



March 2026

Welcome to Celebrating Women's History: an activity guide

When we talk about “the women of the past,” we’re honoring pioneers who reshaped laws, culture, science, art, and human rights. This packet will



highlight a few women whose bold, brave, and brilliant impact still shape leadership, STEM, artistry, creative-expression, and sports today.

How did Women's History month start?

On February 28, 1909, the first National Woman's Day was observed in the United States. Many years later, in 1978, a weeklong celebration of Women's History took place in Santa Rosa, California beginning on March 8, 1978. Nearly a decade after the first weeklong celebration, activists were successful in having the entire month of March officially declared Women's History Month in 1987.

Special Fun Fact

The Girl Scouts of the USA were founded by Juliette Gordon Low on March 12, 1912!

Let's play a trivia game of Firsts!

1. What was the FIRST country to grant women the right to vote in 1893?
2. Who was the FIRST woman to win a Nobel Prize?
3. Who was the FIRST person to fly from Hawaii to California in 1935?
4. Who was the FIRST female Supreme Court Justice?
5. Who was the FIRST woman to be elected into the Rock and Roll Hall of Fame?

Answer Key: 1. New Zealand 2. Marie Curie 3. Amelia Earhart 4. Sandra Day O'Connor 5. Aretha Franklin

Activity # 1-Profiles of Inspiring Women

Marie Curie (1867-1934): Born in the Kingdom of Poland in 1867, Marie Curie was the first woman to receive a Nobel Prize and only woman to win the Nobel Prize in two fields, Physics and Chemistry. Curie is known for developing the theory of radioactivity and for her work in the isolation of pure Radium.

“Have no fear of perfection; you’ll never reach it.”



Juliette Gordon Low (1860-1927): was the founder of Girl Scouts of the USA. In March of 1912, Low established the first Girl Scout troop in Savannah, Georgia. She imagined a movement where all girls could come together and embrace their unique strengths and passions—and as Girl Scouts has continued to do since, she made that dream a reality.

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

IF I MET

What would you do if you met Juliette Gordon Low?

I would tell her...

I would ask her....



I would show her...

I would
thank her for....

Amelia Earhart (1897-1937): was a Kansas born American aviation pioneer, she was the first woman to fly solo non-stop across the Atlantic Ocean, as well as the first person to fly solo from Hawaii to California. While trying to become the first woman to fly around the world Earhart disappeared in the South Pacific on July 2, 1937.

"The most effective way to do it, is to do it."

IF I MET

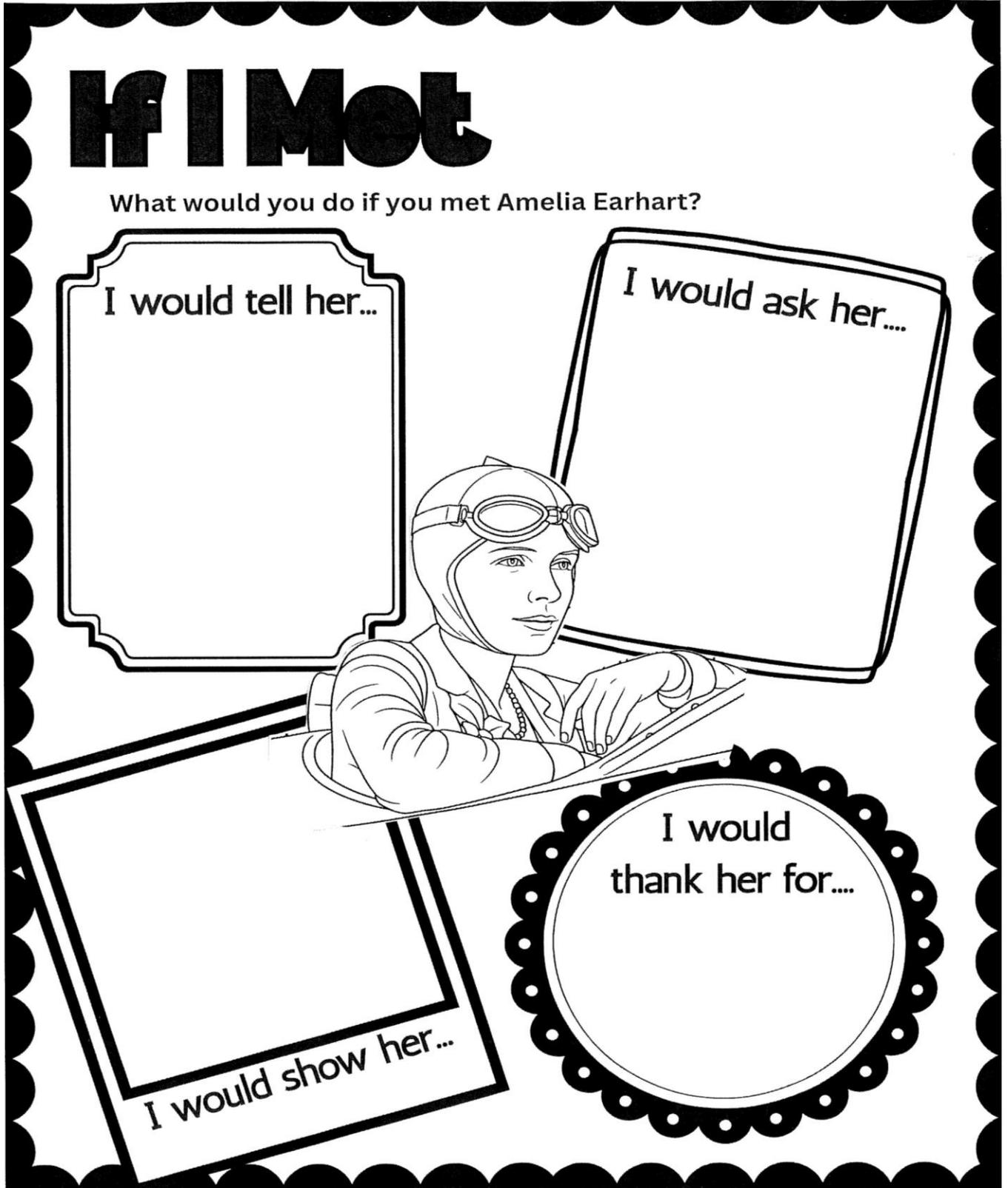
What would you do if you met Amelia Earhart?

I would tell her...

I would ask her....

I would show her...

I would
thank her for....



Dolly Parton (1946-): is an American singer, songwriter, actress, philanthropist, and businesswoman. Parton has sold more than 100 million records worldwide, making her one of the best-selling music artists ever.

"We can't just hope for a brighter day, we have to work for a brighter day."

IF I MET

What would you do if you met Dolly Parton?

I would tell her...

I would ask her....



I would show her...

I would
thank her for....

Simone Biles (1997-): is the most decorated gymnast (male or female) in history. Biles has 41 Olympic and World Championship medals. She is known for her groundbreaking difficulty in routines (including 5 highly difficult and original skills named after her), as well as her advocacy for mental health awareness.

“Practice creates confidence. Confidence empowers you.”

IF I MET

What would you do if you met Simone Biles?

I would tell her...

I would ask her....



I would show her...

I would thank her for...

Choi Ga-on (2008-): is a South Korean snowboarder who made history at the 2026 Olympic Winter Games. Ga-on is the youngest snowboarding winner at a Winter Olympics, and the first South Korean woman to win an Olympic snowboarding medal. She won a Gold Medal in the Women's Snowboarding Halfpipe.

"You can do this. You have to go on."

IF I MET

What would you do if you met Choi Gaon?

I would tell her...

I would ask her...

I would
thank her for...

I would show her...



Activity #2-Snack Time!

Butterfly Snack: Until you spread your wings- you will have no idea how far you can fly.

Materials

- Mini pretzels
 - Stick pretzels
 - Candy melts or Frosting (2-4 colors)
 - Colored Sprinkles
1. Separate 4 mini and 1 stick pretzels to create butterflies.
 2. Pour candy melt or frosting in a microwaveable bowl and melt for 1 minute. Continue to microwave for 30 seconds until the candy melts or the frosting has more liquid movement.
 3. Dip the pretzels in the color you'd like, then arrange the pretzels in the form of a butterfly on parchment paper.
 4. Decorate the butterfly with sprinkles before the frosting or cany melts hardened.



Activity #3-Girl Scout Week!

Girl Scout Week is a great tradition, an opportunity for Girls to show what they are made of and to proudly represent the values of Girl Scouts.

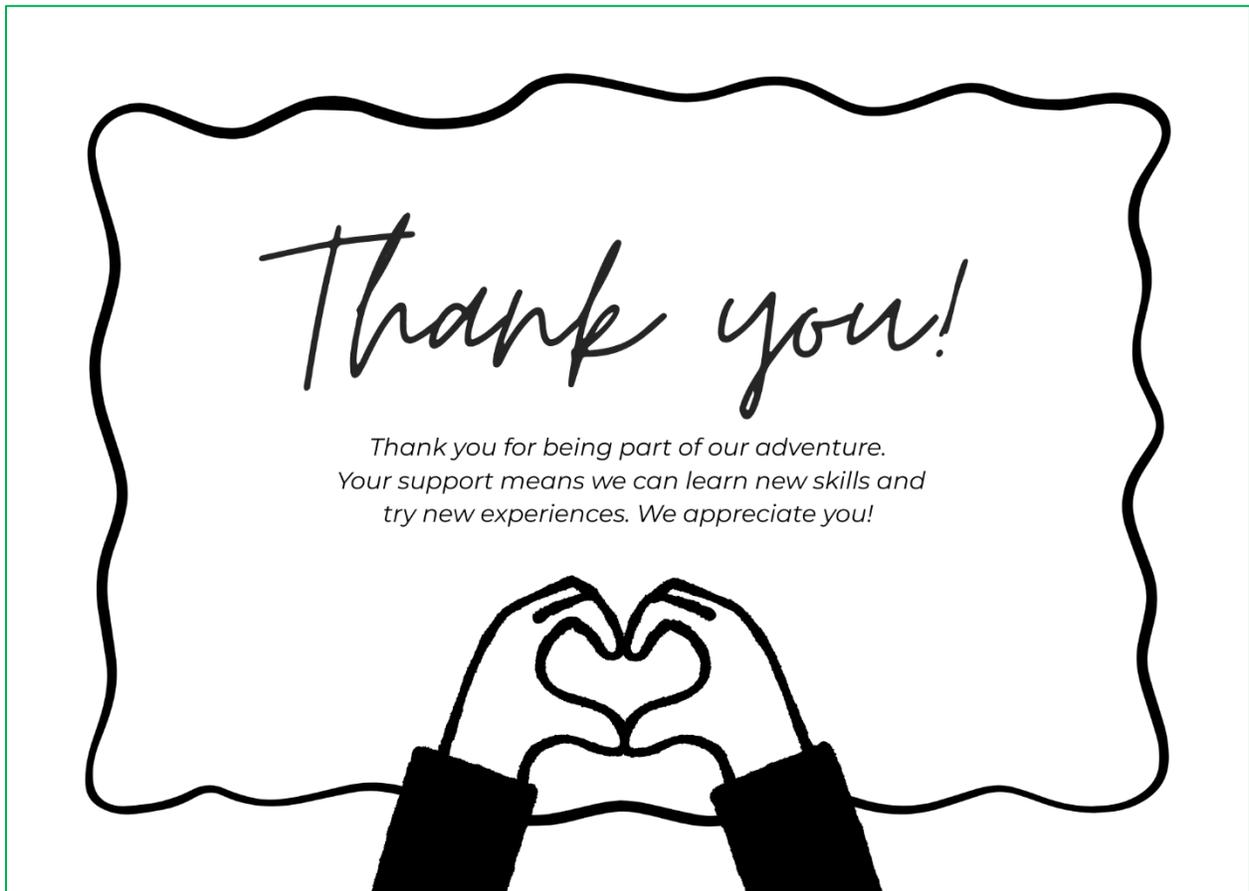
 <p>It's Girl Scout Week!</p>	<p>MARCH 8</p> <p>Spirit Sunday</p> <p>Do something kind in the spirit of Girl Scouts.</p>	<p>MARCH 9</p> <p>Affirmation Monday</p> <p>Share a positive message with a friend.</p>
<p>MARCH 10</p> <p>Troop Tuesday</p> <p>Appreciate your awesome troop besties.</p>	<p>MARCH 11</p> <p>Wisdom Wednesday</p> <p>Share a Girl Scout pro tip or life hack.</p>	<p>MARCH 12</p> <p>National Girl Scout Day</p> <p>Post a photo in your Girl Scout gear and tag @girlscouts!</p>
<p>MARCH 13</p> <p>Flashback Friday</p> <p>Look back and share your Girl Scout memories.</p>	<p>MARCH 14</p> <p>Service Saturday</p> <p>Serve your community as a sisterhood.</p>	

@girlscouts

Girl Scout Week Activity Ideas:

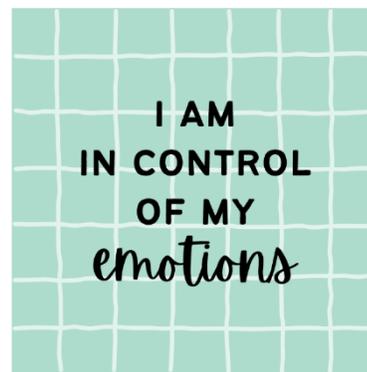
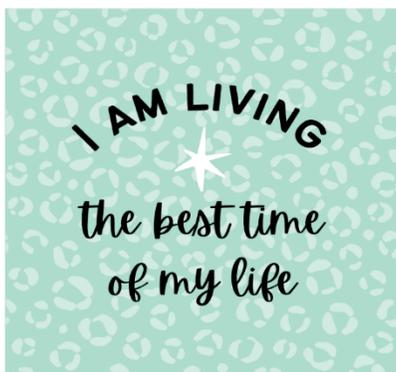
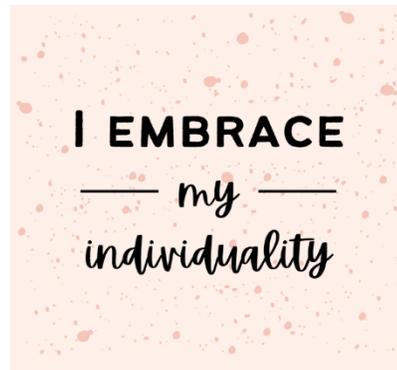
Sunday: Spirit Sunday

Make & deliver Thank-You Gifts: girls make thank you cards and cookies, or small appreciation baskets and deliver them to important people in their life.



Monday: **Affirmation Monday**

Printable affirmation cards are attached.



I HAVE
let go
OF THE
past

I AM
ETERNALLY
optimistic

I AM
proud
OF MY
achievements

I LOOK TO THE
FUTURE WITH
hope

NO OBSTACLE
IS TOO BIG
TO
overcome

IT'S OKAY
TO MAKE
mistakes

I FIND
peace
IN LIFE'S
simple
pleasures

I AM
fearless

I AM
open
TO TRYING
new things

Tuesday: Troop Tuesday

Troop BFF SWAP:

Materials

- Decorative Duct Tape
- Pipe cleaners
- Foam Stickers
- Safety Pins

Swap Tag:

First my Girl Scout sister -
Forever my friend.
Girl Scout Week 2026



Wednesday: Wisdom Wednesday

Women Who Inspire Us: girls research women in history and create a collage sharing 3 “wisdom lessons” they learned during their research. Examples of inspiring women: Juliette Gordon Low, Rosa Parks, Malala Yousafzai, Mae Jemison and so many more!

Once they have created their collages have them talk about the women they research and share their 3 “wisdom lessons”.

A Woman Who Inspires Me

Her Name: _____

Words that Describe her: _____

3 Wisdom Lessons from her:

Thursday: National Girl Scout Day

Letters to Future Me: girls write letters to their future self, have them include one goal, one value they promise to live by and one thing they want to learn, as well as anything else they think their future self may need to hear. Seal the envelop and have the troop leader keep them until the next Girl Scout Week in 2027, where the girls will open and read them!

Dear Future Self

ONE GOAL FOR MYSELF:

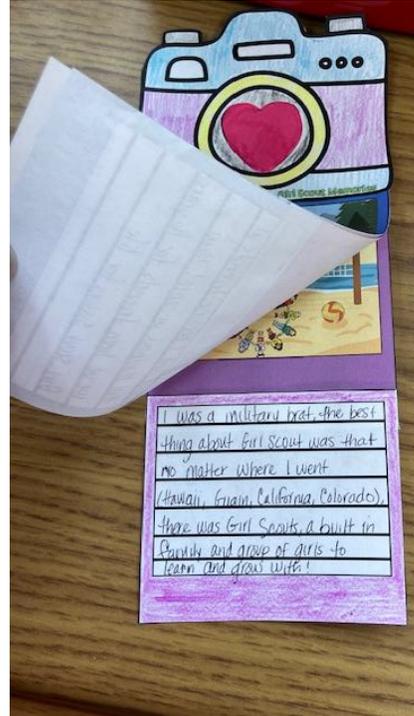
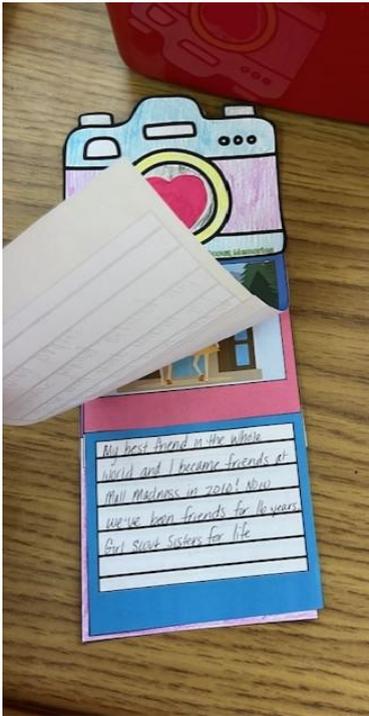
ONE VALUE I PROMISE TO LIVE BY:

ONE THING I WANT TO LEARN:

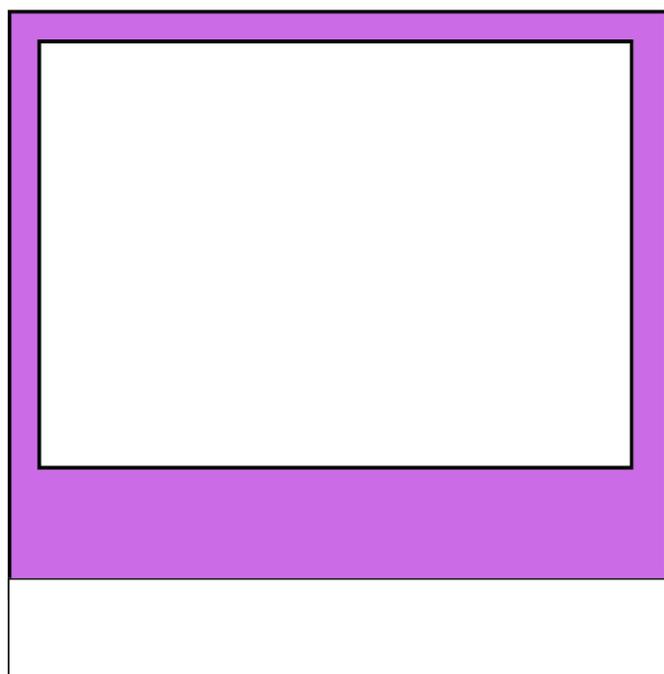
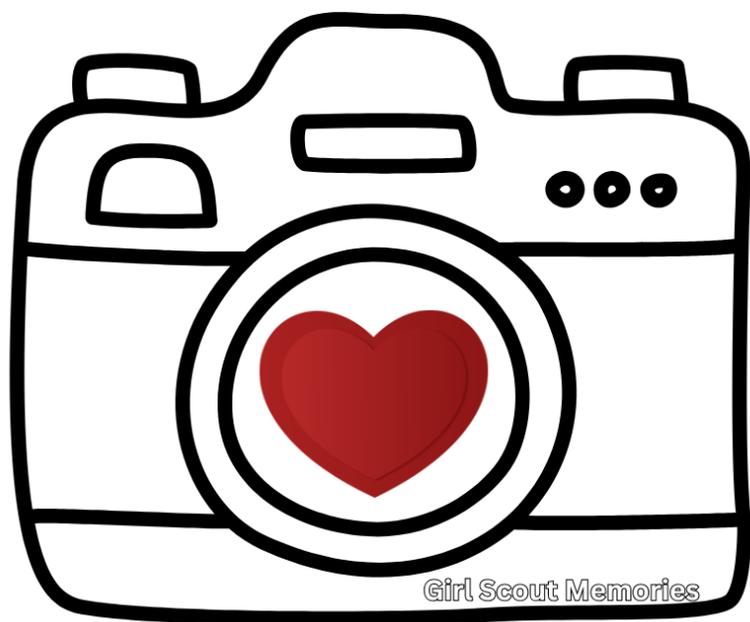
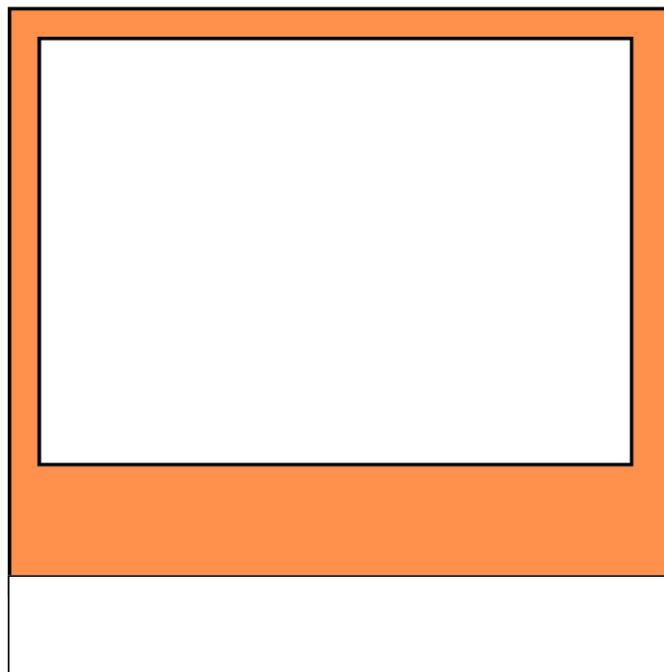
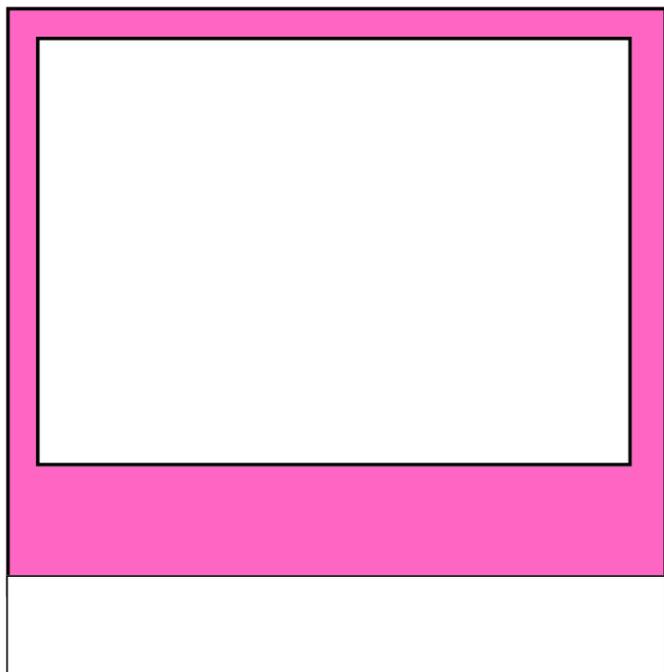
All my Love from All my Heart,

Friday: Flashback Friday

The program team looked back to share a special Girl Scout Memories.



Relive your best Girl Scout Memories with our Flashback Friday Craft



A rectangular form with a blue border. The top portion is a white square for writing. The bottom portion is a solid blue horizontal bar. Below the blue bar is a white footer area.

A rectangular form with a red border. The top portion contains six horizontal black lines for writing. Below the lines is a solid red horizontal bar. Below the red bar is a white footer area.

A rectangular form with a cyan border. The top portion contains six horizontal black lines for writing. Below the lines is a solid cyan horizontal bar. Below the cyan bar is a white footer area.

A rectangular form with a yellow border. The top portion contains six horizontal black lines for writing. Below the lines is a solid yellow horizontal bar. Below the yellow bar is a white footer area.

Saturday: **Service Saturday**

Ideas for Troops to complete acts of service during Girl Scout Week! Or your troop can come up with their own! Don't forget to tell us all about your service project experience!

Community Clean-Up Day

Great for: All levels

- Clean up a local park or trail
- Plant flowers at a community center
- Beautify a school garden
- Create and hang "Keep Our Community Clean" posters

 Add a reflection circle afterward about how you made the world a better place.

Cards for a Cause

Great for: Daisies & Brownies

- Thank-you cards for healthcare workers
- Cheer cards for nursing home residents
- Notes for deployed military members
- Appreciation cards for teachers, police, or firefighters

 Deliver in person (if allowed) for a meaningful connection moment.

Food Drive or "Blessing Bags"

Great for: Juniors & up

- Organize a mini food drive
- Assemble hygiene kits ("blessing bags")
- Partner with a local food pantry

Include a positive note in each bag to spread kindness.

Animal Shelter Support

Great for: All levels

- Collect pet food & supplies
- Make no-sew dog toys from old T-shirts
- Create adoption posters
- Read to shelter animals (if permitted)

Senior Outreach or Tech Help Day

Great for: Cadettes & up

- Host a "Tech Help Hour"
- Play board games with seniors
- Interview veterans and create a gratitude display

This ties beautifully into leadership and communication skills.

"Kindness in Action" Challenge

No images needed here—this one's simple and flexible!

Create a troop-wide kindness bingo card:

- Compliment 5 people
- Pick up litter without being asked
- Donate gently used books
- Help a younger Girl Scout

Celebrate with a short ceremony recognizing each girl's impact.

Make It Special for Girl Scout Week

You can connect your project to:

- The **Girl Scout Promise & Law**
- A short flag ceremony
- A community thank-you shoutout on social media
- A small patch or certificate presentation

Activity #5

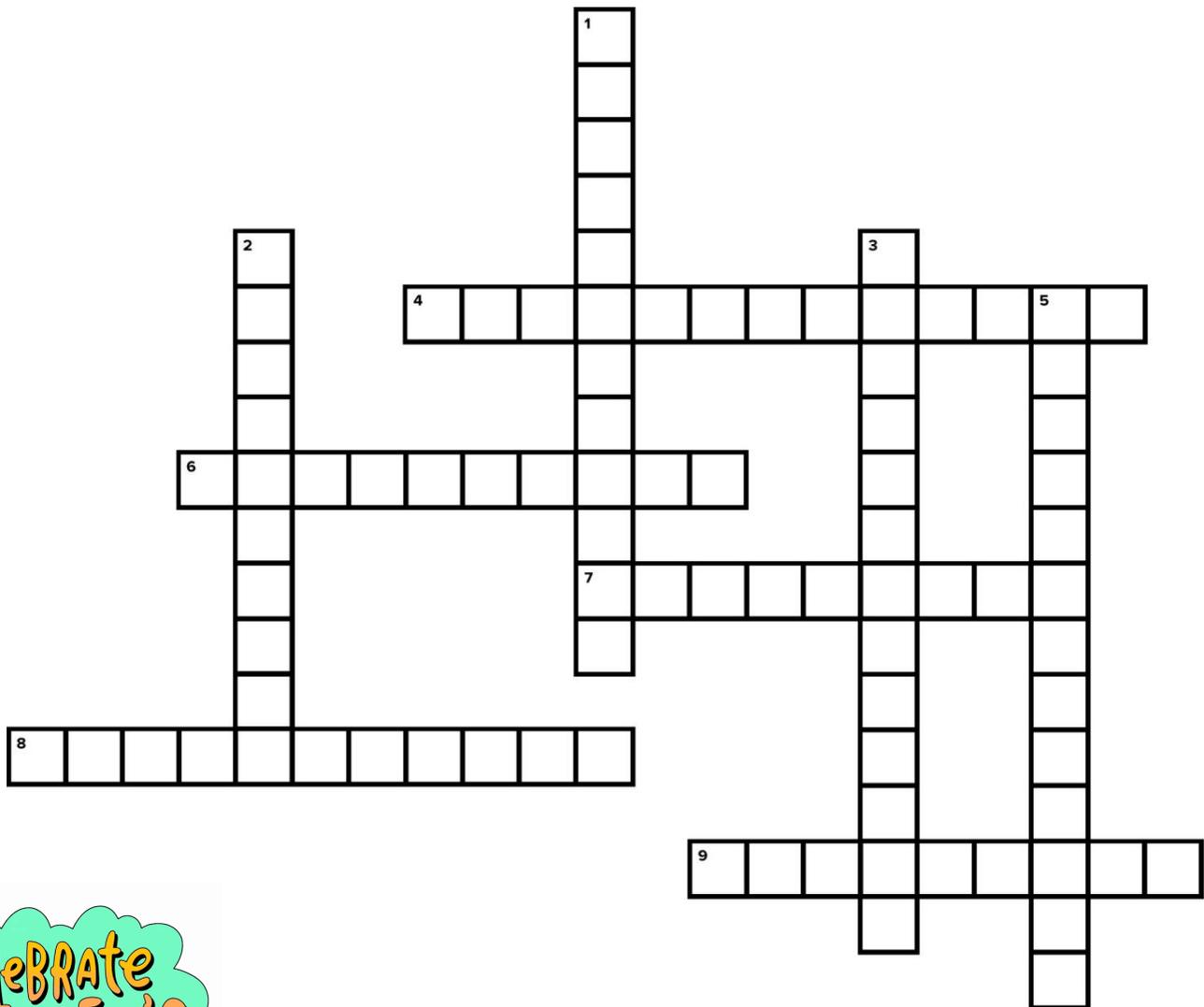
WOMEN'S HISTORY MONTH PUZZLES

Down

1. Famous nun and missionary who selflessly devoted her life in service to others.
2. One of the most famous female authors of all time, paving the way for future women writers.
3. Advocate for women's right to vote.
5. First woman pilot to fly solo across the Atlantic Ocean.

Across

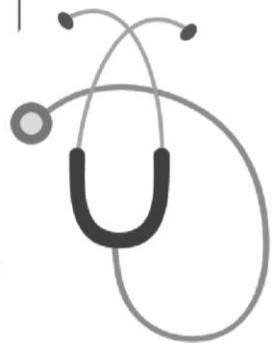
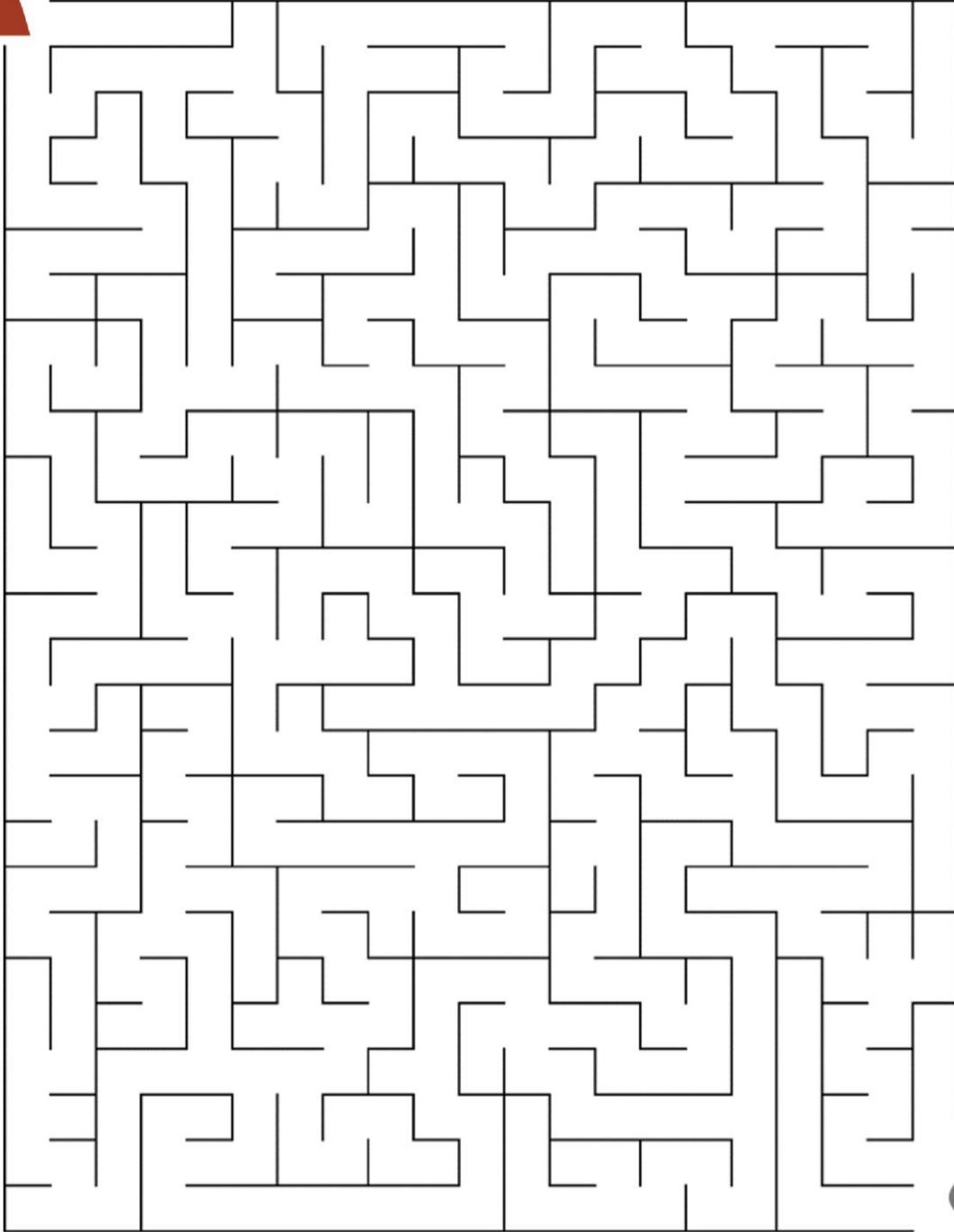
4. Former slave who led others to freedom through the Underground Railroad.
6. Female physicist who was the first woman to win a Nobel Prize.
7. Helped negotiate safe passage for explorers Lewis and Clark.
8. She was a deaf and blind author, activist, and lecturer.
9. Led French troops into battle against the English invasion of France.



Women's History



Directions: Help Clara Barton find her stethoscope.





Women's History



B R I R F A M O U S M A R T V
W W U N T F R A N K I N D G E
J N J D X X Y T W P A R K S R
U F B F L O R U I R K H F G W
N G S V A L U E S S I Z L O M
J S I I W E N U D V T T Q O I
Z S Y S Y A I A O O D R E A M
C U R I E D T V M C C X O R J
J F B O R E Y P B A R T O N D
W Q D N C R E C R L M U O P G
H X S X R N V D A R E B R R O
F Q X E X B M Q V Q Y M O M V
W R L R O D X I E G N A G L H
A A C Z A J I C S V Z N L R D
Y Y O Q M N D A U K G G G D K

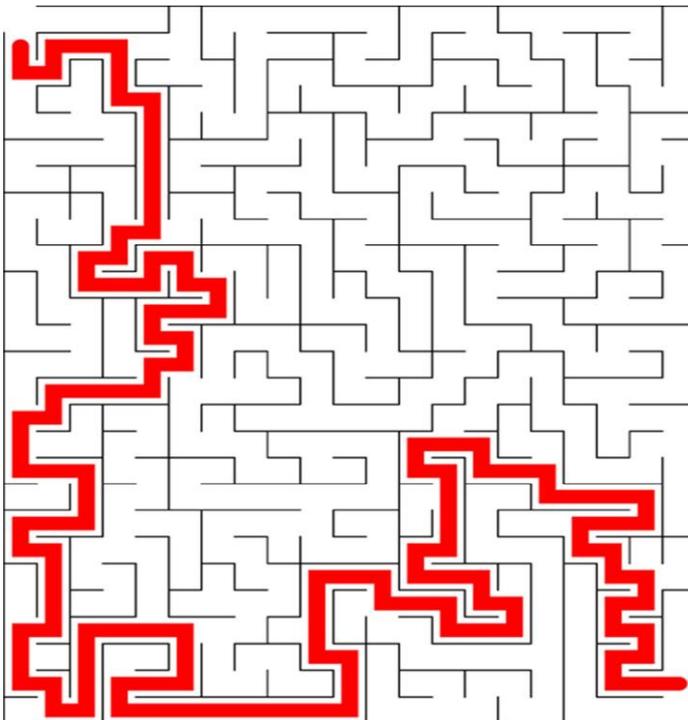
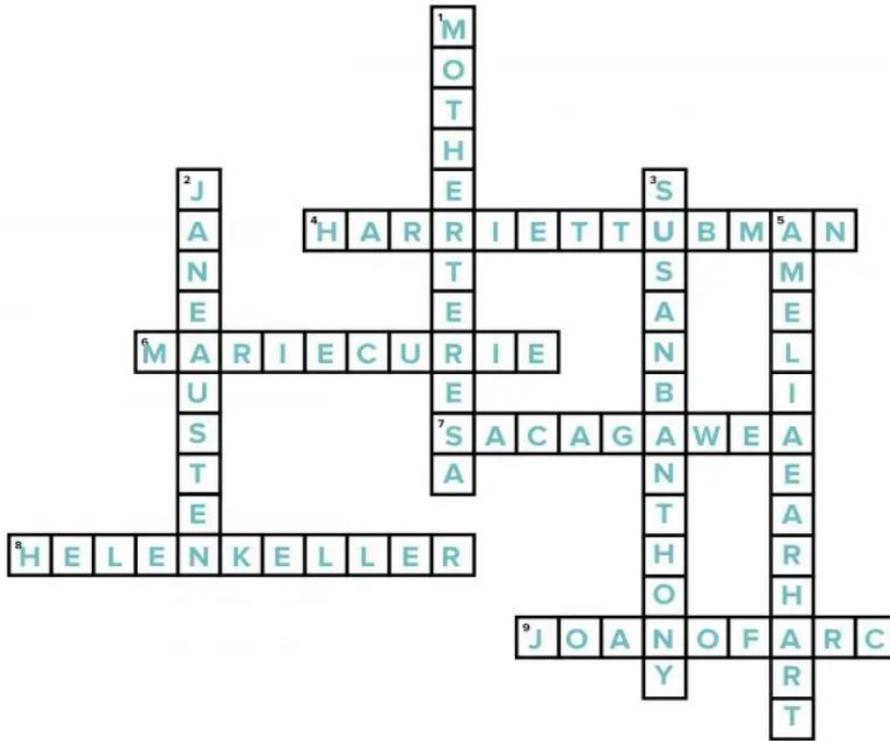
ARTIST
BARTON
BOLD
BRAVE
CURIE
DARE
DOCTOR
DREAM
FAMOUS

FRANK
KAHLO
KIND
LAWYER
LEADER
PARKS
SMART
STRONG
TUBMAN

UNITY
VALUES
VISION
VOCAL
WISDOM
WRITER



Answer Key



Don't forget to celebrate the end of Cookie Season with our Girl Scout Zoo Day, we have 6 locations throughout the state!! More information can be found at: <https://www.kansasgirlscouts.org/en/events-and-activities/event-calendar.html>

girl scouts
of kansas heartland

GIRL SCOUT DAY AT THE ZOO

SATURDAY
MARCH 28, 2026

Participating Zoos

Brit Spaugh Zoo, Great Bend: Free Entry, 11 a.m.-1 p.m.
David Traylor Zoo, Emporia: Free Entry, 10 a.m.-2 p.m.
Hutchinson Zoo, Hutchinson: Free Entry, 10 a.m.-2 p.m.
Lee Richardson Zoo, Garden City: Free Entry, 10 a.m.-2 p.m.
Rolling Hills Zoo, Salina: Girls \$6, Adults \$16, 10 a.m.-2 p.m.
Sedgwick County Zoo, Wichita: \$8.50 per ticket, 10 a.m.-2 p.m.

Visit the

<https://www.kansasgirlscouts.org/en/events-and-activities/event-calendar.html>

for more information!

Celebrate the End of

Cookie Season 2026!

