

MAKE YOUR DREAMS POSSIBLE – J2J

SIT UPON

WHAT ARE SIT-UPONS?

Part of Girl Scout traditions is the sit-upon. What is a sit upon? It is an insulated and usually waterproof pad, homemade and used to protect the user's backside from the cold and damp when sitting on the ground. A sit upon can be used at Jubilation for:

- Ceremonies
- Program activities
- Eating in your camp sites.

You will find very simple ways to make a sit-upon or for some that choose - ones that are a little more creative, elegant and even conversation starters.

SIT-UPON IDEAS?

- Use a bandana and a waterproof backing (heavy duty flannel backed table cloth
- Plastic material with newspaper as padding. Sew up the sides by using a hole punch and yarn.
- 5 gallon bucket where the lid is padded with a water proof top. Girls can carry bucket to sit on or just lid.
- Be creative and resourceful in making your sit-upon.
- Super Hero themed or Dreams themed



Google or search Girl Scout Sit Upon on the web for tons of ideas.