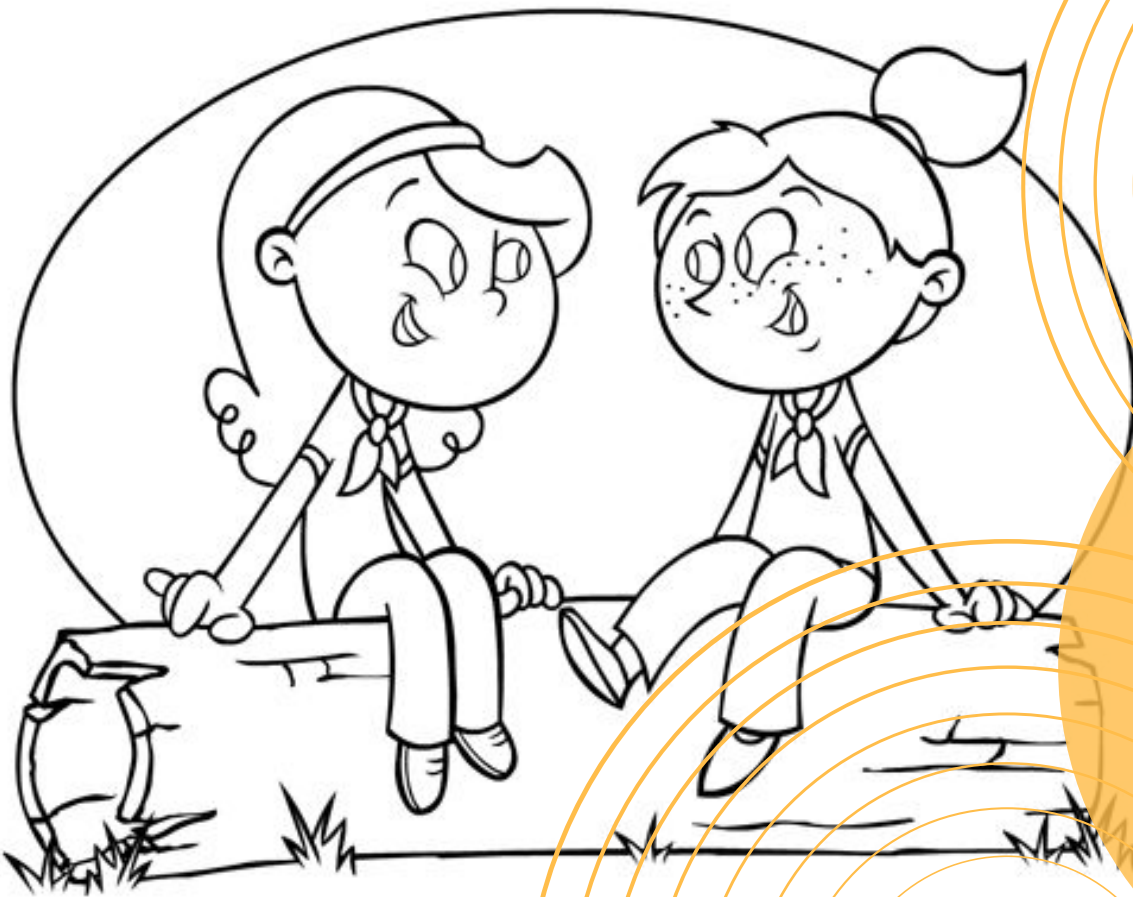


Condensed
v
**The Brownie Program
Book**



This book is an unofficial summary of some Brownie traditions and the Girls First program.

You and your Brownie can log-on to the Girls First platform and explore further if you choose to. Check out and favourite activity ideas to let your Guiders know what you thought looked neat.

Check it out at experience.girlguides.ca



The Uniform

The Brownie Uniform consists of a navy blue t-shirt or tunic. The same that is worn by every Girl Guide member. Any past iteration of the Brownie uniform is also acceptable.

Sashes and neck scarves are optional - but sashes are a nice way to display your Brownie's accomplishments and scarves differentiate them from the younger and older girls as Brownies.

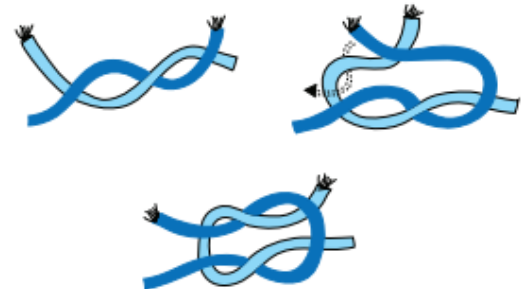
Sashes are worn over the right shoulder. Pins, unit tape and circle emblem are placed at the top on the front. Program badges may be sewn on in any design. Scarves are tied with a reef or square knot*.



*How to tie a square reef knot:

With the scarf around your neck and one end in either hand

- Cross the left end over the other side and tuck that end up through the center
- Then take the end that is now on the right and cross it over the left and tuck it under and through.



'Left over right and under, right over left and under'

Brownie Pins and Things



- 1 - Unit Title Tape
- 2 - Enrollment Pin
- 3- Sparks Fun & Friendship Pin
(for girls who were in Sparks)
- 4- Membership Year Pin
- 5- Circle Emblem
- 6- Circle Leader/Second Patches

The following may be put on in any design you like:

- 7- Program Area Badge (8 total)
- 8- Theme Badge (24 total)
- 9- Discovery Badges



The Brownie Promise

I promise to do my best,
To be true to myself, my beliefs and Canada,
I will take action for a better world,
And respect the Brownie Law



The Brownie Law

As a Brownie
I am honest and kind;
I help take care
Of the world around me.



The Brownie Motto

Lend a hand.

The Brownie Story



Brooke and her cousin Cindy were on their way to visit Grandma Ella in the country. Grandma Ella lived in a small house, surrounded by thick woods. Brooke loved visiting Grandma Ella. She especially loved hearing Grandma Ella's stories about Brownies. Grandma Ella said Brownies were magical creatures who helped out when no one was watching.

"I wish a Brownie would help me," said Brooke.

"So do I," said Cindy.

"Have you ever seen a Brownie?" Brooke asked Grandma Ella.

No one ever sees Brownies," said Grandma Ella. "They lend a hand when no one is around, and they always know exactly when help is needed."

"Do you think there are any Brownies in the woods behind your house?" asked Brooke.

"Brownies could be anywhere," said Grandma Ella. "The only one who knows where they are is the wise old owl who lives in the great pine tree near the pond."

"I've never seen an owl near the pine tree," said Cindy.

"Neither have I," said Brooke.

"People say she only appears when the moon is blue," said Grandma Ella.

"The moon is never blue!" laughed Brooke.

"Oh, sometimes it is," Grandma Ella said with a twinkle in her eye, "but not very often."

That night in bed, Brooke and Cindy talked about how much fun it would be to meet the wise old owl and learn more about Brownies.

"If I met a Brownie," said Cindy, "I'd ask that Brownie to clean up my room."

"If I met a Brownie," said Brooke, "I'd ask that Brownie to dry the dishes, take out the garbage and fix things around the house. And you know what else Cindy?"

But Cindy didn't answer. She was fast asleep.





Brooke stretched. She was feeling sleepy herself. "If only..." she thought, yawning, "if only I could meet that wise old owl."

"Whoooo! Whooo! I was waiting for you," said a voice.

"Cindy?" said Brooke, peering around. But it wasn't Cindy. Cindy was gone. The bedroom was gone. Brooke was standing outside, near the pond.

"Whoooo. Whoooo. I see you," said the voice.

Brooke looked up.

"Yikes!" she cried, when she saw an owl sitting on a branch of the pine tree.

"Are you the wise old owl?" Brooke asked.

"Whooo! Whooo! That is true!"

"But you're only supposed to appear when the moon is blue," said Brooke.

"Whoooo! Whooo! The moon is blue," said the owl.

Brooke looked up at the sky. The moon was blue. It was as blue as a blueberry!

"Do you know where I can find a Brownie?" asked Brooke. "I want to ask the Brownie something important."

"Whooo! Whooo! Don't roam. Look in Grandma's home," said the Owl.

"I've never seen a Brownie at my grandma's. Where is it hiding?" asked Brooke. The Owl looked carefully at Brooke and replied,



"Whooo! Whooo!

A Brownie is there. Now listen with care.

This is the rule. At the toadstool,

Look in the pond. Don't use a wand.

Turn 'round three times. And finish what rhymes."

"What rhyme do I have to finish?" asked Brooke. The Owl replied, "Twist me and turn me and show me an elf. I look in the water and see..."



Brooke ran to the toadstool beside the pond. She turned three times, repeated the rhyme and looked in the pond. But all she could see was her own reflection. Brooke ran back to the owl. "All I see is myself!" she told the owl. "Whooo! Whooo! That is true. The Brownie is you!" said the owl. "I'm a Brownie?" said Brooke. "No, I'm not, I don't help out at home or do anything for others...Oh!" Brooke exclaimed, understanding the secret.



"Whooo! Whooo! You're a Brownie at heart. Now hurry and start." With that, the owl flapped her wings and flew away. The blue moon vanished.



The sun peeked through the window, and Brooke was back in her bed.

"Cindy!" she called. "I can be a Brownie! All I have to do is—"

"You can be what?" asked Cindy, rubbing her eyes.

"A Brownie! You can be one too," said Brooke. Then she told Cindy everything that had happened with the owl.

Why don't we be Brownies together? It might be fun!" said Brooke.

"Why not?" said Cindy. "Wow! Grandma will be surprised."

So that day, Brooke and Cindy changed a burnt out light bulb, weeded every bit of the garden and took out the garbage, without being asked. They even baked cookies and took them over to some of Grandma's friends at the seniors' centre.

Everyone was surprised and delighted, especially Grandma.

"There's magic in this house," she said smiling.

"Two wonderful Brownies have somehow appeared to help me out, just when I needed it. Do you think those Brownies might like a pie break?"

"Yes!" said Brooke and Cindy. "They would!"



Brownie Circles

Brownie units are divided into smaller groups called Circles - each has its own special emblem, name and song.

Two appointed second year Brownies act as the Circle Leader and Circle Second.



Dryads

Origin: Greek or Roman. Tree spirits.

Playful Dryads strong and true, Nature's friends in all we do.

Elves

Origin: English, Norse or German. Small mischievous beings.

This is what we do as Elves, Think of others, not ourselves.



Fairies

Origin: French or Roman. Clever and playful.

We're the Fairies shining bright, Trying hard to do what's right.

Gnomes

Origin: French or Roman. Live in the earth and often guard buried treasure.

Here you see the laughing Gnomes, Helping others in our homes.



Kelpies

Origin: Scottish. Water spirits.

We're the happy, friendly Kelpies, Smart and quick and ready helpers.

Lares (pronounced: lah'rays)

Origin: Roman. Household spirits, similar to the helpful German Brownie.

Now you watch the Lares working, Playing, singing, never shirking.



Leprechauns

Origin: Irish. Mischievous and often guard treasure.

Happy Leprechauns are we, Helping friends and family.

Nymphs

Origin: Greek, Roman or French. Water spirits.

Nymphs love water bright and blue, Smiling, playing, helping too.



Pixies

Origin: Unknown. Playful and mischievous.

Look! We are the jolly Pixies, Helping people when in fixes.

Sprites

Origin: French or Roman. Nimble water spirits.

Sprightly Sprites we're on our way, Play and laugh and help today.



GiRLS FIRST

A Guide to the Girl Program

The girl program has:

- Eight program areas
- Three themes in each program area

To earn a Program Area badge a Brownie must explore at least two of the themes in that program area. Theme badges can be earned by completing about 6-8 activities or 4 instant meetings or 2 challenges, or any combination of those.



GUIDE TOGETHER



Explore what it means to be part of Guiding in Canada and the global Guiding Movement. In this program area, you'll learn about Guiding history, enjoy tons of fun and games, and head outdoors to explore with your unit. Find out what it's like to be a Girl Guide at various ages here in Canada and around the world. Welcome to the sisterhood!



Our Story: Discover your place in Girl Guides and connect through stories and traditions. Explore the Guiding Promise and Law, experience Guiding ceremonies, and taste (and sell!) cookies. Plan your meetings and build your Guiding experience, at every branch level!



Spirit of Guiding: Come together and embrace the sisterhood within your unit. In this theme you might run a meeting to celebrate a special day, plan a campfire singalong or just be silly while enjoying Guiding games, crafts and fun challenges.



Global Guiding: Take a trip around the Guiding world without leaving your meeting space! Learn about the World Association of Girl Guides and Girl Scouts (WAGGGS) and celebrate Guiding with girls across the globe.

EXPLORE IDENTITIES



Explore what makes you unique and appreciate difference in other people. In this program area, you'll spend time getting to know your true self and discover the value in how we're all so unique. Tap into the power of being you!



Being You: Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages and negativity on your way to nurturing your true self.



Different Together: Explore diversity in your unit and community, and discover the importance of being inclusive. Create more meaningful connections within your community by embracing and celebrating the difference in everyone.



Gender Power: Explore girl empowerment and feminism, and discover the power in being who you are. Learn about the barriers girls and women face, whether at school, work or in your community and build the skills you need to tear them down!

BUILD SKILLS



Explore the life skills you have now – and the skills you want to build. In this program area, you'll learn how to fix things and make things, and how to plan and budget. You'll also look into your future and explore jobs and careers. Get out your toolbox and make space on your dream board – let's get going!



Money Sense: Build the skills you need to make choices about your money. Activities in this theme will help you learn about budgeting, saving and spending, and how money is used around the world.



Life Stuff: Develop the skills you need to thrive in your life. Learn how to lead, develop your communication skills, navigate your way through time management, explore different jobs and careers, and test out setting and achieving personal goals.



How To: Build the hands-on skills you need to take on projects and do it yourself. Busted bike? Flat tire? Hungry for homemade cookies? Want to be first aid savvy? Start with the basics, then take your know-how to the next level.

BE WELL



Explore what keeps you feeling good physically and mentally, and how they work together in your life. In this program area, you'll learn how to support your mighty mind, find balance for your body, and support others in feeling strong and confident. Take a deep breath and find your focus – your journey starts here.



My Mighty Mind: Build positive mental health skills you can use in your daily life, and explore how to support others in feeling strong and confident. Develop an awareness of and fight against mental health stigma while learning more about your own emotions and feelings.



My Physical Self: Develop an understanding of how your body works best, and learn to listen to the cues your body gives you about what it needs. Experiment with the many choices you have for keeping your body working and feeling good, and discover which ones work best for you.



My Healthy Relationships: Develop skills to help you strengthen the many different relationships in your life. Try turning conflicts into learning experiences and practice standing up for yourself while supporting others.

EXPERIMENT AND CREATE



Explore how the world works and put your stamp on it! In this program area, you'll do hands-on experiments in science, tech, engineering, and math. You'll also have fun and express yourself with art. This is your space to use your creativity to make new things and find solutions. Grab your lab coat – it's about to get creative in here!



Science Lab: Explore the sciences – from chemistry and physics to forensics and astronomy! Ask questions, try something new, design experiments, test hypotheses and get a little messy as you discover how the world works.



Design Space: Innovate and create! Develop the skills you need to tinker with machines, build robots, code programs and more as you push the limits of your imagination.



Art Studio: Discover art for art's sake and experiment with your own creative vision. Whether you're a budding artist or just having fun, discover your self-expression through visual arts, drama, movement, music and more.

CONNECT AND QUESTION



Explore your connections with others in each of the communities you're a part of – from your unit to your global neighbourhood. In this program area, you'll discover more about your local communities, learn about Canada as a nation and dig into big-picture issues that impact the world. Spin the globe and check out the world – it's about to get a whole lot bigger!



Local Communities: Connect with the people, places and things that surround you. Discover how your communities work, and find your own place and space within them.



Canadian Connections: Discover what connects our diverse Canadian mosaic from coast to coast to coast. Explore Canadian heritage and discover amazing women from Canada who have made and continue to make history. Find out what connects us from community to community, and explore what citizenship means in Canada.



World Stage: Become a citizen of the world! Connect to your global community by exploring big-picture issues and celebrating the things that bring people together from all over the world.

TAKE ACTION



Explore how to turn your thoughts and passion into action! In this program area, you'll find the tools and encouragement you need to help you make your mark and push for the changes you want to see in your world. Grab some friends, get planning, and make a difference!



Your Choice: Taking action and getting involved in service and volunteering is at the core of Guiding, but what are you most passionate about? Have your interests changed over time? Explore local, community and global issues and discover the ones you care about most.



Your Voice: Are you an advocate? Do you want to take action? Connect to the causes you're passionate about, and discover your individual and collective power to make change. It's your voice – learn how you want to use it!



Your Action: Be the change! Get involved in your community, take on a service activity or project, or tackle an issue head-on. As you explore new ideas in other program areas, use the tools and activities in this theme to take action on the issues you care about! It's your choice and your voice, so choose your action!

INTO THE OUTDOORS



Explore the nature all around you – from the bird on your windowsill to the wildlife in Canada’s national parks! In this program area, you can discover new things in nature, experience camping and go on adventures as a unit, and find new ways to stand up for our one and only Earth. It’s your world – step outside and do some exploring!



Nature Discoveries: Connect with the wilderness wherever you are – from the heart of the city to a back-country trail and anywhere in between. Head outside and get to know the plants and animals who share your neighbourhood, or investigate how nature works from the comfort of your meeting space.



Camping Skills and Adventures: Build your camping skills and outdoor survival know-how so you can be prepared for anything. Whether you love to sleep outside under the stars or snug in a comfy cabin, this is your chance to make the world your playground!



Our Shared Planet: Investigate how humans fit into Earth’s environment and find ways to be a good neighbour to all living things. Learn about how people in the past and present have cared for the planet as you brainstorm what you can do to build the Earth a better future.

DISCOVERY BADGES



Volunteer

I want to help a cause I care about and make a difference (big or small)!



Leader

I want to help others work together and use what they're good at to reach new goals.



Artist

I want to be creative and express my ideas through drama, dance, visual art, music, creative writing and more!



Planet Protector

I want to take action and make green choices to help keep our planet healthy, now and in the future.

Animal Helper

I want to help creatures and critters stay safe and happy – from the furry and feathery to the smooth and scaly!

Inventor

I want to come up with new ideas, solve problems and make things better.

Foodie

I want to explore my passion for food and learn more about it. I want to make food, eat food and discover new flavours!

Maker

I want to try some tinkering and get hands-on to build, craft and make things that are uniquely my own.

Adventurer

I want to explore new and exciting places all over the map to create unforgettable memories!

Experimenter

I want to try new things and see what happens by diving into science, technology, engineering and math!

Mindful Mover

I want to try out different ways to get moving and power up my mind and body.

Girl Champion

I want to be a champion for myself and other girls and work towards equality for all.

Camper

I want to go camping and build the skills to thrive and survive outside, no matter the season!

How to earn Discovery Badges

Step 1) Connect with a woman who's a leader or role model in your area of interest.**

Talk with her about:

- Your interests! What you want to learn about, try, and/or do for this badge
- What she does in this area and how she started
- Your plan for this badge (asking her advice on how to make that happen)

If you can't connect with a role model in person, you could also:

- Connect with her online (using video calling or email) or on the phone
- Watch a video or do research on a role model (for example, a woman in history) to get inspired!



***Remember to always have a caring adult with you when you're meeting someone new!*

Step 2) Make or do something related to your area of interest to practice your skills or try something new.

You could:



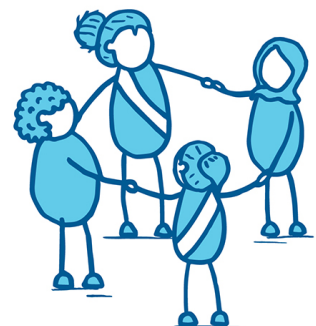
- Build or make something (e.g. a new invention!)
- Practice your skills in a real-life way (e.g. try new recipes and make your own dinner!)
- Experiment (e.g. use a new material in an art or science project!)
- Put your learning into action (e.g. volunteer in another unit to practice your new leadership skills!)

See more examples on the next page

Step 3) Share your experience and what you've created

You might choose to share with:

- Your unit or another unit you know of
- A trusted adult or the role model who inspired you
- A small group in or outside of Guiding



Here are just a few examples of the many ways you could earn a badge:

I am a/an... (discovery badge)	Who can I connect with?	What can I do or make?	How can I share it?
Volunteer I want to help a cause I care about and make a difference (big or small)!	I can talk to my local librarian to learn who needs books in my community.	I can plan a book drive and deliver the books to a place that needs them.	I can share a photo I took at the book drive with my family members.
Leader I want to help others work together and use what they're good at to reach new goals.	I can talk to my Guider or a teacher at my school to find out what makes her a leader.	I can plan and lead activities for the Sparks unit in my neighbourhood.	I can tell the Sparks Guider what I learned from leading the activity.
Animal Helper I want to help creatures and critters stay safe and happy – from the furry and feathery to the smooth and scaly!	I can read a story about Jane Goodall with my older cousin who walks dogs in her spare time and learn how they've both helped animals.	I can build a bee habitat in my community to help these little pollinators.	I can take my Guiding friends to visit my bee habitat and tell them how my cousin and Jane inspired me.
Planet Protector I want to take action and make green choices to help keep our planet healthy, now and in the future.	I can talk to a woman in my local government about the water in my community and ways to protect our waterfront.	I can pick up garbage on my local beach with my family over two weekends in the spring.	I can take "before" and "after" pictures and share them with someone in my unit.
Artist I want to be creative and express my ideas through drama, dance, visual art, music, creative writing and more!	I can ask a local artist about watercolours and get some painting tips from her.	I can test out different techniques to see how watercolours work and create a painting.	I can hang up my painting and teach some friends in my unit the tips I learned.
Inventor I want to come up with new ideas, solve problems and make things better.	I can go into a local woman-owned business and ask them about how they got started.	I can take a great idea I have and make it real! I can create it, build a model of it or make a drawing of my design.	I can show my creation to my unit and explain why people will want it.
Experimenter I want to try new things and see what happens by diving into science, technology, engineering and math!	I can watch a TEDx video of Dr. Eugenia Duodo sharing her research in chemistry.	I can use the scientific method to do a few chemistry experiments with baking soda and vinegar.	I can share the experiment with my unit.
Maker I want to try some tinkering and get hands-on to build, craft and make things that are uniquely my own.	I can visit the tech teacher at the local high school to talk to her about the tools they have available and how to use them.	I can create a funky keychain using a 3D printer.	I can bring my creation to show my class at school or my unit.
Adventurer I want to explore new and exciting places all over the map to create unforgettable memories!	I can connect with an adventuring Guider in the Trefoil Guild to learn about places I can explore in our local conservation area.	I can draw a map of where I want to go, practice using my compass and pack a lunch for my adventure.	I can make a scavenger hunt of interesting things I saw on my hike to share with my unit.
Foodie I want to explore my passion for food and learn more about it. I want to make food, eat food and discover new flavours!	I'll interview my aunt about how she learned to cook and what food she most likes to make.	I can find a recipe, gather the ingredients, and create a dish with my aunt.	I can start a recipe book with the recipe I made with my aunt. I'll invite friends in my unit to share their favourite recipes too!
Mindful Mover I want to try out different ways to get moving and power up my mind and body.	I can connect with a local soccer coach or watch videos of soccer stars like Ashley Lawrence or Abby Wambach so I can improve my soccer skills.	I can try out what I learned and do some practice drills that include hitting a target.	I can show my unit my improved skills. I can also teach my unit the skills at a meeting.
Girl Champion I want to be a champion for myself and other girls and work towards equality for all.	I can read a story at bedtime with a parent about a famous feminist who made things better for girls.	I can write a letter to my local library explaining why girls should be included in its boys-only after-school LEGO club!	I can share the story I read with my unit. I can also ask them to sign my letter to the library.
Camper I want to go camping and build the skills to thrive and survive outside, no matter the season!	I can ask my Guider to introduce me to a young woman in Guiding (e.g. in LINK) who loves to go camping!	I can go camping! I can plan what I'll do on my trip and what I'll need, pack my own bags, and pitch a tent.	I can share what I learned when I was camping with someone in my unit who hasn't camped before.