



Winter
2024

The Manitou GIRL



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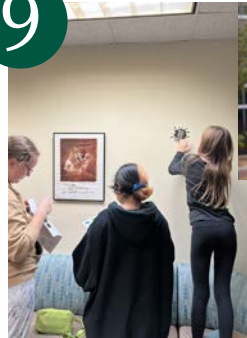
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On the cover...

Troop 8638 practices fingerprinting as part of earning their Detective badge.

Thanks to the Sheboygan Police Department for helping the troop!

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Just for Girl Scouts!

In this section, you'll get to hear about all the new and exciting things in Girl Scouting, explore incredible opportunities, and find fun events made just for you.

Summer Camp Registration is OPEN!

Calling all Girl Scouts! Summer will be here before we know it, and we are ready for camp! Are you? Stay with us for the day or up to two weeks. Interested in art? We have a session for that. What about wizards? We have a session for that too. Are water and nature your thing? We have sessions dedicated to those adventures, but no matter what session you pick, you'll have lots of fun in the water and outdoors. Your camp catalog will be arriving in the mail soon if you haven't already gotten it. Head to our [website](#) to check out a digital version of the catalog and pick your favorite sessions. We can't wait to see you there!



Girl Scout Destinations



Girl Scout Destinations are the ultimate adventure for Cadette, Senior, and Ambassador Girl Scouts! Make friends from all over as you travel with Girl Scouts from different states and countries. There's a unique, life-changing experience for every girl.

You'll definitely want to experience a [Girl Scout Destination](#)! You can apply now for Destinations in 2024 and beyond. Popular Destinations fill fast! You don't want to wait to submit your application.

With so many options, you're bound to find the adventure of your dreams. Manitou Council offers scholarships and assists girls in raising funds for Destinations, so don't let cost stop you from applying.

Rock Your Cookie Booths This Season!



Before we know it cookie booths will be here, and we want you to have the best cookie booths possible so you can reach all your goals! Here are some awesome ideas and tips to help you **OWN YOUR MAGIC**:

- **Power up your posters!** Make them stand out. Use big letters, fun colors, and bold designs.
- **Make it sing.** Using catchy songs or music will attract some attention as potential customers walk by. Play a recording or sing some classic Girl Scout camp songs.
- **Use bright colors.** You'll stand out! Who wouldn't stop and look at your booth with bright yellow or orange catching their eye.
- **Pick a theme.** People will notice your creativity and want to stop by. Carnival, circus, superheroes, girl power, animals - the sky is the limit.
- **Dress for success.** If you have a theme, dress to match your theme. Wear your uniforms. Use the council's cookie costumes to catch attention!
- **Show off your goals.** Create a goal poster and proudly display it at your booth. Allow customers to help you fill up your goal tracker. Or you can create goal t-shirts to wear. Make sure all your customers know about your troop's goals and what you plan to do with your cookie proceeds.
- **Create cookie bundles.** When you stack multiple boxes up together and add a bow or

handmade card, customers will be more likely to buy multiple boxes.

- **Offer samples.** Have your troop purchase a few boxes and offer customers a sample of their favorite (or ones they haven't tried before). They can't resist once they've tried them!
- **Buy multiples.** Encourage customers to buy several boxes (or even a case) of their favorites so they have plenty until next year. Pro tip: they freeze well!
- **Promote your troop gift of caring.** Let customers know where cookies will be donated and encourage everyone to donate a box or two, especially if people have dietary restrictions and can't enjoy the cookies themselves.



With all of these tips, you're set to have an amazing cookie booth season. For even more tips and activities from the cookie company, Little Brownie Bakers, visit their [website](#)!





Troop Takeover

Who is ready to take over Girl Scouts of Manitou Council's Instagram? You'll get to post to our stories and feed with your awesome Girl Scout activities and adventures! We can't wait to see your troop in ACTION! If you have any questions, please email: cassie@gsmanitou.org.

More information:

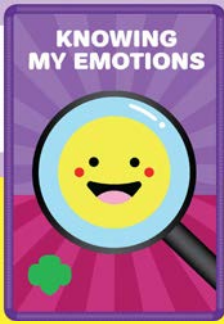
Is your troop doing something UNIQUE, going on an amazing TRAVEL adventure, or having an epic CEREMONY? All these things are the perfect opportunity to give our followers (parents, other Girl Scouts, volunteers, and supporters) an inside look at what Girl Scouting is all about!

Troop takeovers are available to an entire troop or individual Girl Scouts age 13 and over. This is meant to be girl-led and an exciting opportunity for our older girls, not their leaders.

To request a troop takeover, please fill out our interest form at bit.ly/TroopTakeovers.

You will receive your takeover login information, tips & tricks, and FAQ after your request is reviewed and approved.





Knowing My Emotions patch
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Juniors
Grades 4-5

Draw the Way You Feel

Get to know all of your emotions as they come up. Use the shapes below to draw what your emotions look and FEEL like to you.



Strong



Sad



Awful



Loving



Happy



Angry

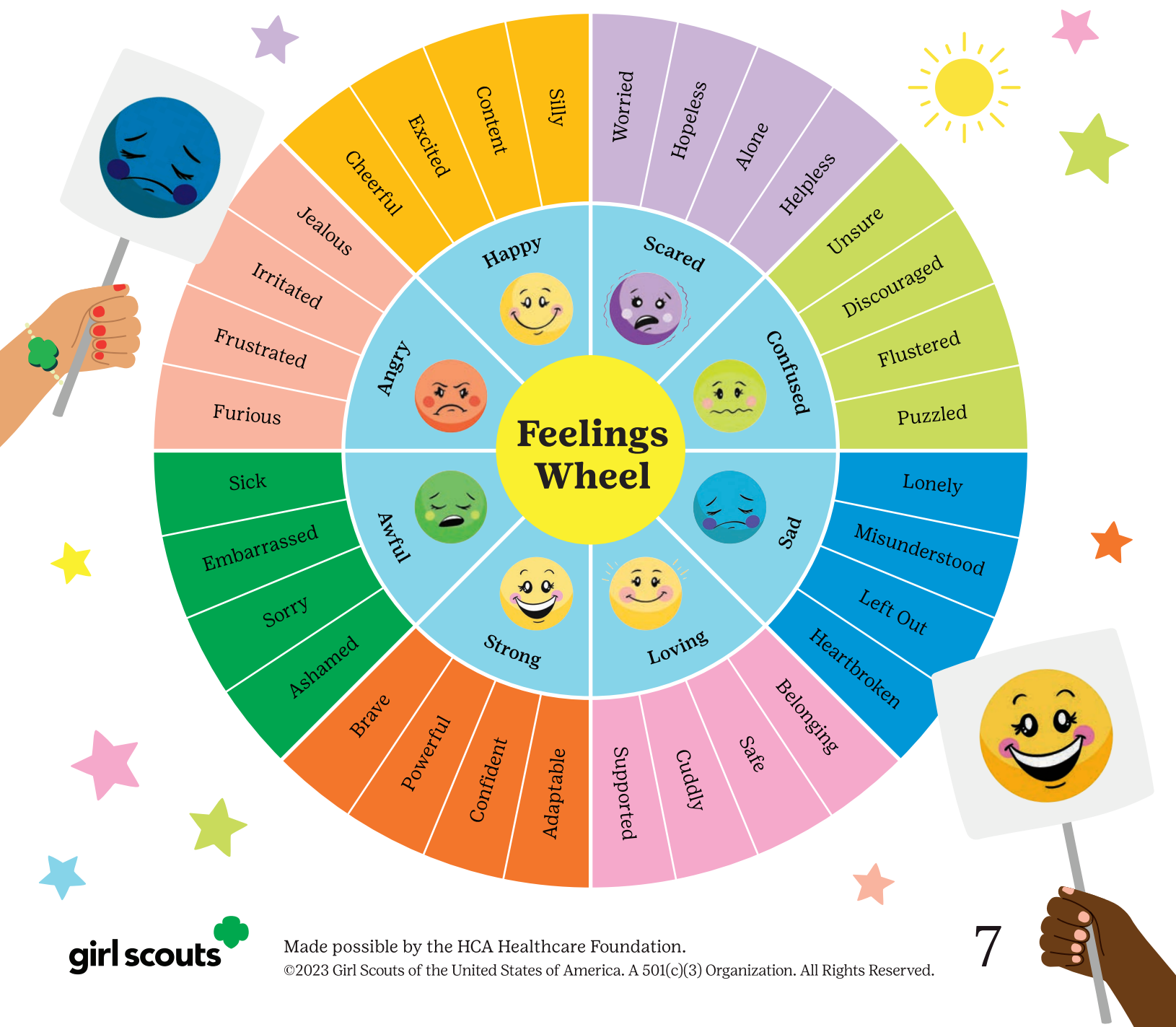


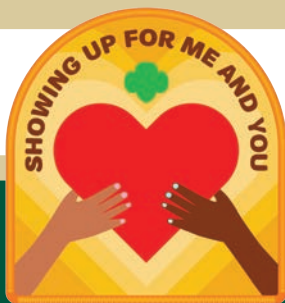


Finding My Voice patch
Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Express Yourself & Write It Out

The first step to embracing your emotions is having the courage to express the way you feel. Select an emotion from the Feelings Wheel, then write a poem about everything it brings up for you.





Showing Up For Me and You patch

Explore the complete patch program at the [Girl Scout Shop](#) or in the [Volunteer Toolkit](#).

Seniors &
Ambassadors
Grades 9-12

Create a Self-Care Plan That Works for You

Knowing how to handle each feeling whenever it comes up gives you the confidence you need to get through anything. On the page below, jot down some activities you love and what it is about them that brings you joy. Add some words of affirmation and people you can talk to when you need a little self-care. Remember, you got this!

Activities

What brings you joy?

Words of affirmation

People to talk to

You can purchase the Mental Wellness patches in our council store, *Petals to Patches*!

Check out these girls!

In this section, you'll get to hear and see stories from some pretty inspiring local Girl Scouts who are bridging to the next level, earning Highest Awards, going on trips, and more.

Silver Award Girl Scouts

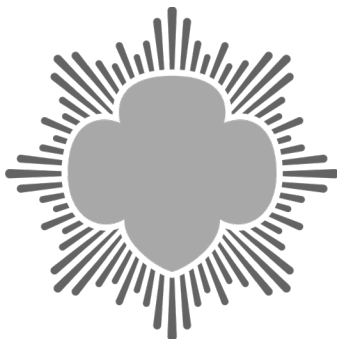
It's time to give a special shout-out and congratulations to those troops who recently earned their Silver Awards! Becoming Silver Award Girl Scouts is no easy feat for Girl Scout Cadettes. They choose an issue they care about and take action to make a lasting impact. Let's hear about recent Manitou Council Silver Award Girl Scouts! If your troop also became Silver Award Girl Scouts this year, we want to know about it! Have your parent or troop leader fill out the [Silver Award Report](#) and submit your photos.

Troop 8077 from Sheboygan wanted to make students more comfortable when learning about their health, particularly the reproductive system, in class. After a lot of research and brainstorming, the troop decided that if there were anonymous question and answer boxes in the classroom, it would make students feel more comfortable asking questions. They designed the question slips, including a section on how the person would want the question answered — in front of the class anonymously, in-person private response, or an email response. These Girl Scouts also designed the questions boxes and installed them in the classrooms. To help ensure this project lives on for years to come, the troop created a presentation for teachers explaining the need for these question boxes. These Girl Scouts learned a lot throughout the course of the project, including: the importance of teamwork and compromise, communication skills, and utilizing everyone's creativity and uniqueness. Girl Scout Lilia mentioned, "I learned how to advocate for myself and others." Congratulations Girl Scouts!



Troop 8465 from Sheboygan wanted to make an impact on tweens and teens in their local foster care program. The girls did a lot of research and community outreach in support of foster care before their final project. At the health and human services building in Sheboygan, there is a visitation room for foster care and out-of-home placement visitations. The room is used for a wide variety of ages, toddler to teens, but the troop found it mostly focused on the toddler and young children ages. They wanted to make the room more inviting and friendly for tweens and teens. They worked hard to earn money to update the decor in the room and add more teen friendly movies and books, as well as provide crafts and games geared toward the

older ages. In the course of their research, these Girl Scouts learned that sometimes kids have to spend the night and sleep on a couch if they are too big for a playpen/crib. Wanting to make sure everyone would have a bed to sleep in at night, the troop purchased and donated a cot that can be used instead. Each Girl Scout is proud of the work they accomplished and have their hearts set on earning the Gold Award next!



Girl Scout Pride

Holiday parade season was in full swing in November and December! We absolutely love seeing large communities of Girl Scouts getting together to spread Girl Scout joy and holiday cheer. Featured below are just three communities who participated in their local parades: Sheboygan, Kewaskum, and Fond du Lac! We can't wait for the next parade season!



Go-Getter

Troop 8246 completed a Take Action project on the path towards their Brownie Summit pin! They identified the need of a sled shed at a local sledding hill. The troop went to the town board to get permission. They then designed, constructed, and painted the shed. Once complete, they installed and dedicated the new shed, and donated 12 sleds too!



Raising Awesome Girls

Raising girls to be happy, healthy, and successful is simpler than ever with help from Girl Scouts. We're proud to stand with parents as they raise up the next generation of girls and young women. We've got everything you need to raise girls with confidence.

How to Deal in an Overwhelming World



Between making that deadline for work, running household errands, and simply trying to keep up with family and friends, life can be stressful. Add in the news of the world and it can feel downright overwhelming.

And it's not just grownups who are feeling on edge. According to reports, up to one in five children and teens experience anxiety, panic, or another closely related feeling.

Part of this could be that kids take their emotional cues from the adults in their lives. But part of it undoubtedly has to do with the fact that the world is an uncertain place, and as much as we may try to guard our children from the news, it's both impossible and impractical to protect them entirely from many of the difficult, confusing, and sometimes simply upsetting conversations and events happening around us. And as older children start to learn more, it's only natural for them to feel confused or stressed. We live in very complicated times!

So, what can we do about all this anxiety and stress? While we can't snap our fingers and complete your weekly to-do list, we can offer up some solid strategies for finding calm amidst what can feel like chaos. Consider this your go-to toolkit for when things seem a little out of control.

- 1. Get going.** Physical exercise helps your body release endorphins, which help counteract stress. Plus, working out with a family member or friend has been shown to make your bond a little stronger.
- 2. Practice deep breathing or meditation.** Taking deep breaths tells your brain it's time to slow down and relax, while meditation has shown to help your brain release serotonin, a chemical messenger that helps elevate your mood and keep anxiety at bay.
- 3. Revisit your favorite book or movie.** Reading a book you already know the ending to or watching a movie or TV show that you can almost quote line-for-line might seem like a waste of time to some, but experts say it has real benefits when it comes to destressing. The predictability of the storyline and plot progression can bring us to a place of peace and calm.
- 4. Double down on healthy habits.** Stress snacking is a real thing, as is losing sleep when things seem a little chaotic. All the sugar, salt, and empty calories in junk food can leave you feeling even more jittery, and a lack of sleep can lead to increased feelings of worry, doubt, and irritation.
- 5. Open the windows.** Letting a fresh breeze in can help your house feel a bit less cramped, especially when everyone's stuck inside.
- 6. Express yourself.** Studies have shown that 45 minutes of creative activity



can reduce stress hormones in your body. Journaling or creative writing can have the same effect.

- 7. Talk it out.** Putting feelings of anxiety, worry, and stress into words — and sharing how you feel with someone you can trust like a family member, friend, community leader, or counselor — is a healthy and important practice when you're feeling overwhelmed. When negative feelings get bottled up, they tend to only get worse. Chances are, you'll discover that those close to you are also dealing with some kind of stress in their lives, too. Knowing you have someone on your side who understands how you feel can make the world feel like a much more friendly place.



Get more Raising Awesome Girls advice at [girlscouts.org](https://www.girlscouts.org)!

Girls of Courage, Confidence, and Character

In this section, you'll become inspired by Girl Scouts from around the country.

Top New Jersey Cookie Seller Shares Sales Secret



Girl Scout Cadette Heather from New Jersey wanted to sell 2,021 boxes of Girl Scout Cookies in 2021 for one simple reason: marketing.

She thought the number would grab the attention of her cookie customers and help her earn funds for her troop to travel the world. "I made signs for standing outside and videos for social media," she said.

It worked so well that Heather blew past her goal of selling 2,021 boxes and more than doubled it, selling 5,000 boxes.

And as a result, Heather will enjoy what is her favorite part of being a Girl Scout: travel. She and her troop regularly save the funds they earn in the Girl Scout Cookie Program for future trips. In the past, it was trips to New York City to attend Broadway shows.

This year, she's expanding her travel horizons. Heather has two trips with her council, Girl Scouts of the Jersey Shore, on the calendar. They'll be traveling to Niagara Falls and Europe. "I want to travel the world to experience different cultures and meet new people and this is giving me a great start," she said.

Participating in the Cookie Program has helped her develop excellent money management skills, which helps when she's planning travel budgets with her troop mates. Heather says she's also learned valuable

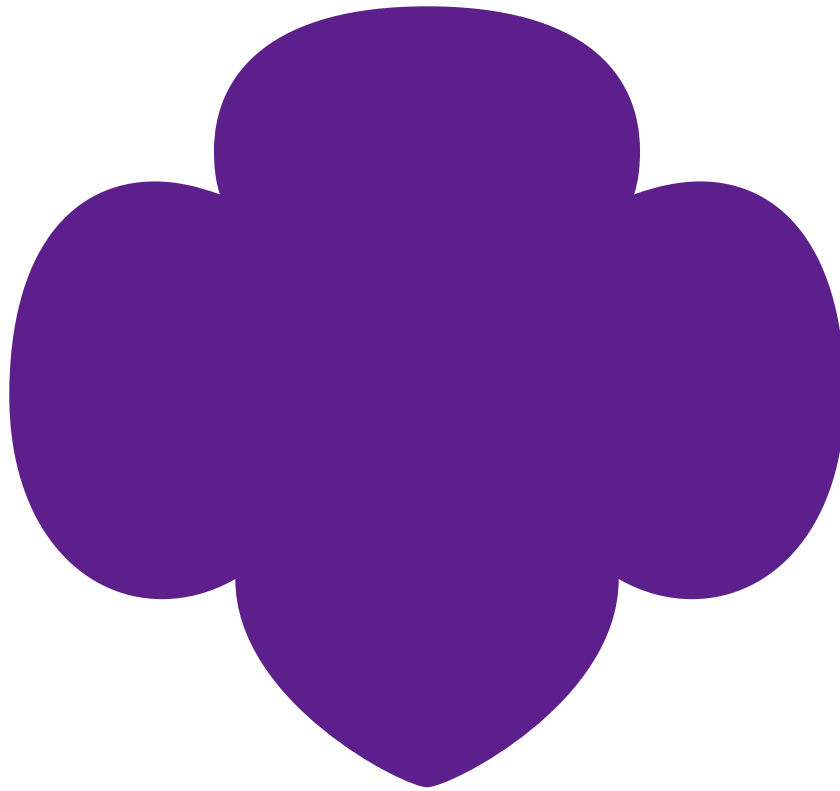




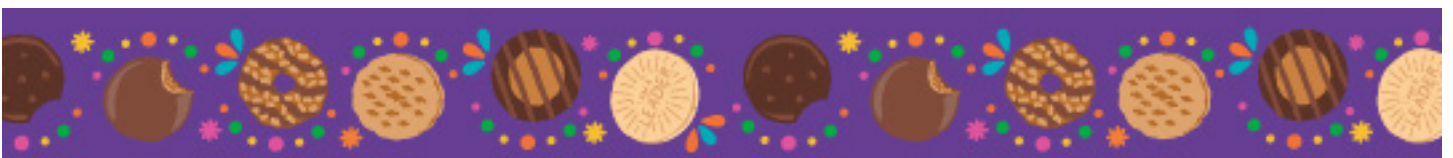
lessons about marketing and dealing with rejection. “I encourage girls to be loud but respectful. Always ask if someone wants to buy. The worst is they could say no. Always say, ‘Thank you,’ even if someone doesn’t buy cookies.”

She won’t need quite as many cookie customers to say yes this year: her sales goal is set at 3,000 boxes for a very good reason. “My sister is also selling this year, and I want to help her reach her goal too.”

See more girls of courage, confidence, and character stories at [girlscouts.org](https://www.girlscouts.org)!



GO, GiRL, GO!

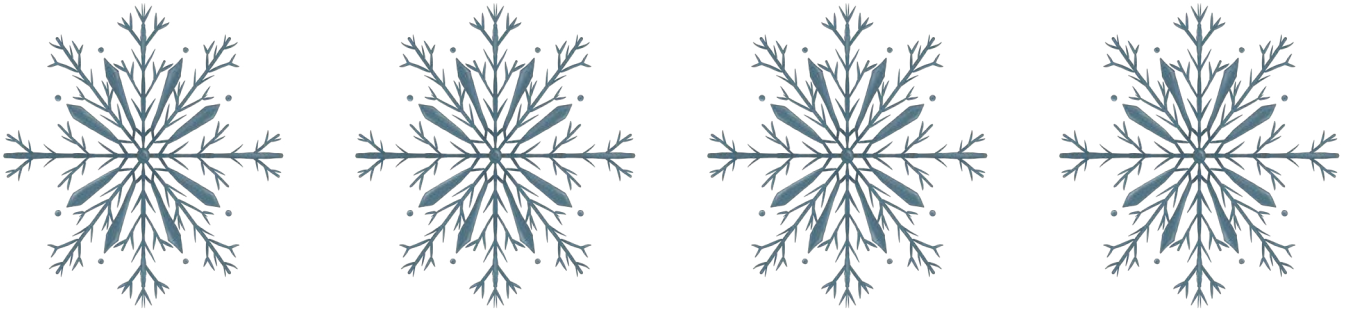


STEM Spot: Blubber Experiment

How do polar bears stay warm with those freezing temperatures, icy water, and relentless winds in the Arctic? What keeps a polar bear warm when its natural habitat is so harsh? This simple but classic polar bear blubber experiment will help you feel and see what keeps them warm.

Before you start, think about these questions: How you think polar bears stay warm when they are swimming around in the icy arctic water. What about them keeps them warm if they don't wear clothes like us? Why don't polar bears start to freeze in the water?

Source: *Little Bins Little Hands*.

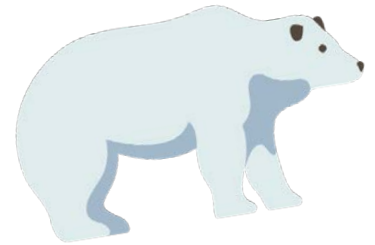


Materials Needed:

- Large container or bowl
- Lots of ice cubes
- Vegetable shortening
- Two Ziplock bags
- Duct tape
- Food coloring (optional)

Follow These Steps:

1. Fill a large bowl with a good amount of ice and water. Add blue food coloring if desired.
2. Place hand briefly in the water. It's cold!
3. Fill one plastic bag with shortening.
4. Place one hand in another bag and the other hand inside the fat-filled bag. Seal the tops with duct tape so water can't get into the bags. Make sure to move the fat around so it covers your hand completely.
5. Put the bag-covered hands in the freezing water. What do you notice? Does the water feel less cold or not?



Polar bears have 4" thick layers of blubber (a thick layer of fat) to keep them toasty and store nutrients when there isn't much food available.

Craft Craze: Mason Jar Snow Globe

Put your extra Mason jars to good use this winter by creating a DIY Mason jar snow globe that includes your favorite seasonal elements or laminated photos of loved ones.

Source: *Better Homes & Gardens*.

Materials Needed:

- Mason jar
- Protective gloves (optional)
- Glitter spray paint
- Waterproof craft glue
- Small white floral foam ball
- Crafts knife
- Assorted winter figurines and trees or laminated photos
- Glitter
- Spray adhesive
- Distilled water
- Glycerin



Activity:

1. Remove lid from the glass jar. Separate the two parts of the lid and set face-up on a flat surface. Spray the lid pieces with glitter spray paint.
2. Once the spray paint is dry, glue the two pieces of the lid together with waterproof glue. This will prevent leaking from your Mason jar snow globe. Let the glue dry.
3. Cut a small foam ball in half, then partially remove the top so both surfaces are flat and the edges are rounded. Make sure the foam piece is small enough that you can still screw the lid on. Use waterproof glue to attach the foam inside the lid and let dry. This will bump up figurines and trees inside the snow globe.
4. Add glitter to figurines, trees, or photo edges with spray adhesive and loose glitter. Simply spray the items and sprinkle glitter over the top, twisting the object to cover all sides. Using waterproof glue, attach the miniatures or photos to the foam on the inside of the Mason jar lid. Let dry overnight.
5. Fill your Mason jar with distilled water, glitter, and a few drops of glycerin. Glycerin is what suspends the glitter in the water, creating the magical snow-like effect. It also acts as a preservative to keep your figurines intact.
6. Before topping jar with lid, place waterproof glue around the rim of the Mason jar. Place the lid on and screw the cap on tightly. Let the assembled Mason jar snow globe dry upside down overnight. After it is dry, turn it right side up, shake, and enjoy!

Tasty Treats: Thin Mints Sweet & Salty Mix



Thin Mints® Sweet & Salty Mix

Ready in 15 minutes
Makes 10-12 cups



What you need

Ingredients

1 (12 oz.) bag of semi-sweet, bittersweet or milk chocolate chips (use your favorite)
1/4 teaspoon peppermint extract
4 1/2 cups rice cereal squares
1 1/2 cups powdered sugar
20 Thin Mints® cookies, divided into 2 groups of 10
4 cups mini-pretzel twists
2 cups dry-roasted salted peanuts

Equipment

Large mixing bowl

Directions

1. Make the cereal mix:

Melt 11.5 ounces of chocolate chips in a saucepan or in microwave for 3-4 minutes until melted. Add mint extract to chocolate and stir. Pour rice cereal squares into a large mixing bowl. Pour melted chocolate over the cereal and gently stir until completely coated in chocolate. Stir in with powdered sugar and 10 finely crushed Thin Mints. Gently combine, coating the cereal.

2. Add more sweet and salty:

Stir in 10 coarsely chopped Thin Mints, mini-pretzels and peanuts. ENJOY!

Just For Fun: Cookie Coloring Sheet

