

Technology Goddesses™

Day Camp Manual
2009

Part 2

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SWAPS

SWAPS, otherwise known as "Special Whatchamacallits Affectionately Pinned Somewhere", are the key to any and every Girl Scout Event. They are meant to be traded with girls from other troops for that troop's swaps, and are treasured prized from each event. All swaps are supposed to have a safety pin attached to them so they can be pinned to clothes, bags, hats, uniforms, etc. Swapping is fun and a great way to make friends, especially if you can come up with a unique idea.

Steps

1. **Come up with a theme.** The theme should have something to do with the event you are going to. For example, if you are going to an aquarium, think *fish*.
2. **Do some research.** If you are going to make fish-related swaps, try to be unique. Chances are, other troops will have plain, boring fish, but you can do much better. When you are researching, you may come across some information about overfishing. You may decide to make fishhooks out of wire or pipecleaners with a label that says "Save our fish!".
3. **Decide what you will make**
4. **Find cheap materials.** Since you will be making 10+ swaps per girl, you don't want to spend tons of money on materials. Swaps are supposed to be little handmade trinkets, not professional-quality. It's okay if your swaps are made of less-than-perfect materials or look like they were made by children, which they were.
5. **Make those swaps!** Get the unit together and put the swaps together. Most swaps consist of a cute trinket and a safety pin, and you might want to include the unit, camp, and year. If this information cannot be placed directly on the swap, such as in a case where it is made of pipecleaners, make small labels and stick the pin through them as well as the swap.

Tips

- SWAP (without the final "S") means "Share With A Pal". Have fun, make friends, and share!
- If you are attaching pieces to other pieces, use the most secure material possible. Instead of a glue stick, use super glue, or better still, double-stick tape.
- You should also make sure the safety pin is secure and will not fall off.
- The scouts should carry their swaps in a plastic bag with their name on it.

Warnings

- Considering that the fourth word in the SWAPS acronym is "*pinned*", your swaps *must* have a pin on them somewhere. Sometimes, other troops will refuse to swap with you if your swaps don't have pins.
- Another rule when swapping is that you can *only* swap *your* swaps with others. If someone else gives you a swap and another girl asks if she can trade you for it, politely say "no". The same goes for you - you can't ask a swap from another girl if it isn't hers.

[SWAPS for Girl Scouts - girl scout SWAPS craft ideas](#)

parentingteens.about.com/od/girlscoutsandgirlguides/a/swaps_girlscout.htm

[GS Central: Swaps](#)

www.girlscouts.org/program/gc_central/swaps/ - 16k - [Cached](#) - [Similar pages](#)

[Scout SWAPS for Girl Troops](#)

swaps-a-lot.ecrater.com/ -

[Girl Scout SWAPS](#)

www.scoutswaps.com/ -

[SWAPS with Scout Themes](#)

www.makingfriends.com/scouts/swap_scouts.htm

[Professionals Corner -- Girl Scout Swap History](#)

www.makingfriends.com/pro_swaphistory.htm -

[How to Make Girl Scout SWAPS - wikiHow](#)

www.wikihow.com/Make-Girl-Scout-SWAPS -

[The ChildFun Family Website - Girl Scout, Brownie and Daisy Craft ...](#)

www.childfun.com/modules.php?name=News&file=article&sid=544 -

Lanyard

Basic Barrel Stitch Instructions:

Materials:

Choose 2 strands of gimp each 9 times the length of finished item:

3 feet of gimp make 4 inches of barrel stitch - 9 feet of gimp make 12 inches of barrel stitch

Directions:

1. To finish lanyard-- Turn already made round braid upside down to make barrel stitch slide.

Tie strands around braid with light strands opposite each other and dark strands opposite each other. (Fig A)

To begin Barrel Stitch-- Choose 2 strands of gimp. fold unworked strands in half and make a simple knot; or fold unworked strands in half and slip on snap hook. You are ready to start barrel stitch.

2. Fold strand 1 to opposite side leaving a small loop. Fold strand over strand 1 leaving a small loop (Fig. B). Hold both strands in place with fingers.

3. Fold strand 3 over strand 2 and hold (Fig. C).

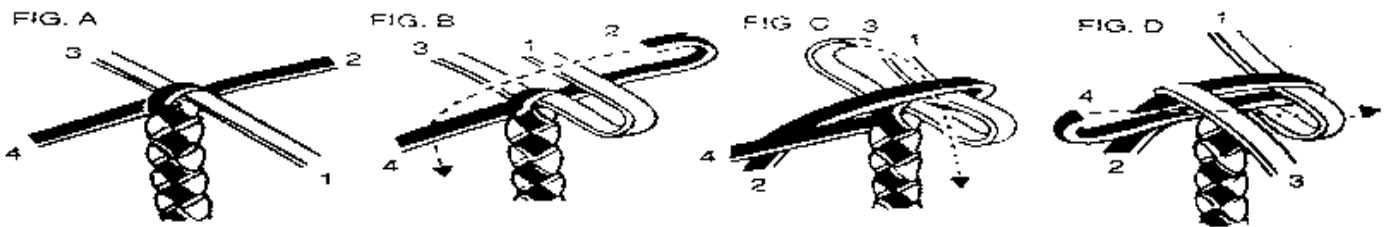
4. Fold strand 4 over strand 3 and through loop left in strand 1 (Fig. D).

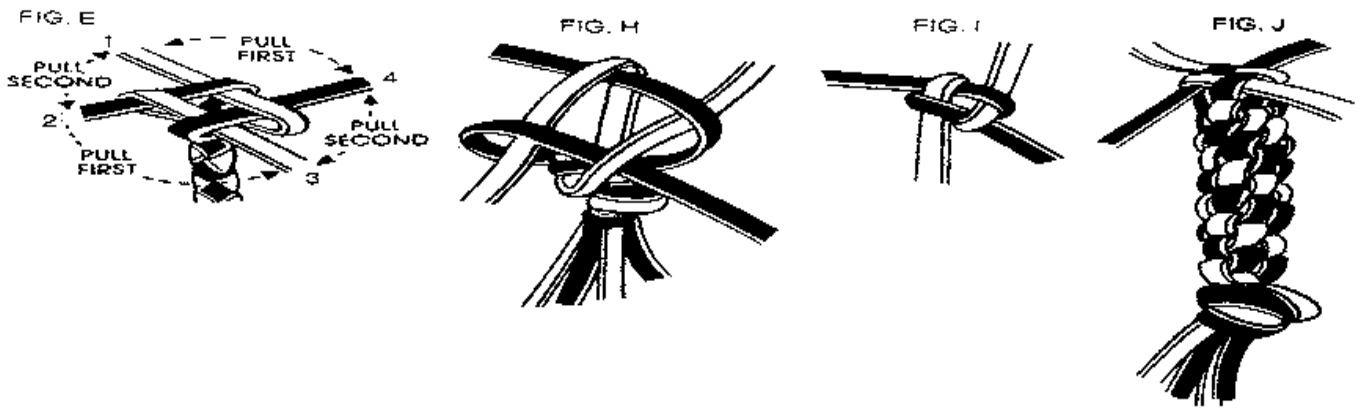
5. Pull strands taut (Fig. E). Take strands 1 and 4 in one hand, 2 and 3 in the other, and pull. Take 1 and 2 in one hand, and 3 and 4 in the other, and pull again. This completes the base of the barrel stitch. It is the same as the first stitch of the box stitch.

6. Fold strand 1 and 3 diagonally over previous stitch. Leave 2 small loops and hold. Fold strand 2 diagonally over strand 1, and through loop of 3. Fold strand 4 diagonally over strand 3, and through loop of 1 (Fig. H). Pull strands tightly (Fig. I). You have just completed the only 2 steps necessary to make the barrel stitch. Continue until desired length is worked (Fig. J). The colors will form a spiral around the barrel as you work.

7. There are two ways to end the barrel stitch: 1) Tie the gimp ends together in a simple overhand knot; 2) Leave the last stitch a little loose and bring the gimp ends through the center of the last stitch, and pull the stitch tight. Clip the ends to 1 inch.

8. If desired, the barrel stitch may be used as a "slide" around a round braid; as a bracelet with a knotted beginning; or attached to a snap hook for a key chain fob.





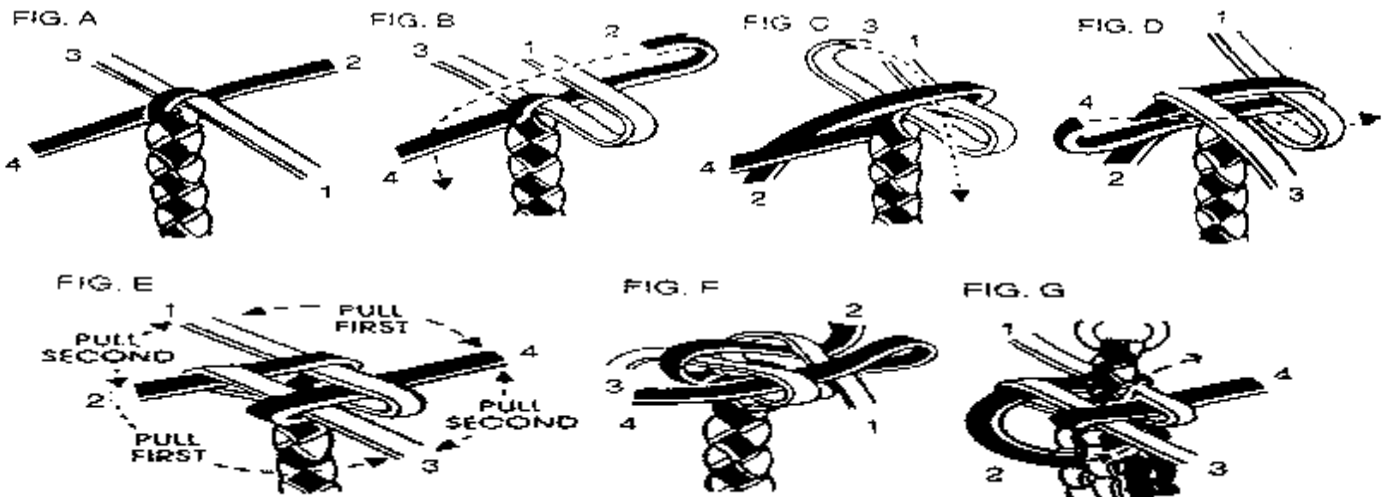
Basic Box Stitch

Choose 9 times the length of finished item:

3 feet of gimp makes 4 inches of box stitch - 9 feet of gimp makes 12 inches of box stitch

Directions:

1. Either turn round braid upside down or choose 2 strands of gimp. Tie strands so you have light strands opposite each other and dark strands opposite each other (Fig. A).
2. Fold strand 1 to opposite side leaving a small loop. Fold strand 2 over strand 1 leaving a small loop (Fig. B). Hold both strands in place with fingers.
3. Fold strand 3 over strand 2 and hold (Fig. C).
4. Fold strand 4 over strand 3 and through loop left in strand 1 (Fig.D).
5. Pull strands tightly (Fig. E). Take strands 1 and 4 in one hand, 2 and 3 in the other, and pull. Take 1 and 2 in one hand, and 3 and 4 in the other, and pull again. This completes the base
6. Fold strands 1 and 3 to opposite sides leaving two small loops and hold. Fold strand 2 over strand 3, and through loop of 1. Fold strand 4 over strand 1, and through loop of 3 (Fig. F). Pull strands tightly. You have just completed the only 2 steps necessary to make the box stitch. Continue box stitch until desired length is braided.
7. To fasten off box stitch, leave last stitch fairly loose. Bring 1 under 2 then up through center (Fig. G). Bring 2 under 3 then up through center. Repeat with 3 and 4. Tighten strands gently one at a time around box. Trim ends diagonally 1 inch beyond box.



Icebreakers/Get-to-Know-You Games

People Bingo

Make a 5 x 5 grid, like a bingo grid. Write "FREE" in the center space. In all the other spaces, write things such as "Born in another state," "Is the youngest child in family," or "Plays a sport." Fill in all the grids with items of interest to the girls. Run a copy for each girl. The girls are to get the signature of a person who meets the criteria for each section. You might want to implement a rule that a person can only sign another person's paper in two spots. The first person with a completed card wins. Variation: Rather than a bingo board, create a "Treasure Hunt" sheet with items such as the categories listed above. Encourage participants to meet as many people as they can in order to fill their treasure hunt list.

Line 'Em Up!

Divide the girls into groups of 4 to 7, depending on the difficulty level you want. The more girls in a group, the higher the level of difficulty. Give directions for each group to arrange themselves in a line according to a particular characteristic--for example, shortest to longest length of hair, alphabetical by best friend's first name, birth date, shoe size, length of thumb, number of letters in last name. Several rounds can be played in a short amount of time, depending on the size of the groups.

Name Tag Mingle

Each group member will need a 5" x 7" card for a name tag. Then give the following directions:

Put your name in the center of your card.

1. In the upper left corner, write four things that you like to do.
2. In the upper right corner, write your four favorite singers or groups.
3. In the lower left corner, write your four favorite movies.
4. In the lower right corner, write four adjectives that describe you.

When everyone finishes, have them mingle with the group for a few minutes. Without talking, they are to read the upper left corner of the other group members' cards. When time is up, they are to find one or two people who are most like them and visit for a few minutes. When time is up, they are to mingle again reading the upper right corner of the other group members' cards. They then find the one or two people most like them and visit. Repeat with the lower left corner and lower right corner information. To make sure everyone visits with several people, you could implement a rule that no two people can be in the same group more than once.

Knots of People

Divide the group into teams of 8 to 12 members. Have each person join right hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right. Then have each person join left hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right and someone other than before. Now the groups have to untangle themselves without letting go of hands. They may have to loosen their grips a little to allow for twisting and turning. They may have to step over or under other people. The first group to untangle their knot is the winner.

4 Facts

Divide the girls into teams of 4-6 members. Each girl should write down 4 facts about herself, one of which is a lie. Each person reads their list out-loud and the rest of their team writes down the one they think is a lie. When everyone is done reading their lists out-loud, the first person reads their list again and identifies the lie. The teams then see how well they did.

Yarn Ball

You will need a ball of yarn for this activity. The girls will stand in a circle. The person who starts will say her name and something unique about herself. That same person will hold the end of the yarn and throw the yarn ball to anyone else. This will remain until everyone has been introduced. A spider web will be formed in the middle of the circle from the yarn.

What's Your Name?

For this game, you will need index cards and pencils or pens. Each girl gets an index card and writes her name vertically down the center of the card. Players then circulate and learn each other's names. Each girl prints other girl's names (either first or last) so that they intersect her name wherever there is a common letter. The first girl to use all the letters in her name wins.