



PROMISE BOOKLET



Name _____

The Promise and Law

Brownies and Guides all around the world share a Promise and a Law.

The three parts of the Promise are represented by the three fingers of the salute.

Think of the Promise and Law as a challenge - they tell you 'this is the sort of person a Brownie should be' and challenge you to be that sort of person. Being a Brownie isn't just about wearing the uniform and getting lots of badges, or having fun with your friends once a week (although these things are a part of it) - it's trying to be the best person you can be.

Are you willing to take on the challenge? If you are, then you can make your Brownie Promise.

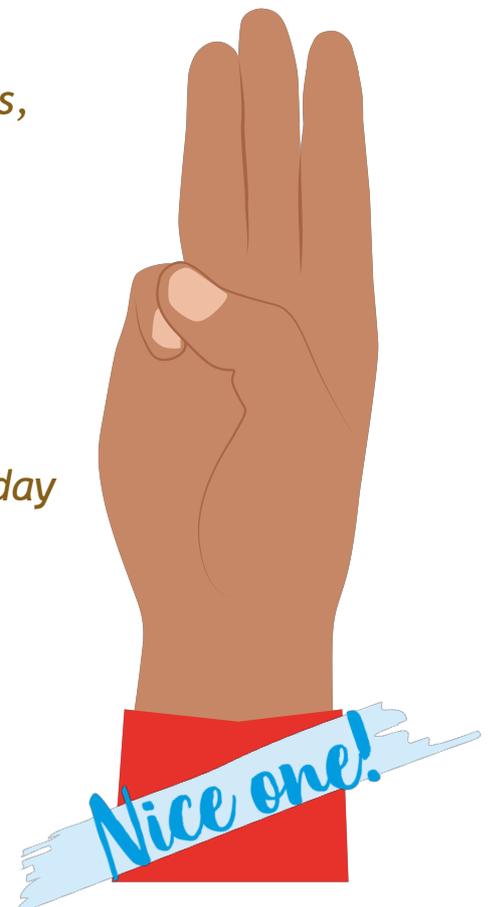
The Promise

*I promise that I will do my best,
To be true to myself and develop my beliefs,
To serve the Queen and my community,
To help other people,
And to keep the Brownie Guide Law.*

The Law

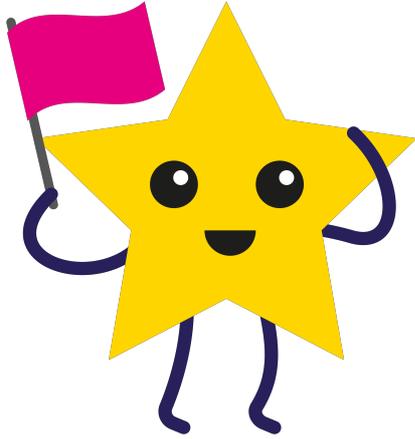
*A Brownie Guide thinks of others
before herself and does a good turn every day*

Are you ready to explore what the Promise means?



Do Your Best

The Brownies go to a swimming event.

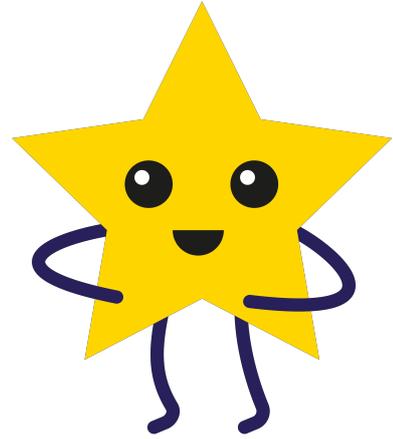


This is Alice.

She doesn't like swimming much and has only just learnt.

She manages to swim one length but comes last.

Who has tried their best and why?



This is Lucy.

She loves swimming and goes to a club every week.

She swims ten lengths and beats everyone else.

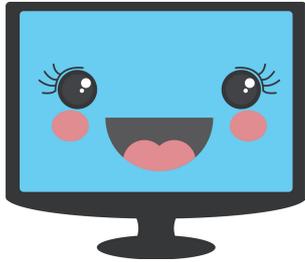
Is there something you want to get better at? Choose something to try your hardest at this week...

How does it feel after doing your best?

Inspirational!

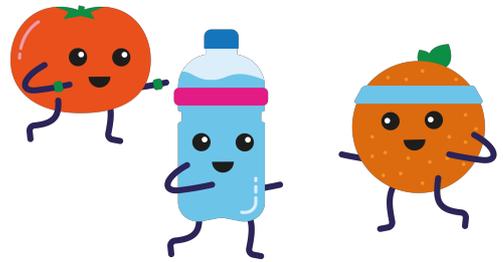
Be True to Yourself

What is your favourite...



TV show/film

.....



Food

.....



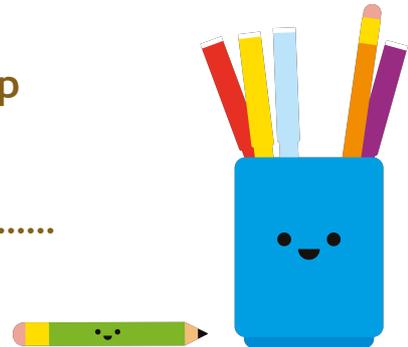
Pop singer/group

.....



Book

.....



Colour

.....

Be proud to be different if that is what you want. Don't be afraid to like and do what you want, even if you seem to be the only one.

Explore
your
interests!

Develop Your Beliefs

Your beliefs are like your own rules for how you should be and act in life.

There are lots of beliefs that we all agree on such as being kind to each other and not telling lies.

Just like your favourites list, there are some beliefs that you have that may be different to other people's.

Do you have a religious belief, a belief about the environment or just something you believe is right?

I believe...



Astounding!

Remember; you may not agree with other people's beliefs, but that's OK.

As you get older, you may find that your beliefs change and that's OK too.

Serve the Queen and your Community

Communities are groups of people that share an interest or purpose. They can be big or small.

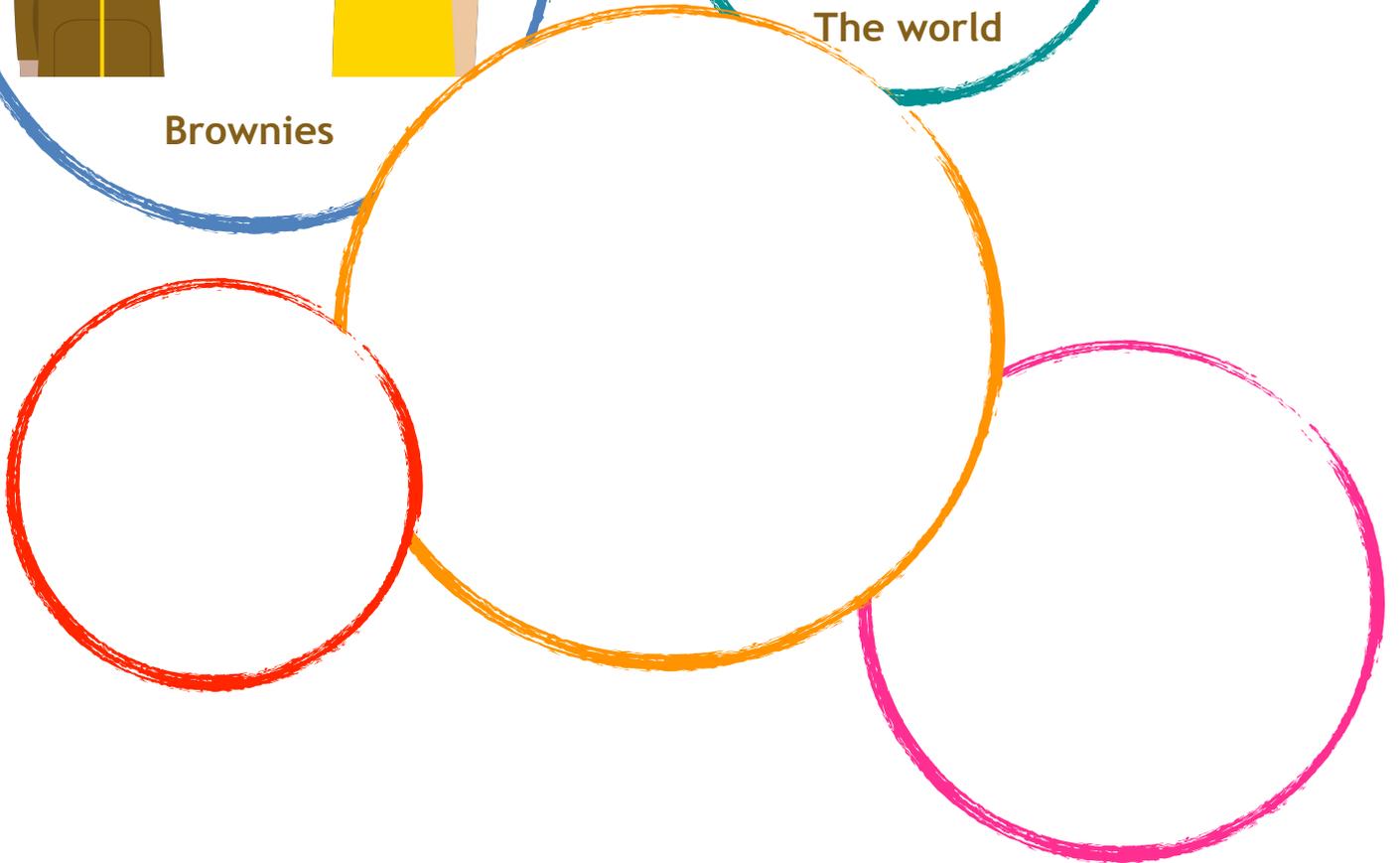
See how many communities you can think of that you belong to.



Brownies



The world



Think of some ways you can help the communities you belong to.

It could be always listening to the person in charge; or not dropping litter.

Help Other People and Keep the Brownie Guide Law

A Brownie Guide thinks of others before herself and does a good turn every day.

Good turns are little acts of helping other people. It can be as simple as holding a door open for someone. Write down your good turns on the chart to show how many you have done.

Day	Good Turn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	



Congrats!

You're now ready to
make your Brownie
Promise.