

## Brownie Scout Story

**\*\*Say this intro in meditation posture so they can listen to the story.**

Once upon a time there was a woman named Juliette Lowe who dreamed of an organization for just girls—all over the world—to learn to be friendly, helpful, caring, courageous and strong, responsible, respectful of authority and others, to take care of the earth and its resources, and above all to honor God. Her dream was to make the world a better, more peaceful (**insert Meditation w/PBWM here**) place. Because of her hard work and vision millions of girls have learned skills to help them become leaders in their communities, and she even had a **BOAT** named after her for her peace efforts!

Do you know why healthy living is such a part of being a Scout? It was very important to Juliette. She was very athletic and loved to **RUN, SWIM, and ROW BOATS**. She was very well known for doing **HEADSTANDS** (just have them rock forward from **BOAT** and put their head on the floor like in **RABBIT** pose) too! Juliette knew the benefits of a strong body, mind, and spirit and she taught the girls how to get it through the ancient practice of yoga and other exercises.

The first Girl Scouts learned to help families in their community while the **WARRIORS** were away from home being **WARRIORS** for peace. They did jobs like caring for **FLOWER** beds, **ROCKING BABIES** (both sides) until they were **HAPPY BABIES**, cooking meals (could make a **POT OF SOUP** here), and setting **TABLES**. These activities were just part of the work girls did to achieve the highest honor called the **GOLDEN EAGLET (EAGLE POSE)**—now the Girl Scout Gold Award.

When they weren't working on projects or helping their neighbors, the Girl Scouts got to go to camp! They got to learn to walk at the **Scout Pace (10 steps walking, 10 steps running)**, **SWIM** 50 yards with their clothes on, and so much more. Each day began with exercises like **JUMPING JACKS, FORWARD BENDS, and TWISTS** (standing side to side twisting or seated **PRETZEL** pose) to get their bodies ready. Out in nature they would climb **MOUNTAINS**, learn about many kinds of **TREES (both sides), BUTTERFLIES, FLOWERS, TURTLES, SNAKES, FISH**, and all kinds of animals (insert animal of your choice if time allows: **DOGS, CATS, CROWS, mountain LIONS**, etc). At the end of their day, they got to **SIT DOWN** (**CHAIR** pose) and rest by the fire. They sang songs, danced in the **MOONLIGHT** (Probably **CRESCENT MOON** here), and finished their day with a group **MEDITATION**. Then they made their beds—not air mattresses like us (pretend to **BLOW UP** their mats like air mattresses)—and slept under the **STARS** (do this lying down on mats for SG).