

Girl Scout Traditions

Sharing traditions with millions of Girl Scouts—and the huge network of Girl Scout alumnae who came before them—helps remind girls they belong to a big, powerful sisterhood.

- ⌘ Girls can participate in ceremonies honoring **Founder's Day** or **Juliette Low's Birthday, October 31**. This valued Girl Scout tradition is a time to remember the important role Juliette Low played in the development of the Girl Scout movement in the United States. Girls might even plan a trip to the **Juliette Gordon Low Birthplace** in Savannah, Georgia.
- ⌘ Girl Scouts make the Girl Scout sign when they say the **Girl Scout Promise**. The three fingers represent the three parts of the Promise.
- ⌘ The Girl Scout motto is "**Be prepared.**" In the 1947 *Girl Scout Handbook*, the motto was explained this way: "A Girl Scout is ready to help out wherever she is needed. Willingness to serve is not enough; you must know how to do the job well, even in an emergency." The same ideas are true today.
- ⌘ The Girl Scout slogan, which has been used since 1912, is "**Do a good turn daily.**" The slogan is a reminder of the many ways girls can contribute positively to the lives of others.
- ⌘ Girl Scouts can greet each other with the Girl Scout handshake, used by Girl Scouts and Girl Guides all over the world. The handshake is made by **shaking hands with the left hand** and making the Girl Scout sign with the right. The left hand is nearest to the heart and signifies friendship.
- ⌘ The friendship circle stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world. Everyone stands in a circle, crosses their right arms over their left, and clasps hands with their friends on both sides. Everyone makes a silent wish as a **friendship squeeze** is passed from hand to hand.
- ⌘ Girl Scouts often make small tokens of friendship to exchange with the Girl Scouts they meet when they travel and/or attend events. These little gifts are called S.W.A.P.S., which stands for **S**pecial **W**hatchamacallits **A**ffectionately **P**inned **S**omewhere.