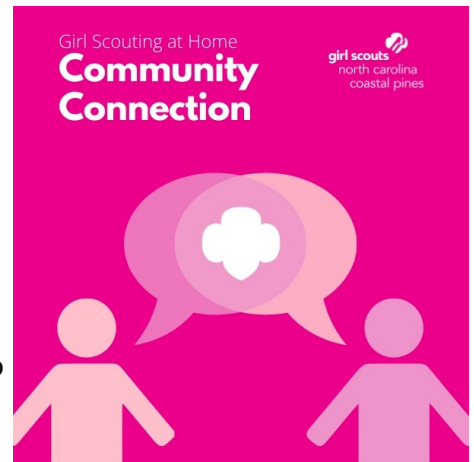


Community Connection

Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

COMMUNITY CONNECTION encourages Girl Scouts to continue to maintain a connection with their community. Each Monday we'll share ways for you to engage with your community by learning about, connecting with, and leaning into the community around you. Join the conversation online.

#OurGSNCCPCommunity



Communication in our Lives

Communicating with other people is an important part of our daily lives. How many people do you communicate with regularly? It might be more than you think! Try this quick and simple exercise: imagine a typical day. Make a list of all the people you interact with, starting from the moment you wake up. Make sure to include people you speak with, write to, wave to, and share a smile with—those are all ways we communicate! Would your results be different if you picked a school day or a weekend day, a day in the summer or one in the winter? How would your total number of people change if you didn't actually see any of the people on your list in person? What ways might you be able to communicate with those people from a distance?



Communication Technologies

Throughout history, people have been creating new ways to communicate with others, especially when it comes to sending messages between people separated by distance. In Ancient Greece, runners trained to run long distances between cities to deliver important messages. One of these professional runners, Pheidippides, became the inspiration for marathon races!

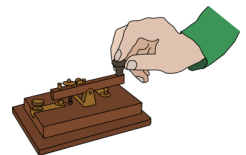


Pigeons were also used in places across the world to send messages back to a specific location. People on ships would send messages and signals to others using flags.

Sending messages became much easier in the 1840s, when the electric telegraph was invented. This allowed people to send a message that was tapped out in Morse code and transmitted through a wire, then translated back into words for the recipient of the message.



Soon after, people began making devices that resembled what would become the telephone. The telephone made communication between people much easier, but it didn't start out looking like most phones we use today!



Sending letters and exchanging written words has become much easier since the days of messenger pigeons—an email can send a message almost instantly! We now use computers not just for email communications, but also to see people using video platforms.



Communicating with our Communities

With so many different ways to communicate, how do we choose? Have some fun by researching other ways people shared information throughout history, and check out the next page for some fun ways to communicate with others! If you are using the Internet for research or any of the activities, make sure to first take the [Internet Safety Pledge](#).

Questions? programteam@nccoastalpines.org

www.nccoastalpines.org

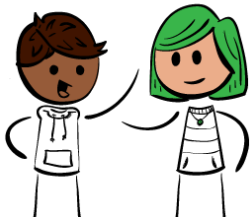
Secret Messages

Learn Morse code with a friend or family member, and send them a message that's at least five words long. You can send the message by writing the code, blinking it out in long a short flashes of light from a lamp or flashlight, or sounding in out with long and short "beeps." Research another way to send coded messages and try sending the same message. How are the codes different? In what situation would Morse code be the better one to use?

A . -	J . - - -	S . . .	2 . . . - -
B - . . .	K - . -	T -	3 . . . - -
C - . . .	L . . .	U . . -	4 . . . - -
D - . .	M - -	V . . . -	5
E .	N . -	W - - -	6 -
F	O - - -	X - . . . -	7 -
G - . . .	P . . . -	Y - . . . -	8 -
H	Q - - - -	Z - - - -	9 -
I . .	R . . .	1 . - - - -	0 - - - - -

Completed this activity? You've earned step 2 of the Detective badge for Juniors.

Practicing Positive Conversation



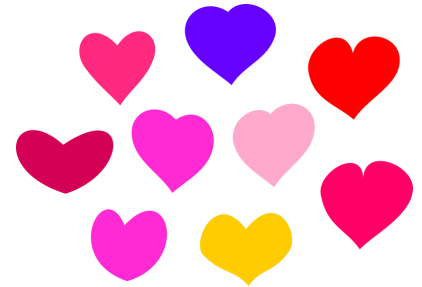
Talking to friends and loved ones is fun, but are we always doing the best we can at listening to the people we're having a conversation with? It's important to be a good listener in order to understand how people feel. Call a friend or family member on the phone and ask them to tell you about how they feel. Listen to them without interrupting, and then tell them what you heard them say. Then, switch! Tell them how you are feeling and see how well they listen.

Completed this activity? You've earned step 4 of the Making Friends badge for Brownies.

Practicing Kindness

Using technology for communication can sometimes lead to misunderstandings or mistakes in conversations. Create a practice for using technology for good and supporting the people you care about! Today, and everyday for the next two weeks, send a message using email, text, or social media praising others for something positive. Pay attention to how people respond and use that information to help guide future communication.

Completed this activity? You've earned step 2 of the Nettiquette badge for Cadettes.



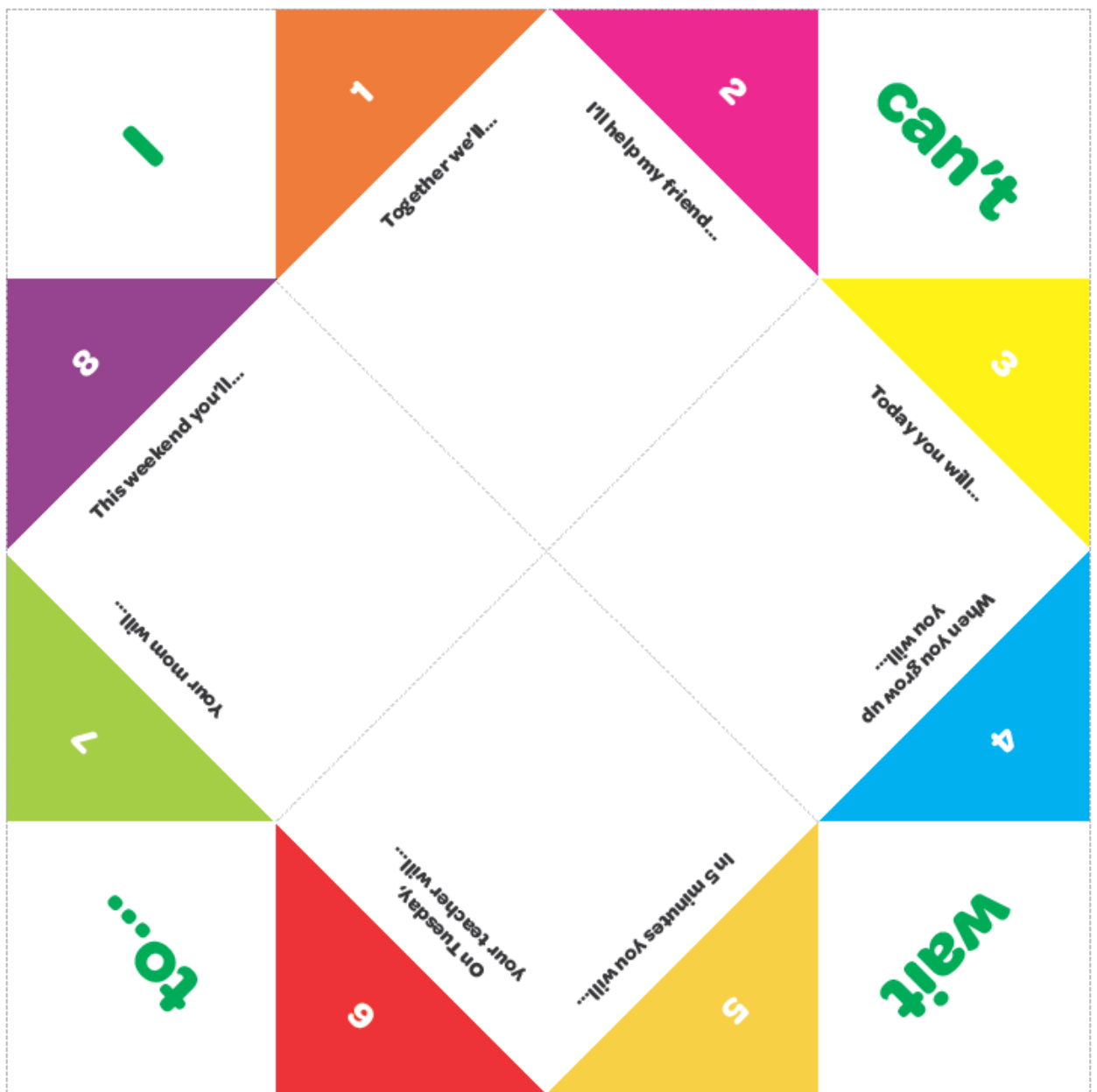
Make a Fortune Teller

A paper fortune teller is a fun way to have conversations and play a game at the same time! Check out the next page for a template you can use to make your own fortune teller. Prefer to start from scratch and create your own prompts? Want to watch the steps while you fold your fortune teller? Check out [this video](#) that will take you through the entire process, step by step. Remember, you can create your own fun predictions and activities to write inside the fortune teller.

Did you have fun with these activities? We want to hear all about it! Tag us using #OurGSNCCPCommunity

Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).

Community Connection



Make believe you're a fortune teller with these step-by-step instructions!



1

Write in eight imaginary fortunes for you and your friends.



2

Trim the paper on the dotted line as shown.



3

With the text side facing down, fold up all four corners of the fortune teller.



4

Does it look like this? If not, go back to step 1 and try again.



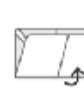
5

Flip the paper over and fold up all four corners again.



6

Does it look like this? If not, check your steps and try again.



7

Fold in half as shown. Are you getting excited to tell your friends their future?!



8

Place your fingers in the four paper flaps and work the device back and forth to form creases. It's time to play!

Help her discover a world of possibilities.

It all starts with one meeting. Guided by a volunteer and alongside peers, together you'll complete a series of activities designed to teach her about her world and herself. A year with Girl Scouts will be filled with new friends, tons of fun, and more "wow" moments than she's ever imagined.

Find a troop near you at www.nccoastalpines.org.

girl scouts
north carolina
coastal pines