

Girl Scout Superhero Song

(Sung to the tune of *Junior Birdman*)

Up and away sister Girl Scout (*hold hands out in front of you like Superman flying*)

Up and away way up high (*do a salute and point up high*)

Up and away sister Girl Scout (*hold up hands in front of you like Superman flying*)

Changing the world in a single bound (*hold up hands like you're making a muscle*)

We are superheroes now (*make fists and put hands on your hips*)

Up and away sister Girl Scout (*hold hands out in front of you like Superman flying*)

Up and away way up high (*do a salute and point up high*)

Up and away sister Girl Scout (*hold hands out in front of you like Superman flying*)

We are awesome Girl Scouts now. We are superheroes - POW! (*do a punching superhero pose*)

Superhero Games

Superhero Freeze

When you yell "Up, up, and away!" have the girls "fly" (walk with both arms in front of them, or one arm in front in a fist, the other fist on their hip) around the room like superheroes. When you yell, "freeze," any girls who are still flying are out. Have those girls step away to the side. Yell "Up, up, and away!" again, and repeat until all girls are out.

Superhero Training Course

Have the girls stand in line or circle (you may need to break them up into smaller groups.) The first girl should perform a short super hero training activity, such as jumping, lifting weights, shaking hands, waving, picking up a piece of trash, shaking hands, saluting, etc. The next girl should mirror her actions, and then add one of her own. When they get to the end, they should all complete the superhero training course one full time together.

Girl Scout Superhero Story

Have girls sit on the floor in a circle or at tables. Get their attention, and ask:

What makes someone a superhero? What superhero power would you like to have?

Call on a few girls to answer each question. Then say:

We are going to read a story about an amazing superhero. I am going to give you a special word that will be in the story. When I read that word, you are going to stand up and do the motion I am going to show you now.

Give out special words. Depending on the number of girls, each girl can get a different word or you can give a pair/group of girls the same word. Show each group their motion

Special words/motions:

Feet (stomp feet)

Hands (clap hands)

Fingers (wiggle fingers)

Knees (pat knees)

Ears (point to ears)

Mouth (open and close mouth)

Arms (wave arms)

Now that everyone has their special word, let's practice. When I say your special word, stand up and do your special motion.

Say each special word and let the girls practice.

Is everyone ready?

Note for the presenter: the words in red are special words. Pause after them so the girls have time to do their movements and still hear the rest of the story.

Read the story:

Daisy the Amazing Girl Scout: A Superhero Tale

Hello! My name is Daisy. I am a girl just like you. I live with my family in a blue house and go to school every day. I have a dog named Brownie and two best friends. But can I tell you a secret? I am a superhero. I know I might look small and not very strong. I can't fly, and I am not super fast, but I have amazing powers that make me a superhero.

First, I have courage. I try new things and meet new people. Next, I have confidence. I believe in myself, always try my best, and am responsible for what I say and do. My last power is that I have character. I am helpful and considerate to all those I meet. I am honest and fair. These special powers make me Daisy, the Amazing Girl Scout. I use these powers to change the world every day. Let me tell you a few ways I use my super powers.

I believe that protecting the environment is very important. I can help the environment by using my **feet** (*stomp feet*) to walk around my neighborhood or school and pick up trash. I use my **hands** (*clap hands*) to recycle plastic bottles and aluminum cans. I also turn off lights and water faucets when I am finished with them.

Superheroes help all creatures great and small – people and animals alike. I can use my **fingers** (*wiggle fingers*) to pet animals at a shelter or collect canned goods for people in need. I can use my **knees** (*pat knees*) to plant flowers for an elderly neighbor.

Being a good friend also makes a huge difference in the world. I use my **ears** (*point to ears*) to listen to others. Sometimes they tell me stories or I listen to their problems. I use my **mouth** (*open and close mouth*) to give people compliments and tell the truth. I can use my **arms** (*wave arms*) to give hugs.

Being a superhero is a lot of fun, but sometimes it's hard work. My best friends are also superheroes, and many times we work together to save the world. Did you know each of you can also be superheroes? You have the same skills and powers that I have. You just have to decide how to use them. Let's try them all one more time:

Feet (*stomp feet*)

Hands (*clap hands*)

Fingers (*wiggle fingers*)

Knees (*pat knees*)

Ears (*point to ears*)

Mouth (*open and close mouth*)

And **arms!** (*wave arms*)

By working together, we can make an even bigger difference in the world!

Use a few follow up questions to help girls understand the story and relate, such as:

We all have super powers and can make the world better. What superpowers do you have? What are some ways that you can make the world better?