for Juniors

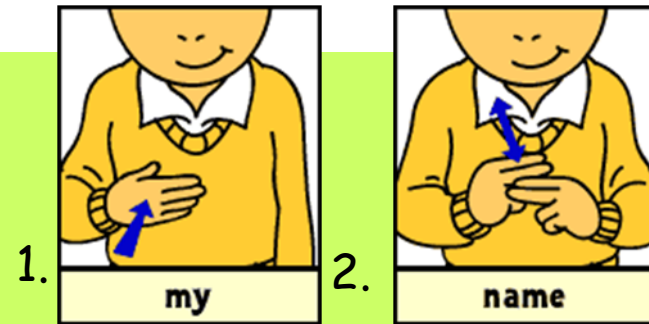


Just for Juniors

Your sentence in English is:

My name is _____. What's your name?

In sign, your sentence is:



1. Bring your open hand to your chest.(MY)

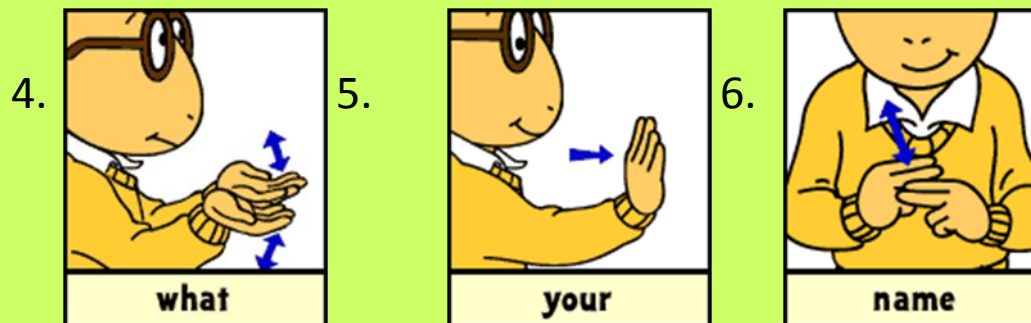
2. Tap two fingers from one hand twice on two fingers from the other hand.(NAME)

Use the alphabet to sign your name.

3. Palms up, move hands slightly toward and away from each other twice.

4. Stretch your palm out to the person you're talking to.

5. Tap two fingers from one hand twice on two fingers from the other hand.





Just for Cadettes, Seniors & Ambassadors

Leave Your Mark

Use your GSI Activity pack and complete Leave Your Mark. With this activity, plus the following activities, (see following pages for activity) you have met one of the requirements for the Law and Order IP Patch.

DNA

Find two or three newspaper clippings about using fingerprints, and or DNA testing. Have them laid out for the girls to review. After the activities start a discussion on how these techniques were used.



What does DNA do?

All living things contain DNA.

Let's work from the large to the small.

Your body is made up of many different chemicals. An important group of chemicals is the proteins, which build your body and help it to function.

Each protein is formed from over 100 amino acids. There are 20 different types of amino acids that can be used to make proteins.

The code in the DNA ladder's rungs is a recipe for building proteins. Tiny particles called ribosomes follow the DNA recipe to bind amino acids together and build proteins. Up to 1,000 rungs might be needed to hold the recipe for just one protein.

A group of rungs that carries the recipe for one protein is called a gene. When many genes are linked together in a DNA 'ladder', they form a chromosome.

Build your own DNA model

This model can be fiddly to make, but it's well worth the effort. You'll learn some great science along the way!



What you need

To do this activity you will need the following:

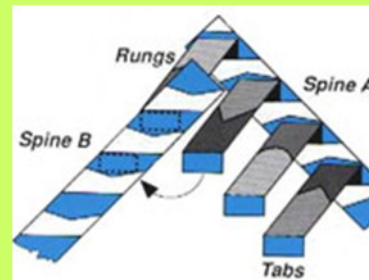
DNA spines and rungs template

scissors

glue

string (to hang your model up with)

clothes pegs or paper clips.



What to do

Stick the rungs to the spines to form the DNA model.

Print out the templates of the DNA rungs and spines (stiff card works better than regular paper). You'll find DNA model template on the next page.

Photocopy or paste the templates onto light cardboard. The ideal dimensions for the model are printed on the template, so you may need to enlarge or reduce the model.

Cut out spines A and B.

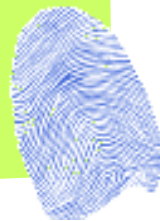
Cut out the rungs.

Fold down the tabs so that they are at right angles to the rungs (as shown in the picture).

Put glue on one tab of each rung and stick them onto spine A in the numbered boxes. You can attach the rungs in any order (pointing either way). Wait for the glue to set before proceeding. You may also want to hold the rung on with a paper clip or clothes peg so it sticks well.

Once the glue is dry, put glue on the other tab of each rung and stick them to the corresponding numbered position on spine B. This is the tricky part because you'll have to support both spines while the glue is drying. Once again, this is where pegs will be a BIG help.

When you've completed your model, hang it from the ceiling. To complete the presentation of your molecule, cut out the Double Helix label that appears with the rungs and hang it from the bottom of the double helix.



Rungs

1	adenine	thymine	1
2			2
3			3
© CSIRO's Double Helix Science Club			
5			5
6			6
7			7
8	guanine	cytosine	8
9			9
10			10
© CSIRO's Double Helix Science Club			
12			12
13			13
14			14

○ A DNA molecule from CSIRO's ○



<http://www.csiro.au/helix>

© CSIRO's Double Helix Science Club

Rungs

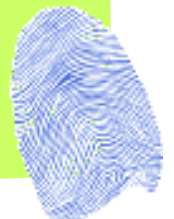
1	adenine	thymine	1
2			2
3			3
© CSIRO's Double Helix Science Club			
5			5
6			6
7			7
8	guanine	cytosine	8
9			9
10			10
© CSIRO's Double Helix Science Club			
12			12
13			13
14			14

○ A DNA molecule from CSIRO's ○



<http://www.csiro.au/helix>

© CSIRO's Double Helix Science Club



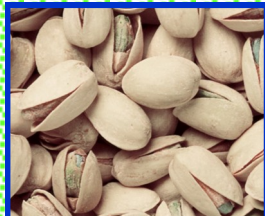
B I N G O



Free



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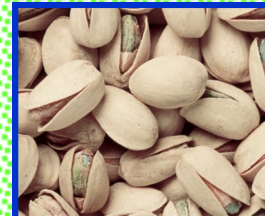
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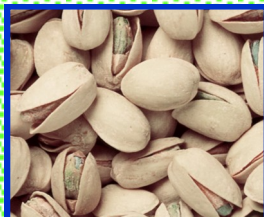
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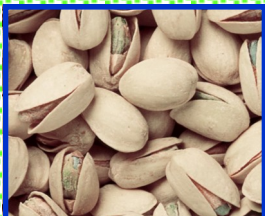
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Bingo Calling Slips

