



Junior Aide Award

As a Girl Scout, you've already practiced being a leader. Leading means helping others and making things better, however that looks for you. Do you want to take the lead with younger kids? Here's your chance to share your skills, plan fun activities, and find your unique way of being a leader. You have so much to offer!

Steps

1. Observe a meeting
2. Assist with a meeting
3. Plan and lead an activity

Purpose

When I've earned this award, I will know how to plan and lead a fun, inclusive activity for younger kids.

Getting Started

This award involves working with younger Girl Scouts (Daisies or Brownies) or another youth group. Ask a coach or a troop, camp, or religious leader to connect you with younger Girl Scouts or other youth. You might join troop meetings, camp sessions, or any other local opportunities. You can earn this award on your own, or with a group of Juniors.

Use this guide to help you earn your award. After each step, use the Junior Aide Plan to capture your thoughts. You can write, sketch, take photos, or share your thoughts with someone you trust—whatever works for you!



Explore leadership and take the first big step toward the Bronze Award. This award stands strong on its own—and it's a prerequisite for Bronze!



Meeting tools and additional resources for leaders can be found within the Volunteer Toolkit on mygs.org.

Step 1: Observe a meeting

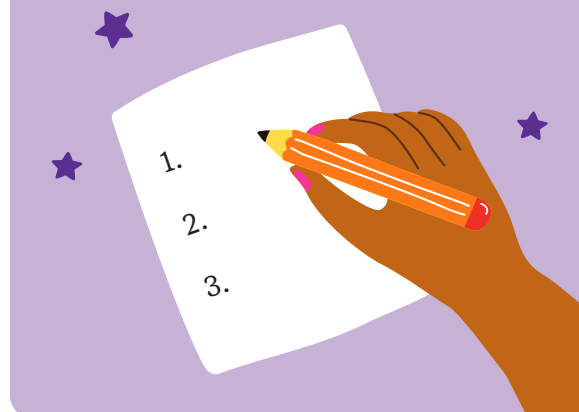
Watch a group's leader in action and think about how you'd like to lead.

Leaders help, teach, and care for others. To start, get to know the group, join in, and think about what kind of leader *you* want to be.

- 1. Learn more about the group and its members.** Learn the name of each member and notice what makes each person special. During activities, look to see who needs extra encouragement and who likes to help.
- 2. Observe what works.** Notice which activities get everyone excited and how the group members work together best.
- 3. Watch your group's leader in action.** Look at how the leader helps everyone feel included and have fun. This might be anything from making sure everyone gets a turn giving instructions in a way that's easy to understand.
- 4. Make a list.** Think about ways you can help. Make a list to discuss with the group's leader before the next meeting.

How Do You Like to Lead?

Think about your favorite ways to help others. Are you good at explaining tricky tasks, making new friends feel welcome, or getting everyone excited about a game? Do you like planning ahead, or solving problems as they come up? Whatever makes you feel confident—that's a leadership quality shining!



Junior Aide Plan

*As you're filling out this worksheet, remember to keep your comments constructive!
The purpose of reflection is to learn and grow.*

Step 1: Observe a meeting

Watch a group's leader in action and think about how you'd like to lead.

During the meeting, observe:

- Each group member's personality
- How the group members interact and work together
- What activities excite the group

Observe how the leader:

- Makes the meeting fun, engaging, and comfortable for all
- Gets the group's attention, gives instructions, and supports the group

Meeting notes:

What did you notice about the group and activities?
What did you learn about leading?



Step 2: Assist with a meeting

Team up with the leader and help with a meeting.

Now that you've seen how meetings work, it's time to help! The more prepared you are, the more confident you'll be.

- 1. Talk to the group's leader before the meeting.** Find out all the important details, such as when to arrive, which activities you'll help with, and what materials you'll need. Share your own observations from the first meeting. Ask the leader for tips on working with the group, such as how to support anyone who needs extra help.
- 2. Prepare for the meeting.** Gather any supplies you've been asked to bring. Then think about how else you can prepare. What will you do if you're nervous or need help? How will you stay organized?
- 3. Help with the meeting's activities.** Try to stick to any plans you made with the leader but remember that things may not always go as planned. Be ready to adjust as you go and help wherever you can. You may make mistakes, and that's totally okay. Leaders learn from their mistakes and keep going!



Junior Aide Plan

Step 2: Assist with a meeting

Team up with the leader and help with a meeting.

Before the meeting, find out...

Meeting setup time: _____

Which activities you'll help with:

.....

.....

.....

What materials you'll need:

.....

.....

.....

How you'll prepare:

.....

.....

.....

Tips for leading the group:

.....

.....

.....

My helper kit

What to do if I'm nervous:

.....

.....

.....

What to do if I need help:

.....

.....

.....

How I'll stay organized:

.....

.....

.....

Meeting notes:

What went well? What else can you do to lead the group?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Step 3: Plan and lead an activity

Put your new skills into action.

Have you ever had a favorite teacher or coach who made learning come to life? There are lots of ways to teach others, and learning can be fun! Try it yourself by planning a fun and simple activity to do with the group.

In this step:

1. Choose an activity to lead. You're ready to create a great experience! Leaders shine brightest when they're true to themselves, so pick something you love to do. Choose an activity that works for your group—Daisies might need simpler activities, while Brownies can try bigger challenges. Make sure to review your idea with the group leader.

2. Prepare for the meeting. What do you need to feel ready to lead? Once you've chosen your activity, gather any materials you'll need (markers and scissors, printed song lyrics or game rules, etc.) and practice what you'll say and do. Break your activity into small, simple steps that you can share with others.

3. Lead the activity. Feeling nervous? That's okay! Take deep breaths—you've learned a lot by watching and helping. When you lead the activity, make sure to communicate clearly. Show each step as you explain it. Cheer everyone on. Ask your leader for help if you need it. Most importantly, have fun!

Reflect and Grow

You did it! You helped younger Girl Scouts have fun and try new things. As you look back at your experience, think about...

- **What worked:** What made you proud?
- **What challenged you:** What was tricky? How did you handle it?
- **What's different:** What surprised you about being a leader?
- **What's next:** What would you like to try next as a leader?



Keep Going!

Now that you've earned this award, you can:

- Keep practicing leadership with other **Leadership Awards**
- Become a **Bronze Award Girl Scout**

TM ® & © 2025 Girl Scouts of the United States of America. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, electronic or mechanical methods, including photocopying, recording, or by any information storage or retrieval system, now known or hereinafter invented, without the prior written permission of Girl Scouts of the United States of America (GSUSA), except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permissions requests, write to GSUSA at the address below or visit the www.girlscouts.org website to access permission request forms.

First published in 2025 by Girl Scouts of the United States of America, 420 Fifth Avenue, New York, NY 10018-2798, www.girlscouts.org

Junior Aide Plan

Step 3: Plan and lead an activity

Put your new skills into action.

Activity:

.....

Materials needed:

.....
.....
.....

For example, you might lead:

- **A fun badge activity**—such as a game, science experiment, or craft
- **Your favorite activity**—such as a dance or nature project
- **A cool challenge**—such as a treasure hunt or obstacle course

Steps:

1.
2.
3.
4.
5.
6.

Ideas to make it fun:

Meeting notes:

What went well? What else can you do to lead the group?

.....
.....
.....
.....
.....
.....
.....

Draw or write about your favorite moment:

.....
.....
.....
.....
.....
.....
.....

Reflect & Grow
Take a moment to think about your experience and reflect on...

Reflect & Grow
Take a moment to think about your experience and reflect on...

[illegible][illegible][illegible]