



Perfectly Effortless Programs

SWAPS

Activity Overview

The purpose of this packet is to provide information about the exciting world of SWAPS. Have you ever wondered what “SWAPS” stands for or about “SWAP” etiquette? You will find all that information and more included in this Perfectly Effortless Program (PEP).

What are SWAPS?

SWAPS, the tradition of Girl Scouts exchanging keepsakes, started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making new friends. SWAPS were widely exchanged at national Girl Scout Senior Roundups in the 1950s and 1960s. In more recent years, some Girl Scouts describe the types of objects now preferred as SWAPS by calling them **S**pecial **W**hatchamacallits **A**ffectionately **P**inned **S**omewhere. SWAPS are still the perfect way for Girl Scouts to meet each other and promote friendship. Each one is a memory of a special event or Girl Scout sister. Pages 3-9 cover a few examples of SWAPS that your troop can make. Let your imagination run wild or explore the internet for additional ideas!

SWAPS Basics

SWAPS should:

- Tell something about the giver or her group.
- Represent the giver's country, community, local Girl Scout council, or troop.
- Be about an inch or two in size.
- Include a safety pin or way to wear the SWAP.

What to make?

SWAPS can be simple or complex, whatever the creator desires. It is not necessary to spend a lot of money on SWAPS. Many people make them out of scraps or natural materials. Most SWAPS are made with pins attached so they can be pinned onto a shirt or hat. SWAPS are little things that girls and leaders make to trade with each other at service unit, council, or national events. If you are making SWAPS in your troop, you can give the girls an assortment of beads, small wooden shapes, paints, markers, ribbons, felt, fun foam, chenille stems, and let their imagination go wild. SWAPS can also represent the theme of an activity or event.

How many?

Each girl should decide how many SWAPS she wants to trade. It's nice to include one SWAP for every event or meeting participant.

When to make?

SWAPS can be made during part of a troop meeting, during a special troop meeting called for the purpose of making SWAPS, or made by the girls at home.

Tips for SWAPS Givers

Girls should:

- Think about the kind of SWAP they would like to receive from someone else.
- Try not to spend a lot of money. Consider making something from recycled material.
- Be creative and take time to make hand-crafted SWAPS.
- Try to have one SWAP for each event participant.
- Plan ahead so there's time to make the SWAPS.
- Make SWAPS that can be worn, used, or displayed.

What to Do With SWAPS

Girls can:

- Include SWAPS with thank-you letters to those who helped them achieve their goals.
- Make a display or scrapbook for travel night or troop visits.
- Keep SWAPS in a memory box or shadow box.
- Make a quilt using SWAPS.
- Pin SWAPS to a backpack or lanyard.

Swap Safety and Etiquette

Girls should:

- Never refuse to swap with another person.
- Avoid using glass and sharp objects in SWAPS.
- Follow all *Safety Activity Checkpoints* guidelines.
- Avoid using food products, unless they are individually wrapped.
- Carry SWAPS to be traded in a shoe box, baggie, or pinned to your shirt.
- SWAPS that are pinned to someone's hat are generally considered off-limits, unless they are offered to you as a trade.
- Always say thank you! A Girl Scout is courteous.
- Never give a SWAP away that someone gave you.
- Always have extra SWAPS on hand for those people who have few or none. It is always nice if you give someone a SWAP who doesn't have one to give in return.
- Include the information such as your troop number, city, and state on the SWAP. You may also want to mark it with the date or the event name to help identify the SWAP later on. Tags can be easily made on the computer, cut to size, and attached to the pin.

Bandana

Materials Needed

- 3-inch square piece of fabric (any color or pattern)
- Pony bead (any color)
- Safety pin

Directions

Cut a 3-inch square piece of fabric. Fold the square in half, forming a triangle. Fold in half again. Pull the end through the pony bead to hold. Attach safety pin.



Bedroll

Materials Needed

- 1 piece of felt (any color) cut 2 inches wide by 4 inches long
- 2 pieces of thin yarn, about 6 inches long
- Elmer's glue
- 1 safety pin

Directions

With the shorter side facing you, roll the felt up (jelly roll style). Spread a little glue along the end of the felt to secure it. Tie each side of the roll with the yarn, making a bow. Trim yarn to desired length. Attach the safety pin.



Bookmark

Materials Needed

- Fun foam (5 different colors)
- Satin ribbon (1/8 inch wide) about 4 1/4 inches
- Hole punch
- Scalloped scissors
- Safety pin
- Elmer's glue or hot glue

Directions

Cut a piece of fun foam 1 1/4 inches by 4 1/4 inches using the scalloped scissors. Cut out four different color fun foam circles with the scalloped scissors. Using a hole punch, put two holes in each fun foam circle. Next, run the ribbon through the holes. Then glue the "buttons" onto the strip of fun foam to complete the bookmark. Trim the ends off the ribbon. Attach safety pin.



Bumble Bee

Materials Needed

- 8-inch piece of black paper wire
- 4-inch piece of white pipe cleaner
- 5 small (4x7mm) yellow pony beads
- 5 small (4x7mm) black pony beads
- Small safety pin



Directions

Fold black paper wire in half. Feed through safety pin. String black and yellow pony beads onto paper wire like a beady buddy (bead pattern: 2 black, 3 yellow, 3 black, 2 yellow). Twist ends of wire together and trim to form a “stinger”. Insert pipe cleaner through the yellow row of beads to form a wing on either side. Bend pipe cleaner into a circle and hook the ends through the paper wire on the side and then over itself to secure. Push a thick pencil through the center of each wing to help round it out.

Dunk bag

Materials Needed

- Small piece of netting
- Plastic bottle caps
- String
- Mini-clothespin
- Safety pin



Directions

Cut netting into a small square. Cut plates out of recycled plastic milk caps. Draw netting around the plates and tie off with string. Tie string end to a mini-clothespin. Add safety pin to hang.

Fall Wreath

Materials Needed

- 25 autumn-colored tri-beads (red, yellow, orange, rust)
- Yellow chenille stem
- Small piece of raffia
- Safety pin



Directions

Slide tri-beads onto yellow chenille stem alternating colors. Add safety pin and twist ends to hold. Tie on a piece of raffia. Hang from safety pin.

Fourth of July Beads

Materials Needed

- White rattail (about 6 inches long)
- 1 red pony bead heart
- 2 blue pony beads
- 2 white pony beads
- 2 red pony beads
- 1/8 inch wide red/ white/ blue ribbon (6 inches long)
- Safety pin



Directions

Run the white rattail through a safety pin. Fold in half and tie top with the small red, white and blue ribbon, making a bow. Thread the red heart bead onto both strands of the rattail. Next separate the strands and string a blue, white and red pony bead onto each strand. Tie a knot on each end and trim.

Fun Foam Butterfly

Materials Needed

- Precut fun foam hearts (3 different sizes, any colors)
- Black fun foam
- Black chenille stem
- Elmer's glue or hot glue
- Safety pin



Directions

Using three different size pre-cut fun foam hearts, glue together to form the butterfly wings. Cut the body shape from the black fun foam and glue in the center. Add chenille stem pieces for the antennae. Attach to a safety pin.

Fun Foam Flower

Materials Needed

- Precut fun foam flowers
- Precut fun foam centers
- Elmer's glue or hot glue
- Safety pin



Directions

Use pre-cut fun foam flowers and centers. Glue together as desired. Hang from a safety pin.

Girl Scout Colors

Materials Needed

- Safety pin
- Ribbon (1/16 inch wide) or embroidery floss of every color in the poem
- Poem below (optional)



*Here is a pin that is special you see
A better Girl Scout it will help you to be.
From true blue to sisterly green
Here is what each color means:
Blue – honest and fair
Yellow – friendly and helpful
Pink – considerate and caring
Red – courageous and strong
Purple – responsible for what I say and do
Orange – respect myself and others
Silver – respect authority
Brown – use resources wisely
Green – make the world a better place
Gold – be a sister to every Girl Scout*

Directions

Attach each color of the embroidery floss to the safety pin using an overhand knot.

Girl Scout Kisses

Materials Needed

- Brown fun foam
- White fun foam
- Small red pom pom (5 mm)
- Black wiggly eyes (7 mm)
- Fine point permanent marker (black or red)
- Safety pin



Directions

Using brown fun foam, cut out the shape of a candy kiss. Glue on two wiggly eyes, a small red pom pom for the nose. Draw on a smile with black or red fine point Sharpie marker. Cut a strip of white fun foam and write your Troop number on it. Hang from a safety pin.

Girl Scout Stars

Materials Needed

- 1 coiless safety pin (1-18 inch)
- Small brightly colored beads
- 4 mm jump ring
- Foil star (1/2 inch)
- Small Safety pin



Directions

Using the coiless safety pin, put enough beads on to fill one side (about 7 beads depending on size). Put a jump ring on the star, close and slip the jump ring onto the safety pin (should be in the center of the rounded part of the pin). Then fill with more beads, leaving enough room to close. Pinch with pliers so the pin won't open. Put a small safety pin through the top.

Kaper Chart

Materials Needed

- Yellow fun foam
- 5 mini clothespins
- Fine point black permanent marker
- Elmer's glue or hot glue
- Hole punch
- Safety pin



Directions

Cut a 1 ½ by 1 ½ inch square out of fun foam. Trim off the top edges. Using a permanent marker, draw in lines and write the different chores for outdoor kapers. Next add names on the clothespins and clip them onto the bottom of the kaper chart. Punch a hole in the top and hang from a safety pin.

Make New Friends Pin

Materials Needed

- 6-inch silver or gold metallic pipe cleaner
- 6 silver pony beads
- 6 gold pony beads
- Paper
- Clear contact paper
- Hole punch
- Safety pin



Directions

Slide alternating silver and gold pony beads onto the pipe cleaner. Type out tag: "Make new friends but keep the old, one is silver and the other's gold." Cover tag with clear contact paper. Cut out paper strip and punch a hole at one end. Attach by twisting ends of pipe cleaner – fold to back. Attach pin.

Marshmallows

Materials Needed

- Small twig
- White pony beads
- Elmer's glue or hot glue
- Pin



Directions

Take three white pony beads and glue onto the small twig. Glue pin on back if desired. If you like your marshmallows a little more "done," you can tint with brown marker.

Silver and Gold Beads

Materials Needed

- 1/8 inch wide satin ribbon (10 inches long)
- 1 metallic gold pony bead (or heart)
- 1 metallic silver pony bead (or heart)
- 1 small safety pin



Directions

Fold ribbon in half. Make a small loop at the top using an overhand knot. Attach pin through the loop and tighten ribbon. Put one silver bead and one gold bead through both strands of the ribbon. Next take one strand of the ribbon and feed it through the gold bead from the top and out the bottom. Tighten ribbon. Trim ends of ribbon to desired length.

Girl Scout Cookie

Materials Needed

- Brown fun foam
- Tan scrap booking paper
- Brown scrap booking paper
- Elmer's glue
- Scalloped scissors
- Safety pin



Directions

Cut a circle, about 2 inches in diameter out of brown fun foam. Cut a hole in the center. Glue on paper “confetti” pieces cut out of tan scrap booking paper to cover fun foam cookie. Next glue on strips of chocolate cut out of brown scrap booking paper (use scalloped scissors for this). Hang from safety pin.

Silver & Gold Rings

Materials Needed

- 3 ½ inch piece of gold pipe cleaner
- 3 ½ inch piece of silver pipe cleaner
- Safety pin



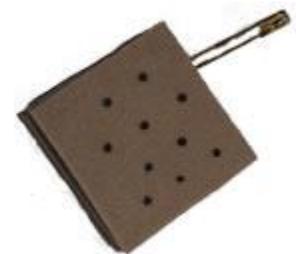
Directions

Twist ends of gold pipe cleaner together to form a 3-inch circle. Flatten ends down. Feed silver pipe cleaner through the gold circle and twist the ends together to form a 3-inch circle. Flatten the ends. Add safety pin to loop.

S'mores

Materials Needed

- 2 one-inch square pieces of tan fun foam (for graham crackers)
- 1 7/8-inch piece of brown fun foam (for chocolate)
- Cotton ball (for marshmallow)
- Fine point black marker
- Small safety pin
- Hot glue gun (or Elmer's or tacky glue if working with young children)



Directions

Glue brown fun foam on top of one piece of the tan fun foam, centering it. Next break off a small piece of the cotton ball and glue it on top of the brown fun foam. Top with the remaining tan piece of fun foam. Using your black marker, make dots across the top of the tan fun foam in a random pattern. Attach pin.