**Skill Builders**

1. Pick a particular developmental level, such as infancy, childhood, or adolescence, and learn about either the physical, emotional, intellectual, or social growth that takes place during that stage.

2. Learn how to care for children in an emergency situation. Take a course such as first aid, lifeguarding, or baby-sitting at your local Girl Scout council, the American Red Cross, or your local fire department. Share your information with at least three friends.

3. Become familiar with local, state, and federal laws that protect children. Review and clip related articles from newspapers and magazines. Hold a discussion, debate, or lecture on a topic of interest such as children's television, discipline, sibling rivalry, or fostering creativity. Invite people interested in child care to attend.

4. What were you like when you were a baby? When you were two, three, or four years old? When you started school? What do you remember about yourself? Talk to people who knew you at different ages. Do they have pictures of you, stories about you, information about your health, where you lived, or who took care of you? Ask yourself, "What are those things in my life that make me the special person I am today?" Record what you find in a story about yourself, a poem, a song, a tape recording, a diary, a play, or a picture.

5. Keep a file of games, songs, finger plays, and stories that children like. Include such things as recipes for play dough and finger paints. Keep it in a file and use these ideas when you take care of your own younger brothers or sisters, baby-sit, or do volunteer work with children.

6. Compare two types of toys that a child might typically play with today with similar toys available 20 or more years ago. Have the toys changed because of technological advances?

7. Prevent yourself with some toys and games available for children. With that in mind, design your own game or toy for a specific age group. Or modify one already on the market. Present your toy (actual or model) to an adult who spends time with children of that age group. Ask the adult to critique your design.

8. Create television viewing guidelines for your family or a family with young children. Create a time clock to monitor the number of viewing hours, a tip sheet suggesting appropriate programs for children of particular ages, and a list of programs to avoid watching.

9. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

10. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

**Technology**

1. Visit a computer store and find out about software and video games for children. Focus on resources for a specific age group. Evaluate the software. Some key questions to consider:

   - Are the graphics exciting for the child?

   - Are the activities fun?

   - Are the activities designed to teach or merely entertain?

   - If the software is designed to be educational, is there a better way to learn the subject?

   - Do the images send negative messages?

2. Create your own time clock for rating TV programs. Create a time sheet to monitor the number of viewing hours, a tip sheet suggesting appropriate programs for children of particular ages, and a list of programs to avoid watching.

3. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

4. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

5. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

6. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

7. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

8. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

9. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

10. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

**Service Projects**

1. Work with a local school, religious center, library, or other site where parents and children gather. Volunteer to organize a children's event or program. Determine what your responsibilities will be: for example, leading activities or registration.

2. Determine a service you can provide for a local day-care or after-school facility. Arrange a meeting with the director to find out what services or resources are needed. You might organize a toy drive to provide new or slightly used toys and games for the facility, or volunteer to read stories to the children. Determine your goals, and work on a plan for reaching them. Recruit others to help you with the plan.

3. Become involved in tutoring a student after school. For example, you might devise a "home-work help" program to use at home with a younger sibling. Keep a notebook or log of the skills you are teaching and your student's progress. Share it with the parents or guardians.

4. Create a "baby-sitter's club" with girls in your troop or with friends. Advertise your group's services in a brochure. Or create a newsletter for the club. The baby-sitters' newsletter can include such features as do's and don'ts while baby-sitting and first-aid tips. Meet regularly with other baby-sitters to exchange ideas and tips.

5. Where can children in your community play and have fun? Locate the playgrounds and other recreational facilities in your area. Find out what ages can use them. Are they safe? What equipment do they provide? Create a recreation guidebook to share in your community.

6. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

7. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

8. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

9. Write a story or a poem about a time you helped make something, built something, or went on an adventure.

10. Write a letter to the editor of a local newspaper about an issue that concerns you, such as children's rights, education, or the environment.

**Career Exploration**

1. Discover how many colleges or agencies in your area offer courses for day-care providers. Contact a local child-care referral agency or college and learn what you need to do to become a professional day-care provider. Find out what courses you need to take, if any, for certification. Visit a college that offers day care and talk with the students/child-care providers about their work experiences.

2. Learn from a child care provider, teacher, or parent the special needs of caring for a child with a disability. Read the book "Building Your Character Up with Dave's" or page 67 of the "Caddie Girl Scout Handbook." Describe the poet's relationship with her brother. How has her brother influenced her personal goals?

3. Invite four professionals who work with children, such as a pediatric dentist, nurse, teacher, pediatrician, or psychologist, to speak at a troop or group meeting about their work. How does each professional help and work with parents and with children? Ask questions about their training and experience.

4. Interview a mother who works for pay outside the house full-time, one who works for pay outside the home part-time, and one who does not work outside the home. Find out their child-care arrangements. What are the roles played in child-rearing by fathers, grandparents, other family members, and professional child-care workers? What did the mothers tell you about the advantages and disadvantages of each arrangement?