Your Year of
Discovery

# Find Your Superpower

An activity book for girls ages 5-8

girl scouts
greater los angeles

# Hey there, superhero!

Are you ready to discover your superpower? Everybody has feelings—happy ones, grumpy ones, and even silly ones! Expressing your feelings can help you feel better, connect with others, and make new friends. This activity book will help you use your superpowers to make the world a better place and have loads of fun along the way—just like Girl Scouts do!

# Hi, grown-up!

The activities in this book are just a sneak peek into the fun, imaginative, and adventurous things Girl Scouts do—and the exciting badges they can earn along the way. Based on the most-loved Girl Scout programs, there's a lot more to look forward to for Girl Scouts of all ages.

Girl Scouts let their curiosity lead the way as they try new things, explore the outdoors, and make new friends. Whether your girl wants to direct her own music video or share stories around a campfire, the sky's the limit when she's a Girl Scout. Best part of all: she'll learn to use her voice and feel confident just being herself.

Ready to continue your Girl Scout journey? Visit **girlscoutsla.org** to discover more about the badges that inspired these activities—and so much more.

# What Makes You Happy?

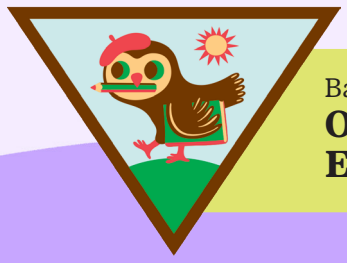
Friends often like a lot of the same things, but sometimes they like different things than we do! It's fun to share the things we like with them, and to learn about the things that make them happy, too. Use half of this page to draw things that make you smile, then have a friend or your grown-up draw pictures of what makes them happy on the other half.

Did you draw any of the same things? Which things are different? Learning about the people we love and what makes them happy helps us to be better friends, which means even more fun for everyone!

Based on the
**Making Friends Badge**

# Making Faces

A happy face looks different from a sad face, an angry face, or even a silly face. Pretend you are feeling those different feelings, and practice those faces in the mirror. Then, go outside and gather small rocks, sticks, acorns, or dried leaves from the ground. Use them to make different faces that show different feelings. If you change the smile to a frown or move the eyebrows up or down, how does the face change? Challenge a friend or your grown-up to make the silliest face you can!



Based on the
**Outdoor Art Explorer Badge**

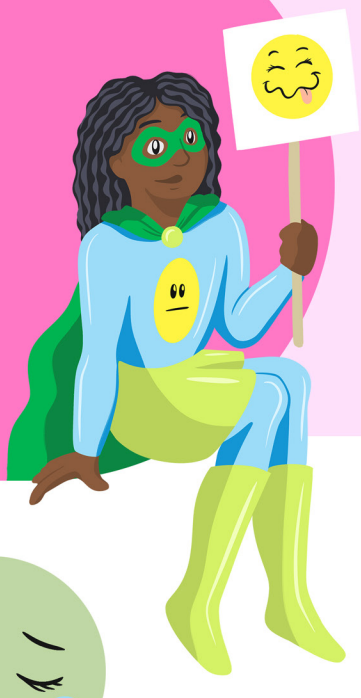
# Feel the Beat

Music and dance can help us express our feelings. Have a grown-up help you put on a song that makes you feel good, then dance in a way that shows happy feelings. When you're done, have a grown-up help you choose some music that sounds angry or sad. How can you move to this music that shows those feelings?

Based on the
**Dancer Badge**

# Find Your Feelings

There are so many feelings to feel! You might feel happy when you play on the swings at the park, or sad when a friend can't come to your birthday party. Sometimes, you can feel two feelings at once! If you're trying something new, that might be both exciting and a little scary. Put this feelings map on your bedroom wall or on the family refrigerator and point out the feelings you're feeling each day!



Happy

Excited

Sad

Scared

Mad

Silly

Tired

Proud

Nervous

Based on the
**Respect Myself and Others Petal**

# The Nose Knows

Using your senses to see fireworks in the sky, to touch a soft kitten, or to taste a sour candy helps you learn about the world around you.

Some smells, like a favorite auntie's perfume, might make you feel safe and comfy, while other smells, like old milk, can make you feel gross! Have a grown-up help you with this smelling game and see how different smells make you feel.

You'll need:

- Half a lemon or lemon juice
- Coffee beans
- Half an onion or a small amount of chopped onion
- Cinnamon sticks
- A cloth bandana or face mask to use as a blindfold

Have your grown-up help you put the blindfold on so you can't see what you're smelling, then have them put each of the items listed above under your nose (one at a time!) for a few seconds so you can smell it without knowing for sure what's in front of you.

Can you tell what you're smelling? How does that smell make you feel? If you have siblings or friends with you, let them try the game, too. When you're done, see how many scents you knew, and talk about what each smell made you feel.

Based on the
**Senses Badge**

# You to the Rescue

Some heroes have swords or shields, but all heroes need a Feel Better Kit—because sooner or later, someone will bonk their head or scrape their knees and need one! Helping people feel better when something hurts is one of the most important superpowers you can have.

Have a grown-up help you make a Feel Better Kit that you or a friend can use the next time someone gets a boo-boo.

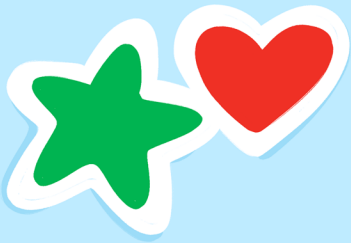
First, find a small box or bag that can hold your kit. Then, talk to your grown-up about what types of things can help someone who has been hurt. Make a list, collect the items, then put your kit together.

**You might want to include:**

- Wipes to clean germs from any cuts
- Special ointment or cream to protect against germs
- Stick-on bandages to cover any cuts and keep germs out
- An instant ice pack to help bruises and bumps feel better

Remember that when someone's body hurts, their feelings can hurt, too. What can you put in your kit that might help you or a friend cheer up and feel better? Maybe a sticker of your favorite character, a small toy, or a photo of your pet doing something silly. You can even draw a picture to include, if you'd like!

Once you're done, you can feel confident knowing you're ready to use your superpowers in an emergency!



Based on the
**First Aid Badge**

# Be a Girl Scout Family

You want a brighter, happier tomorrow for your girl—and that's exactly what we want, too.

Studies show being a Girl Scout improves girls' confidence and makes them better prepared to weather life's challenges. In fact, four out of five Girl Scouts have a best friend in their troop. Perhaps that's why their self-image stays strong—and even increases—at ages when most girls' confidence takes a hit.

**Become a Girl Scout family today.**

Reach out to learn more.
We're excited to meet you!
**girlscoutsla.org/join**