



Practical Life Skills

Between all the fun and adventure, Girl Scouts are learning critical life skills in everything they do. They're prepared for a positive, healthy, and independent future.

Skill-building Categories include:

Financial Literacy

Girls gain financial knowledge to confidently make decisions to fulfill their personal goals.

Topics include: wants vs. needs, understanding currency, budgeting, banking basics, setting and tracking financial goals, investing, philanthropy

Healthy Living

Girls learn to make healthy choices that keep them fit physically, mentally, and emotionally.

Topics include: physical health and fitness, personal care, mental/emotional health, healthy relationships, spiritual well-being

Cooking

Girls gain the skills to plan, prepare, and create snacks and meals for themselves and others.

Topics include: healthy choices, menu planning, proper use of tools, safety and sanitation, creative cooking

DIY (Do It Yourself)

Girls gain confidence by exploring and customizing projects that express their interests.

Topics include: project planning, fixing/building, crafting/creating, upcycling.

Adulting

Girls gain the knowledge and skills to take responsibility for their future.

Topics include: independence, personal branding, communication, citizenship and government, college planning.



Career
& Interest
Exploration



Travel
& Global
Community



Outdoor
Activities &
Adventures



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