



World Thinking Day 2025 Activity Guide

Our Story: Reflecting the symbolism
and values of our Movement

Fun activities for Girl Scout Daisies, Brownies, and Juniors.



“World Thinking Day is a time for [Girl Scouts and Girl] Guides all around the world to stop and think about our sisters; especially those living in poverty, forced to fight in war, or suffering from the impact of a natural disaster.”

— Rachel, Barbados

Join Girl Scouts and Girl Guides in over 150 countries around the world to make a difference on a global level!

On February 22 of each year, Girl Scouts and Girl Guides celebrate World Thinking Day. Each year has its own theme, such as helping the environment, fighting poverty, achieving gender equality, or making sure everyone has access to education. On this day, Girl Scouts and Girl Guides everywhere will honor their global community by doing activities around this special theme.

Here are the four steps to earn your World Thinking Day award.

1. Explore World Thinking Day.
2. Experience World Thinking Day with purpose.
3. Investigate this year’s World Thinking Day theme.
4. Share what you learned and commit to a better future.

Ready to think big and explore meaningful issues in your community and beyond? Let’s get started!



The World Association of Girl Guides and Girl Scouts (WAGGGS) is the largest voluntary movement dedicated to empowering girls and young women in the world.

STEP 1: Explore World Thinking Day.

World Thinking Day is one of the most popular events in Girl Scouting. Find out how it started, what's changed, and why it's so important!

Choice 1: Make art about the World Thinking Day story.

With your friends, create a poster, mural, or collage showing the story in three parts and include this year's theme as part four. See **The World Thinking Day Story in Four Parts**.

Choice 2: Sing "The World Song" and create your own song.

Gather your friends to listen to the video by Melinda Carroll* or see the activity online here. Sing the song with friends, family, your troop, your community, or at school. You can even create props. For instance, you could draw a flag to hold while singing or tie a ribbon around your group to show unity. You could also take turns singing each line, use hand movements to act out words, or come up with a drumbeat or claps for the rhythm. After you sing "The World Song," create your own song or poem. Make it about this year's World Thinking Day theme. *Credit: Melinda Carroll Music, <https://www.melindacarollmusic.com/>

Choice 3: Write a message for your future.

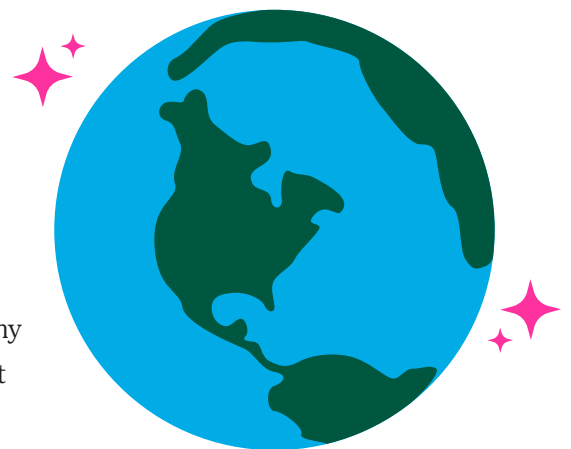
On a piece of paper, write or draw your vision for what you want to happen in the future. Think about things that would make the world a better place, such as:

- ▶ A cleaner planet
- ▶ Education for all girls
- ▶ No more poverty
- ▶ No one goes hungry
- ▶ Clean water for everyone
- ▶ An end to all wars
- ▶ Kindness
- ▶ Healthcare for all people
- ▶ Equal rights for all people

Next, decorate a cardboard paper towel tube using markers, stickers, and any other craft supplies you have. Share your message with your troop, then put it into the cardboard tube. Store it somewhere safe until next year's World Thinking Day. When that time comes, share what you wrote with your Girl Scout friends and family. Why is this vision important to you?



The World Trefoil symbol's background is **blue** to represent the color of the sky. The outer ring's **gold band** represents sunshine. The inside **gold leaves** stand for the three parts of the Girl Scout Promise. There are two **gold stars**: one is for the Girl Scout Promise and the other is for the Girl Scout Law. The center **gold compass** needle is the safeguard between the Promise and Law. The **gold base** underneath the compass is the flame of international friendship.



STEP 2: Experience World Thinking Day with purpose.

World Thinking Day is more than just thinking. It is knowing that you have the power to make a difference alongside your global community of Girl Scouts and Girl Guides. Create an experience for World Thinking Day that helps you learn more about the world and your place in it.



Choice 1: Investigate what's global in your community.

Plan a field trip with your troop or with a family member to explore what's global in your community. You might discover a parade, fair, exhibit, or festival celebrating culture. Who is participating in this cultural event? Where did the culture originate? Ask someone to help you check calendars in your community center to find an event with a global connection. Or explore your neighborhood to find signs of culture in your community. It might be the food at a restaurant or the practices used at various places of worship, or books for your age group in the library that explore various cultures. Draw or make a list of everything you find and create a journal about what you learned about various cultures.

Choice 2: Get to know someone from another culture.

There are many cultural differences among people who grew up in the United States, and there may be even more between people who grew up in a country outside of the United States. Let's learn! Connect with someone in your community—maybe in your own troop or family—who grew up outside of the United States. Ask if they'll speak to your troop about the culture they were raised in and what it was like coming to a new country. Think of ideas together and invite one or more of these people to a meeting where you can ask questions. Make sure to come up with ideas for questions beforehand. Ask your guest if they can bring something from their culture to show the group, such as a food or a piece of clothing. Is there a special dance or song they can teach you from their home country? Or maybe they can teach you how to say hello or show respect to adults in their culture.

Choice 3: Make a personal connection.

Ask your troop leader to help you find international pen pals to exchange ideas on leadership and how they'll make the world a better place. Have your troop leader browse the WAGGGS member organizations and check individual country websites to research their pen pal programs. You can also spend time with a friend or family member who has traveled to another country or comes from a country outside of the United States. Look on a map to find the country your pen pal, friend, or family member is connected to. Have a conversation to learn what their experience was like living in the country. What foods did they typically eat? What was the common form of transportation? How did they like to spend their weekends? You might find that things are more similar between the two of you than you realized!



STEP 3: Investigate this year's World Thinking Day theme.

The theme for World Thinking Day 2025 is **Our Story: Reflecting the symbolism and values of our Movement.**

In Step 1, you explored World Thinking Day. You might have chosen to learn about the story and history of this nearly 100-year-old tradition. If you did, you know that on this special day each year, Girl Scouts and Girl Guides everywhere take action on global issues. They find their voices and speak out! In doing so, they build the confidence to know they can make a real difference. How do we know this for sure? Because we checked! Research shows that compared to non-Girl Scouts, Girl Scouts are more likely to have confidence in themselves and their abilities.**

Be a part of this proud tradition. Choose one of the following activities to find out how you can build the confidence to speak up for yourself, others, or a cause you care about.

Choice 1: Draw yourself as a superhero.

It is important to have the confidence to speak up for yourself. Sometimes doing this can feel a little scary. But it's okay—really—to tell others what you want, what you don't want, and what you need. After all, they can't know if you don't tell them. Saying what you need makes you a good communicator. And guess what? The more you speak up, the easier it gets. When you're brave enough to say what you're thinking, it makes you feel good about yourself. When you feel good about yourself, you get more confident about speaking up.

Self-confidence isn't just nice to have. It also helps you accomplish amazing things. In a way, it's like a superpower! Draw a picture of yourself as a self-confident superhero. Write all your heroic qualities around the picture: "I am good at soccer," "I am a good listener," "I am good at math," and all the other things that make you great. When you're done, share your drawing with a friend. Maybe they'll be inspired to draw their own superhero self-portrait!

Choice 2: Explore how to speak up for others.

We've all heard about bullies. You may have even seen them in action. A bully is a person who is mean to someone else. Sometimes bullies hurt by hitting or pushing. Other times they just say or write words that are not nice. Either way, the person being bullied feels awful and often doesn't know what to do. They may struggle to speak out and stop the abuse.



**According to *The Girl Scout Impact Study, A Report from the Girl Scout Research Institute, 2017.*

You can help break this cycle. If you see someone being bullied, tell a trusted adult and speak up for that person! This is called being an ally. We are stronger when we work together. When you put your self-confidence to work as an ally, you really do make the world a better place.

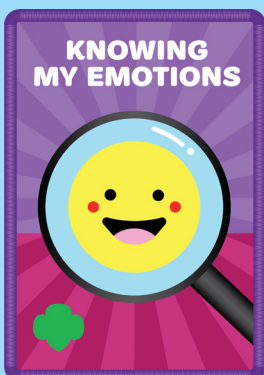
To learn more about this important topic, with help from an adult, go to your local library and read a book about speaking up for others. You can ask the librarian for suggestions. Talk with a friend or family member about what happens in the book and how you think it applies to real life. How important is it to speak up for friends? What did the characters learn? How would you speak up for a friend?

Choice 3: Speak up for the environment by making the Tree Promise.

When you have the courage and the confidence to speak up for a cause you believe in, you're taking action. Through positive action, you can change your community, the environment, or maybe even the whole world for the better!

An action doesn't have to be big to make an impact. Even little actions can lead to big changes. One simple action you can take is to plant, protect, and honor trees through the Girl Scout Tree Promise. Girl Scouts have planted more than 300,000 trees already. That's a lot of trees! And you can feel great about that because trees are so important and do such great things. They help keep communities cool, provide homes for many animals, make shade on hot days, clean our water, and much more. **The Power of One Tree** meeting aid in this activity packet shows more ways trees are important to us.

Read the Girl Scout Tree Promise out loud with your Girl Scout troop, then sign it—and *do* it. Don't forget to speak up and tell others about your great work! Be proud and confident in your power to help the environment.



Want to learn more about building confidence and speaking up for yourself and others? Check out the Mental Wellness patch program.

Knowing My Emotions (Girl Scout Juniors)

With the Junior Knowing My Emotions patch program, you'll get a chance to learn about:

- Positive coping skills to help when you feel stressed or anxious
- How to name your feelings and talk about them
- Ways to show kindness to others who might be going through a tough time

STEP 4: Share what you learned and commit to a better future.

Share what you learned about World Thinking Day with others! Did you connect with someone to learn about their country or culture? Tell your friends about it and share what you discovered. Did you explore something interesting about the World Thinking Day theme? You could share that instead.

Choice 1: Participate in a World Thinking Day event.

Ask your troop leader to help your group plan an event that can show what you've learned. Think about creating flyers or a poster with the message you want to share. Have food or music from countries you may have learned about. Find creative ways to show your guests the problem you learned about and what some solutions might be. Invite a guest speaker to talk to your group. Reach out to your troop network to find organizations with experience in global issues, especially one that connects to the theme you learned about. Find out from your guest speaker how you can make a difference. What can you do in your home, community, and the world?

Choice 2: Create a message.

With the help of an adult, come up with a message about what you learned and things you want to see happen to help make a difference. You can draw or write your message in a poster, film it as a video, or create a skit or play about it. Then, with your friends, brainstorm ways you can share your message. For example, you could post it on social media (with an adult's help), present it at school, or display your message in a community center.

Choice 3: Plan a project.

The best way to help with a problem is to Take Action. First, think about what the problem is. Write it down.

Next, come up with some ideas for ways you and/or your troop can help. Then make a plan to help. This might be a troop Take Action project or one you do on your own.

Write a Pledge

A pledge is a promise or agreement you make with other people and agree to keep. Come up with a pledge for yourself and your group to sign that honors this year's World Thinking Day theme. Create a pledge using this model:

I join my global community of Girl Scouts and Girl Guides on World Thinking Day.

This year's theme is _____

I learned about _____

I plan to share what I learned and make a difference by _____

Signed, _____

When you are done with all four steps, make sure you celebrate! Working with your global Girl Scout and Girl Guide community to explore this year's theme and earn your World Thinking Day award means you've helped make the world a better place.



The World Thinking Day Story in Four Parts

Part 1: A Special Day

In 1926, Girl Scouts and Girl Guides from around the world met in the United States and created a special day where we can all think of one another and express thanks for our community of Girl Scouts and Girl Guides from around the world. They called it Thinking Day. They chose February 22 because it was the birthday of both Lord Baden-Powell, the founder of the Boy Scouts and co-founder of Girl Guides (along with his sister Agnes Baden-Powell), and his wife Olave Baden-Powell, who was the Chief Girl Guide.

Part 2: A Birthday Gift

In 1932, at the 7th World Conference in Buczek, Poland, it was pointed out that since a birthday often involves presents, it would be a good idea to offer gifts on Thinking Day to support Girl Scouts and Girl Guides around the world. Olave Baden-Powell wrote a letter asking Girl Scouts and Girl Guides to “Send a penny with their thoughts” on Thinking Day.

Part 3: World Thinking Day

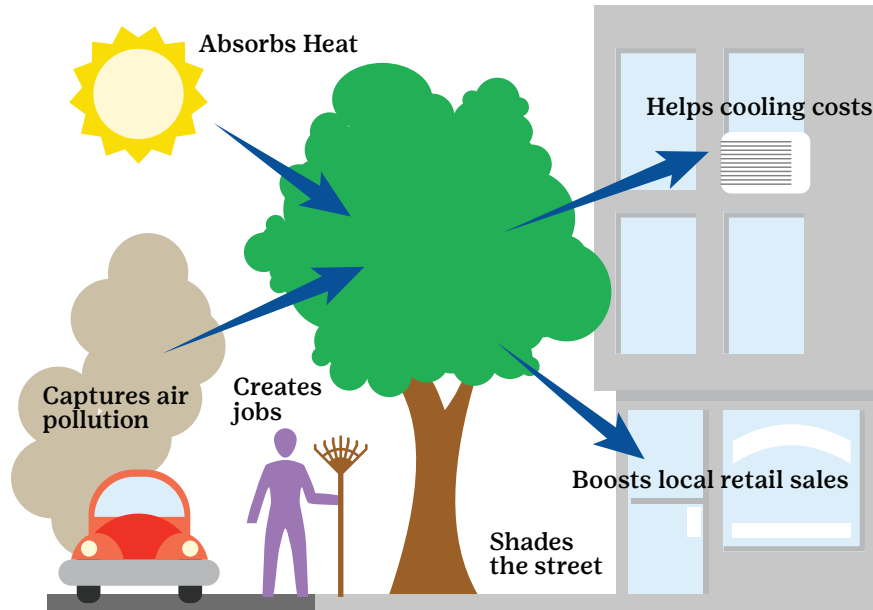
In 1999, at the 30th World Conference in Dublin, Ireland, Thinking Day changed to World Thinking Day as a better name to show our connection with Girl Scouts and Girl Guides around the globe.

Part 4: Coming Together

Each year, World Thinking Day focuses on a theme where the whole community of Girl Scouts and Girl Guides around the globe works together to find ways to help. This year’s theme is *Our Story: Reflecting the symbolism and values of our Movement*.



The Power of One Tree



Water

- ▶ A tree can capture 10–40% of the rainfall it comes into contact with, depending on species, time of year, and amount of rain that falls in the storm.¹
- ▶ Over the course of 20 years, a single red maple tree can intercept 27,000 gallons of rainwater, avoiding 4,800 gallons of runoff.²

Climate

- ▶ A large tree absorbs 40–50 pounds of carbon dioxide—a greenhouse gas that causes global warming—per year.³
- ▶ Over the course of its life, a single tree can capture and store one ton of carbon dioxide.⁴

Forest Products

- ▶ According to estimates calculated by the University of Maine, one tree can produce around 8,333 sheets of paper.⁵ The average office worker uses 10,000 sheets of copy paper each year.⁶
- ▶ “An apple tree can yield up to 15–20 bushels of fruit per year and can be planted on the tiniest urban lot.”⁷

People

- ▶ A single tree can capture 3.5 pounds of air pollutants—like ozone, dust and particulate matter—per year.⁸ Air pollutants like fine particulate matter are a major cause of asthma and other respiratory problems.
- ▶ A mature tree can reduce peak summer temperatures by 2°–9°F.⁹

- ▶ “The net cooling effect of a young, healthy tree is equivalent to 10 room-size air conditioners operating 20 hours per day.”¹⁰
- ▶ “Trees absorb and block noise and reduce glare. A well-placed tree can reduce noise by as much as 40 percent.”¹¹
- ▶ A single large tree can produce approximately 260 pounds of oxygen per year.¹²
- ▶ While lifespan varies by species and growing environment, trees generally live to be 50 to 300 years old.
- ▶ The tallest tree in the world is a Coast Redwood named Hyperion, growing in Northern California’s Redwood National Park. It’s 380 feet tall!¹³

More general facts/facts about more than one tree:

- ▶ In one year, an acre of forest can absorb up to twice the carbon dioxide produced by the average car’s annual mileage.¹⁴
- ▶ Trees properly placed around buildings can reduce air conditioning costs by 50%.¹⁵
- ▶ Trees increase property value of your home by 10–20% and attract new home buyers.¹⁶
- ▶ Trees can reduce crime and improve perceptions of business districts.¹⁷
- ▶ One study showed that hospital patients whose rooms had a view of trees recovered more quickly and were less depressed than those looking out at a brick wall.¹⁸
- ▶ Students with trees outside school windows have higher test scores and graduation rates after controlling for other factors. High school students with more natural features like trees outside classroom and cafeteria windows showed higher standardized test scores, graduation rates, and intention to attend college, after controlling for socioeconomic status and other factors.¹⁹
- ▶ After a walk in the park or playing in green spaces, children with ADD displayed fewer symptoms.²⁰
- ▶ Eight in ten species found on land—that’s over five million and counting—live in forests.²¹
- ▶ More than half of U.S. drinking water originates in forests. Over 180 million Americans in over 68,000 communities rely on forests to capture and filter their drinking water.²²

This content was provided by American Forests as a resource for the Girl Scout Tree Promise.

1 <https://extension.psu.edu/the-role-of-trees-and-forests-in-healthy-watersheds> 2<https://www.itreetools.org/>

3 <https://www.itreetools.org/>

4 <https://www.itreetools.org/>

5 <http://conservatree.org/learn/EnviroIssues/TreeStats.shtml>

6 <https://www.pca.state.mn.us/quick-links/office-paper>

7 <https://www.treepople.org/tree-benefits>

8 <https://www.nrpa.org/globalassets/research/nowak-heisler-research-paper.pdf>

9 <https://www.epa.gov/heat-islands/using-trees-and-vegetation-reduce-heat-islands>

10 <https://www.fs.usda.gov/detail/r9/home/?cid=STELPRD3832558>

11 https://www.taketwoenvironmental.com/how_trees_help_the_environment

12 <https://www.thoughtco.com/how-much-oxygen-does-one-tree-produce-606785>

13 <https://www.livescience.com/28729-tallest-tree-in-world.html>

14 <https://www.itreetools.org/>

15 <https://ww3.arb.ca.gov/cc/capandtrade/protocols/forest%20old/ctcc.pdf>

16 <https://www.hgtv.com/design/real-estate/increase-your-homes-value-with-mature-trees>

17 Wolf, Kathy. *Journal of Arboriculture* 29(3): May 2003 “Public Response to Urban Forest in Inner-City Business Districts”

18 <https://www.theatlantic.com/health/archive/2013/03/how-nature-resets-our-minds-and-bodies/274455/>

19 Matsuoka, R. (2008). High school landscapes and student performance. Doctoral dissertation, University of Michigan.

20 Faber Taylor, A. & Kuo, F. (2009). “Children with attention deficits concentrate better after walk in the park”. *Journal of Attention Disorders* 12(4).

21 <http://www.wri.org/blog/2015/05/forests-housing-rare-and-endangered-species-lost-12-million-hectares-trees-2001>

22 <https://www.fs.fed.us/managing-land/national-forests-grasslands/water-facts>



Our World, Our Equal Future, and the Girl Scout Tree Promise

There is a climate crisis.

The past 10 years have been the warmest in centuries. Because of climate change, we have more natural disasters like wildfires, droughts, hurricanes, and floods.

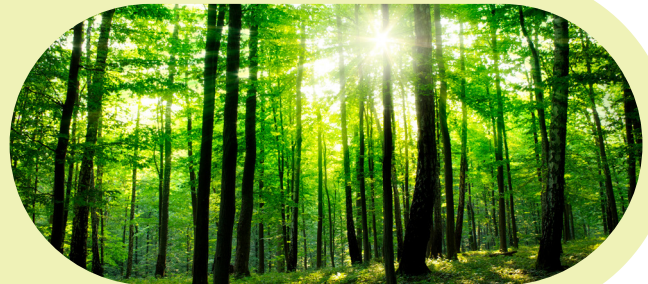


The climate crisis has a larger impact on girls and women.

In general, women spend more time acquiring food, fuel and water, or struggling to grow crops.

Trees are one solution to climate change.

Carbon dioxide is a greenhouse gas that traps heat in the atmosphere. Trees help stop climate change by removing carbon dioxide from the air and storing it in the trees and soil.



Girl Scouts are taking the lead in protecting our planet by taking the Tree Promise.

Our Goal? 5 million climate actions including planting, protecting, and honoring trees. This will help reduce climate change and benefit our communities. Girl Scouts everywhere are being called to action to plant, protect, and honor trees in their backyards, camps, communities, and states—across the country and even across the world.