

Bridging Traditions: An Activity Guide

May 1, 2026



Welcome to Bridging Traditions!

Bridging is one of the most meaningful milestones in a Girl Scout's journey—a celebration of achievements, growth, and the exciting adventures ahead. This month, we honor the powerful tradition of bridging and all the girls stepping into new chapters with courage and confidence.

Do you know the answers to these Bridging Trivia Questions?

- 1. What does "bridging" mean in Girl Scouts?**
 - A) Earning a badge
 - B) Moving to the next Girl Scout level
 - C) Selling cookies
- 2. What is often used in ceremonies to represent moving to a new level?**
 - A) A Bridge
 - B) A Tent
 - C) A flag
- 3. What are the two main bridging steps called?**
- 4. What does "Pass It On" encourage Girl Scouts to do?**
 - A) Sell cookies
 - B) Travel Abroad
 - C) Teach younger girls
- 5. What does "Look Ahead" involve?**
 - A) Planning a party
 - B) Learning about the next Girl Scout level
 - C) Writing a story
- 6. What is commonly recited during bridging ceremonies?**

1. B 2. A 3. Pass It On and Look Ahead 4. C 5. B 6. The Girl Scout Promise and Law

Activity #1-“Pass It On”

What “Pass It On” Means

Girls take their Girl Scout experience and:

- Teach younger Girl Scouts
- Share skills, traditions, and memories
- Help prepare the next group of Girl Scouts for their own adventure

It’s all about sharing their experiences and encouraging the next generation of Girl Scouts.

Ideas for Troops/Juliettes to “Pass It On”



1. Teach a Mini Badge Activity

- Run a short activity for younger girls (craft, STEM, outdoor skill)
- Example: Teach Brownies a simple first aid skill or knot tying
- Keep it hands-on and fun



2. Create a “Tips from Us” Video

- Record short clips:
 - Favorite badges
 - What they wish they knew
 - Fun troop traditions
- Share it with younger troops



3. Host a “Welcome Party”

- Invite younger girls
- Play games, do a craft, share snacks
- Share: Favorite songs, Opening/closing rituals, Special troop traditions
- Talk about what Girl Scouts is like at the next level



4. Write Letters or Notes

- Encourage younger girls with:
 - Advice
 - Kind words
 - What to look forward to



Ceremony Tie-In Idea

- During bridging: Each girl shares **one piece of advice**, then symbolically “passes” it (note, token, etc.) to a younger scout.

Share with Girl Scouts of Kansas Heartland how you and your troop are keeping the “Pass It On” tradition alive! Tag us @ksgirlscouts or email us at info@gskh.org to share your success!

Activity #2-“Look Ahead”

What “Look Ahead” Means

Girls explore:

- What the next Girl Scout level is like
- New opportunities (badges, trips, leadership)
- Skills they’ll need

It’s all about **building excitement and confidence** for what’s next.

Ideas for Troops/Juliettes to “Look Ahead”

1. Panel with Older Girl Scouts

- Invite older Girl Scouts to talk about:
 - Their favorite badges
 - Trips and experiences
 - Advice for the next level
- Older Girl Scouts can tell about their experiences
- Let younger girls ask questions

2. Goal Setting Vision Board

- Create a board (paper or digital) with:
 - Badges they want to earn
 - Places they want to go
 - Skills they want to learn
 - Activities they want to do

3. Try a Higher-Level Badge Activity

- Do one step from a badge at the next level
- Examples: Daisies try a simple Brownie craft, Juniors try a Cadette STEM activity, etc.

4. Adventure Planning Activity

- Plan a dream trip or project:
 - Camping trip, Service project, Big event
- Focus on what they’ll be able to do at the next level

5. Write a Letter to Your Future Self

- Include:
 - Goals, hopes, what they’re excited about
- Open it after bridging or later in the year

6. Badge Brainstorm Game

- Show a list of next-level badges

- Have girls pick: Top 3 they want to earn, why they chose them

Ceremony Tie-In Idea

During Bridging: Each girl shares **one thing she's excited about**, then crosses the bridge while saying it.

Activity #3-Bridging Ceremony Ideas

Classic “Bridge Walk” (with a twist)

Set up a small physical bridge (wooden, cardboard, or even decorated benches). As each girl crosses:

- Read a short note about her accomplishments
- Give her the next level badge/vest
- Play a short song clip she chose

👉 Twist idea: decorate the bridge with photos from the year or hang ribbons representing skills learned.

Candle or Light Ceremony

Use candles (real or LED for safety) to represent different values:

- Each candle = something like courage, confidence, character
- Girls light a candle before crossing

You can tie this to the Girl Scout Promise and Law for a more meaningful connection.

Nature-Themed Ceremony

If you can hold it outside:

- Create a “path” with stations (past → present → future)
- Use elements like stones, flowers, or leaves to symbolize growth

Each girl can:

- Pick up a token at each stage
- Leave something behind (like a written fear or challenge)

Personalized Speeches (short & sweet)

Avoid long speeches—keep it meaningful:

- Leader says 1–2 sentences per girl
- Optional: parents write a short message (read aloud or in a booklet)
- Optional: Girl Scouts write something about a fellow Girl Scout

Memory + Future Combo

Balance nostalgia with excitement:

- Display a photo board or slideshow
- Then reveal something about what’s coming next (new trips, badges, goals)

Fun Add-Ons

- “Bridging certificates” with funny or heartfelt awards
- A themed cake or cupcakes in favorite troop colors
- Friendship circle at the end (a classic Girl Scout closing)

What to avoid (learned the hard way)

- Ceremonies that are too long (30–45 minutes max is ideal)
- Overly scripted events that feel stiff
- Forgetting to involve the girls—they should *do* things, not just watch

Activity #4-Bridging SWAP

These rainbow swaps act as souvenirs of achievement, foster connections between Girl Scouts.

I love Girl Scouts Rainbow Swap

Materials

- White pony beads
- Pony beads with letters/shapes
- Thin Ribbon/Yarn: Red, orange, yellow, green, blue, and purple
- Safety Pin



Rainbow with Troop Number Swap

Materials

- 2 White pony beads
- 1 red, orange, yellow, green, blue, purple, and pink pony beads.
- 1 white pipe cleaner
- Beads with numbers
- Safety pin.



Activities #5-Creating/Preserving Memories: My Girl Scout Adventure Journal

Create a Girl Scout memory junk journal. What is a junk journal? A handmade book created from repurposed, recycled, or junk materials like ribbons, stickers, scrapbook paper, gems and more.



Badges and Awards

Girl Scout Bridging Badges and Awards—what they are, how girls earn them, and what they look like across levels in Girl Scouts of the USA

What Are Bridging Awards?

Bridging awards are **special recognitions** girls earn when they move from one Girl Scout level to the next.

They show that a girl has:

- Reflected on her current experience
- Helped others (*Pass It On*)
- Prepared for the future (*Look Ahead*)

The Two Required Steps

1. Pass It On

Girls:

- Share skills and knowledge with younger Girl Scouts
- Mentor or teach
- Pass along traditions

Examples: Teaching a badge step, creating a guide or video, hosting an activity for a younger troop.

2. Look Ahead

Girls:

- Learn about the next level
- Meet older Girl Scouts
- Explore new opportunities

Examples: Attending a meeting at the next level, trying a higher-level activity, setting future goals.

Types of Bridging Awards

Daisy → Brownie

- **Brownie Bridge Award**
- Often includes:
 - Learning about Brownies
 - Sharing something with younger kids

Brownie → Junior

- **Junior Bridge Award**
- Focus on:
 - Exploring Junior badges
 - Helping Daisies

Junior → Cadette

- **Cadette Bridge Award**
- More independence:
 - Leadership activities
 - Deeper skill-building

Cadette → Senior

- **Senior Bridge Award**
- Focus on:
 - Leadership
 - Planning bigger projects

Senior → Ambassador

- **Ambassador Bridge Award**
- Prepares girls for:
 - Mentorship
 - Advanced leadership

What the Awards Look Like

- Typically **arc-shaped patches with rainbow patterns based on bridging level**
- Worn on the **front of the vest or sash**
- Each badge is different for each level transition

Related (But Separate) Awards

Highest Awards Path

- **Bronze Award** (Juniors)
- **Silver Award** (Cadettes)
- **Gold Award** (Seniors/Ambassadors)

 These are *not required* for bridging but are major achievements.

Membership Stars & Discs

- Show years in Girl Scouts
- Often updated at bridging



Bridging Ceremony Tie-In

During a ceremony, girls:

- Receive their **bridging award patch**
- Cross a symbolic bridge
- Celebrate their growth

- Bridging awards = **transition milestones**
- Require **Pass It On + Look Ahead**
- Exist at **every level transition**
- Focus on **growth, leadership, and mentorship**

Voices of Leadership

Sally Ride

“The Girl Scouts taught me that I could do anything I set my mind to.”

- First American woman in space
- Credits Girl Scouts with building her confidence in science and leadership

Taylor Swift

“I was a Girl Scout, and I loved it. It taught me a lot about helping others and being part of a community.”

- American Singer/Songwriter (Mega Star)
- Earned badges and participated in troop activities growing up

Katie Ledecky

“Girl Scouts helped me learn about teamwork and setting goals.”

- Olympic gold medalist swimmer
- Attributes early experiences to discipline and teamwork

Dakota Fanning

“Being a Girl Scout was a big part of my childhood—it was about friendship and learning new things.”

- American Actress
- Attributes trying new things and learning new things in Girl Scouts to having a well rounded childhood

Sheryl Crow

“Girl Scouts gave me a sense of independence and confidence at a young age.”

- American Singer/Songwriter
- Credits Girl Scouts for helping her gain confidence in herself and abilities

Founder Inspiration

Juliette Gordon Low

“The work of today is the history of tomorrow, and we are its makers.”

Your Girl Scouts of Kansas Heartland Voices



A girl-led interaction through peer- to-peer dialogue.

- Sharing personal stories that symbolize friendship, memories, and transition to a new Girl Scout Level.

Bridging Snack Ideas



“Crossing the Rainbow” Cups

- Layered fruit cups (strawberries, oranges, pineapple, grapes, blueberries)
- Clear cups show the rainbow effect



Tie-in: *“New adventures ahead.”*



Star Power Snacks

- Star-shaped sandwiches (use cookie cutters)
- Star cookies or crackers



Tie-in: *“Reach for the stars.”*