Short & Snappy
Throw Away Your Troubles

girl scouts
greater los angeles

What's a Short & Snappy?

- A short training/information segment provided at a Service Unit meeting or for leaders to use at troop meetings.
- Any interested volunteer may lead a Short and Snappy.
- Short & Snappies are usually 10-45 minutes in length.

Things to Remember

- Stay within the allotted time (you're taking up a piece of their agenda time).
- If you don't know the answer, seek the correct answer from the appropriate person.
- Bring the necessary supplies for your short & snappy.

What you'll need

- Short & Snappy Guide
- A Moderator
- Leaders/Volunteers
- Small sheets of paper
- Pens/Pencils
- Basket or container for each group
- Stopwatch

Introduction
1 minute

Does it ever feel like everyone has an experience to share, or a frustration to get out, but there just isn't time during your meeting? Sometimes group discussions can get out of hand, or one person may monopolize all the time you have allotted.

This Short & Snappy is a good way for volunteers to share the problems or issues they've encountered with their troops and at the same time and liven up the round-table concept. This is also a fair way to address problems when there may not be enough time to solve all of them.

Activity
15 minutes

In this activity small groups of volunteers will help quickly brainstorm solutions to some of the issues they are facing.

- Announce that participants will soon get a chance to "Throw away their troubles."
- Divide into groups by program level. Each group should have one basket/container and enough slips of paper and pens/pencils for each person.
- Have each person write a problem or concern they are facing on a piece of paper.
- Ask them to crumple it up and throw it into the basket in the middle of their group.
- After all the problems have been thrown away, instruct everyone to divide into teams of three within their group. Have each group grab one problem from their group's basket.
- Once everyone has a problem to solve, give everyone a minute or two to brainstorm possible solutions to the problem they received.
- Afterwords, each team will share their solutions with their larger group. You may want to set time limits or response limits ahead of time if you have a larger group.

Activity Debrief
5 minutes

Wrap up this Short & Snappy session by bringing the whole group together. Start by asking if there were any great solutions to problems that anyone would like to share and spend a few minutes restating some of those problems and solutions.

Then, if needed, move on to any problems that did not find solutions. This is not a time to start to rehash those issues. Instead, assign someone to research any problems that need further follow up, or set time aside to address those problems with the volunteers who are affected after your meeting.

Remind your volunteers of two important things:

1. Since not all problem/issues were solved during this session, if they have something that needs urgent attention let them know you are available and give them your information. Give out any other resources you think might be helpful such as a staff contact.
2. Remind them that behavior issues and challenges aren't a reflection on them as a leader. They are offering a valuable service by meeting girls where they are and being a supportive troop leader and positive role model.

Optional: If you have extra time at the end of your "Throw Away Your Troubles" session, have extra slips of paper on hand. Give one to each volunteer but instead of a problem, have them write a success, a good memory, etc. Don't have them "throw away" this happy thought, instead let them keep it as a reminder of what they do.