

Dear Girl Scout Volunteers,

Welcome to the third leadership Journey! *It's Your Story—Tell It!* introduces a storytelling theme in a fun and relevant manner so that girls may better understand themselves and their potential. Building a strong sense of self is the underlying goal of the series, which was made possible in part by a generous grant from the Dove Self-Esteem Fund.

When girls hear, share, and build their own stories, they gain confidence and see that they can make a difference in their own lives and the lives of others. Girls develop and gain self-esteem and confidence through taking action and trying new things. The goal of this journey series is to get girls active, to get them doing things that build their skills and let them accomplish goals, whether personal or project-related. Girls want to do things and it is by doing that they derive their greatest sense of accomplishment.

The Journey 3 activities get girls moving and thinking in creative and physically challenging ways, through role-play. This allows them to become comfortable and competent as they take part in real-life, age-appropriate social situations. Through recipes and general health and well-being content and discussion, this Journeys program helps develop healthy attitudes toward physical, social, and emotional health.

Woven into each grade-level Journey are activities and discussions designed to get girls thinking critically about the media, including its portrayal of girls and women. *It's Your Story—Tell It!* offers a comprehensive, multidisciplinary approach to building leadership and self-esteem for the girls.

### **EXPLORE A THEME**

Each of the three leadership Journeys invites girls at each grade level of Girl Scouting to explore a theme through many experiences and from many perspectives. In this way, girls build leadership skills and confidence as they gain new skills and knowledge, and widen their view of the world. Each Girl Scout Journey features a book for girls and a guide for the adults who partner with the girls in a group setting. Girls can now choose from three themes including, *It's Your World—Change It!*, *It's Your Planet—Love It!*, and *It's Your Story—Tell It!*

Girl Scouts of Eastern Pennsylvania developed the Journey Toolkits to support the work you do with your girls. Each toolkit (Journey 1, 2,3) has an intro to the themes and awards for each, as well as detailed meeting planning help.

### **JOURNEY TOOLKIT HOTLINE**

In addition to the Toolkits, call or email the Journey Toolkit Hotline at 1.800.355.3847, ext. 1459 or 484.920.3055 or [journey@gsep.org](mailto:journey@gsep.org). Your call will be returned within 24 hours with help and suggestions about facilitating Journeys!

We are thankful for all you do to support Girl Scout mission of building girls who lead with courage, confidence and character to make the world a better place.

—Girl Scouts of Eastern Pennsylvania



# Welcome to Girl Scout Cadettes, Seniors & Ambassadors



## Girl-led

In Girl Scouting, girls enjoy activities that are based on keys to leadership and the process that make Girl Scouting distinct from school and other extracurricular activities. It begins here, with planning your meeting schedules! Encourage the girls to lead the planning, decision making, learning, and fun as much as possible. This insures that girls experience leadership opportunities as they prepare to become active participants in their communities. They may, at first, want you to come up with the ideas and plans. But hold your ground! This is the girls' experience, and they will be up to the challenge! It's the approach begun by Juliette Gordon Low: When she and her associates couldn't decide on a new direction, she often said, "Let's ask the girls!"

## Meeting Overview

The length and frequency of the meetings will be determined by you and the girls. The following is a typical Girl Scout meeting structure, which the girls may or may not choose to use.

**AN OPENING OR STARTING POINT** The girls may or may not choose to open their meetings with an official ceremony, such as a flag ceremony and the Promise and Law. In any case, there needs to be an indication that the meeting has begun.

**BUSINESS** Girl Scout Cadettes, Seniors and Ambassadors may have more business to address than younger Girl Scouts. It is the girl's opportunity to discuss their current and future plans and create implementation steps.

**ACTIVITY** This will usually be the main part of the meeting. Considering the Girl Led aspect of Girl Scouting, the girls will drive what those activities will be. If the girls are doing one of the Girl Scout Journeys their activities will probably be one of the suggested activities within the Journey or a related one that sparked the girls' interest.

In addition to the Journey, the girls may agree upon another area that may require bringing in a speaker or someone to work with the group who has expertise in something. As the volunteer, you can be extremely helpful to the girls in advising them and helping them secure what they need.

**CLEAN-UP** Even Girl Scout Cadettes, Seniors and Ambassadors need to be reminded from time to time that we leave a place cleaner than we found it.

**CLOSING/ENDING** Just as there is a beginning there needs to be an ending. The girls may or may not choose to end some meetings with a Friendship

**CIRCLE AND A SQUEEZE** The important thing is that they leave on a high note, knowing what their next step is going to be.



# Welcome to Girl Scout Ambassadors

How to Guide Girl Scout Ambassadors Through  
***bliss—Live It!—Give It!***

*It's Your Story—Tell It! A Leadership Journey*



*This Girl Scout leadership journey is part of a series that invites girls into the fun and friendly world of storytelling. Throughout this journey, the Ambassadors hear stories of dreams and dreamers—from athletes and artists to designers and scientists! And through these stories, Ambassadors come to understand that their own dreams can become part of their story, too.*

## **Stories + Dreams = 2 Fun Ways to Build Girls' Leadership**

### **WELCOME TO BLISS—LIVE IT!—GIVE IT!**

Creativity Counts when it comes to confidence. Having confidence in one's dreams is a great building block toward Ambassadors' strong self-esteem. At this age, girls are future focused! The many creative activities along this journey give Ambassadors a variety of avenues for exploring their dreams and their potential throughout life.

### **MUSIC**

Girls explore the connections between dreams and music, make playlists of their favorite songs, close their eyes, listen and see if their minds wander to their deepest dreams... dream up a song of your own.

### **INSTALLATION ART**

Girls create a Curtain of Dreams with colorful paper chains, symbolizing the beginnings of new adventures, opportunities and dreams.

### **FASHION DESIGN**

Girls create a piece of clothing using materials at hand that captures their personal "labels"—descriptions of themselves that also speak to their dreams.

### **DRAWING**

Girls use their hearts, heads and hands to sketch "a symbol of Bliss" that represents their hopes for the world.

### **STREET ART**

Girls create small objects inscribed with an inspirational message, and leave them behind in public places for strangers to find.

## What Girl Scout Ambassadors Can Earn...

Journey Leadership Awards for each of the three Journeys are based on a girl's participation in a whole series of interrelated activities and discussions that contribute to a girl's overall experience and that help her develop the three keys to leadership. Badges, on the other hand, focus on one specific skill (for example, creating a piece of art or learning first aid). Think of it this way: Journeys are Leadership Building opportunities, while Badges are skill building opportunities. Keep in mind that the journeys are very flexible and that "requirements" for earning awards are not meant to be rigid. What's most important is that girls gain exposure to a variety of opportunities, enjoy activities based on the three keys of Discover, Connect, and Take Action, and have experiences that look to achieve the national outcomes.

Journeys and badges are designed to be complementary, not to compete. Journeys are the core Girl Scout curriculum. They have been developed to help all Girl Scouts develop the three keys to leadership: Discover, Connect and Take Action. Badges complement the journeys by helping girls build skills on specific topics.

Among the badge offerings are seven "Legacy badges" – for Brownies through Ambassadors—based on traditions and activities that have been in existence since Girl Scouts' beginning: Artist, Athlete, Citizen, Cook, First Aid, Naturalist, and Girl Scout Way. Badge activities will be progressive, so girls can build on skills they've learned at each level. For instance, when they earn the Cook Badge as Brownies, they'll add to their experience when they earn the Cook Badge as Juniors all the way up to Ambassador.

The graphics on page 49 and 51 help you to see how easily the badges and Journey Leadership awards work together for your girls.

### THE DREAM MAKER AWARD!

On this journey, the Ambassadors have the opportunity to earn the Dream Maker Award, a leadership award that has them exploring the three keys: Discover (identify a woman or girl, or group of women and girls, who would benefit from their assistance in realizing a dream), Connect (girls work together to create a plan for how to Take Action) and Take Action!

**What it means for Ambassadors:** Girls understand the bliss they can achieve by helping others with their dreams, and they realize that a leader pursues her own dreams and makes it possible for others to do the same.

**How Ambassadors earn it:** As with all leadership awards earned on Girl Scout journeys, the Dream Maker award gives girls the planning, teamwork, and networking skills they need to pursue the Girl Scout Gold Award, the highest award in Girl Scouts.

#### Steps to the Dream Maker Award:

- 1 Meet Successful Dreamers
- 2 Seek and select a Dreamer (or Dreamers)
- 3 Define the Dream
- 4 Give It! Gift It!

**No matter what dream the girls move forward, remember that a good Dream Maker project gives them the opportunity to:**

- learn that helping others also helps themselves (and how great that feels)
- see that members of their community have diverse needs
- expand their networks (that helps them in this project, and in life!)

# Anatomy of a Badge

**Five Steps:** Each badge has five steps. Girls complete all five to earn the badge.

**Making Games**

You can have fun without a computer, a deck of cards, or even a ball. Games are everywhere when you use your imagination to make them up. Try this badge, and you and your friends will never be bored again.

**Steps:**

1. Try to invent a new sport
2. Make up a mystery game
3. Create a party game
4. Change the rules
5. Invent a whole new sport

**Purpose:** ... I'll know how to create new games and share them with others.

**MAKING GAMES**

**Purpose:** This opening statement tells girls what they'll be able to do once they've earned the badge.

From the Brownie Badge: Senses

**DIFFERENT WAYS TO SEE**

**COLOR BLINDNESS**

People who are color-blind can't see differences between certain colors. Go online with a grown-up to find a color blindness test. Look at it, and talk about what it might be like to be color-blind.

**OPTICAL ILLUSIONS**

Optical illusions use lines or shapes to trick your brain. All of these pictures can be seen as two different things, if you look at them long enough. Which image do you see first?

**STEP 1 Look around**

**Explore your sense of sight by doing one of the following activities—**

- Hold a scavenger hunt in your neighborhood or at a park.** Fill a bag with things that you can see with your sense of sight. For example, hold your scavenger hunt on a night hike with a flashlight. Before you go, find out why humans can see better in the dark.
- Play Klutz!** Ask our volunteer to collect about 10 items that are colorful, made of different materials, and have different textures. Sort them into groups based on color, texture, or shape. Then, use the items to make a sculpture or a collage. How many items could you use?
- Go on a window hunt.** Put a list of how many human-made things you can see, like chairs, tables, or machines, and how many natural things, like trees, flowers, and birds, on a piece of paper. Go outside and count them. How many did you find?

**Tip before takeoff**

Don't worry if some of your senses don't work as well as others. If a step isn't right for you, do two options in another step.

**Do ONE option to complete each step. Inspire! Do more—or try a Challenge.**

**Three Choices:** There are three choices for completing each step. Girls only need to do ONE.

**Journey Tie-In:** Each badge includes a tip for tying the badge activities into a journey.

From the Brownie Badge: Hiker

**Now that I've earned this badge, I'm prepared to give service by:**

- Showing my friends how to get ready for a hike
- Helping make GORP for a healthy snack for my family
- Telling others why hiking is fun and inspiring them to hit the trail

**What are you inspired to do with your new skill?**

I'm inspired to:

**Sign here**

**Giving Service:** This closing statement offers three ideas about how a girl can use her new skill to give service, plus room for girls to write or draw their own ideas.

- learn to research and plot out a realistic, step-by-step plan (this helps with just about everything, including college applications!)
- use their talents and skills in new ways.

**Further Dream Maker Award Details** The steps to the Dream Maker Award are detailed through the *bliss—Give It!* half of the of the girls’ book. Girls may work together or as individuals to complete the four steps.

## **THE GIRL SCOUT GOLD AWARD**

As a Girl Scout, you are part of the sisterhood of the World Association of Girl Guides and Girl Scouts, a global movement comprised of more than ten million girls worldwide who are using their talents to positively impact their communities. With your talent and passion, you, too, can make changes in your community that can reach people around the world.

The Girl Scout Gold Award is the highest and most prestigious award that Girl Scout Seniors and Ambassadors can earn. Fulfilling the requirements for the Girl Scout Gold Award starts with completing two Girl Scout Senior or Ambassador journeys or having earned the Silver Award and completing one Senior or Ambassador journey. Each journey you complete gives you the skills you need to plan and implement your Take Action project.

After you have fulfilled the journey(s) requirement, 80 hours is the suggested minimum hours for the steps: identifying an issue, investigating it thoroughly, getting help and building a team, creating a plan, presenting your plan, gathering feedback, taking action, and educating and inspiring others. The suggested minimum hours are not a rule; they are a guide for you to plan your time in achieving your goal.

When you decide to earn the Girl Scout Gold Award, you are on your honor to uphold the Standards of Excellence. These standards set a high benchmark for everything you do and invite you to think deeply, explore opportunities, and challenge yourself. Following the Standards of Excellence challenges you to develop yourself as a leader, achieve the Girl Scout Leadership Outcomes and make a mark on your community that creates a lasting impact on the lives of others.

Visit [http://www.gsep.org/media/files/gold\\_award\\_manual.pdf](http://www.gsep.org/media/files/gold_award_manual.pdf) for more information.

## **Other Thoughts or Helpful Hints**

- It is recommended that each girl have her own copy of the Journey book
- Ceremonies, opening and closing, mark the Ambassadors’ time together as special and separate from the rest of their day. If this is their last year in Girl Scouts, your group may be also earning the Bridge to Girl Scout Adult Award Pin. Make it a very special ceremony.
- Creative Activities throughout the adult guide encourage creativity, self-expression and teamwork
- Recipe ideas give the girls a chance to have fun with journey related themes.

## **POSSIBLE FIELD TRIPS AND COMMUNITY PARTNERS**

- Get out into the community and explore the diversity around you, and discover their diverse needs.
- Partner with local crafters for ideas
- Go to a planetarium show, a music or dance concert, art show or play.
- Go visit a museum

**NATIONAL PROGRAM**

# What Ambassadors Do\*

## Choose a Journey



## Use The Girl's Guide to Girl Scouting



### Financial Literacy



On My Own



Good Credit

### Cookie Business



Research & Development



P & L



Photographer



Coaching



Dinner Party



Public Policy



Ambassador First Aid



Water



Ambassador Girl Scout Way

\* Remember to add in trips, outdoor adventures, the cookie sale and more! See ideas in all the girls books.

- Visit tech schools and college campus’.
- Have a hot springs, sauna or spa or beach day.
- Go camping out under the stars.
- Get BLISSFULLY physical, hiking, cycling, ice-skating or swimming.

### **HOW TO PLAN JOURNEY ACTIVITIES**

Please refer to pages 57 and 58 to see a sample of how to plan Journey activities. Use the blank form to start planning activities with your girls.

### **ADDITIONAL PROGRAMMING IDEAS FOR TROOP MEETINGS**

- Complete a Journey and register for Take Action Gold Award Training ([http://www.gsep.org/media/files/gold\\_award\\_manual.pdf](http://www.gsep.org/media/files/gold_award_manual.pdf)). Then register for Take Action Gold Award Training on the website [www.gsep.org](http://www.gsep.org) to start the process.
- Practice networking, building a network of people you think would be fun to meet, and perhaps are in a position to give ideas and resources for college and career planning.
- Do some of the activities at camp or a retreat instead of troop meetings
- Have every girl invite a woman she admires to the meeting, and ask her to share her dreams.
- Great leadership opportunity for the girls, have them each choose a session and “sign on” to lead it.

## **Take Action Project**

All Journeys guide girls through a Take Action Project. When girls pursue Take Action projects, they take time to identify and understand the root cause of the issue they are addressing. Girls also must make sure that each project is sustainable and that the impact is measurable.

### **SUSTAINABLE**

Girls must make arrangements (such as collaborating with community leader and/or organization’s; building alliance with mentors) to ensure that the project creates lasting change and is not a one-time event.

### **MEASURABLE**

The success of the project can be determine based on the number of people the project helped, the number of people who were involved, any reduction in the community’s need, and other concrete numbers.

## **TAKE ACTION PROJECT**

A Take Action project picks up from where a short-term project leaves off. Here are three great examples:

- 1 Book of Clothing Drive** Make it a Take Action project by holding the drive annually and getting a sponsor to advertise and organize every year.
- 2 Graffiti Cover-up** Girls who paint a wall to cover up graffiti can create a club that travels around the city painting beautiful murals on buildings that have been defaced.
- 3 March or Fair** Girls who held a march or fair could expand the event to include community artisans and make it an annual gathering.

## **IS YOUR PROJECT A TAKE ACTION PROJECT?**

Here is how you find out!

- YES! It addresses a need, immediate or otherwise
- YES! It addresses the root cause of the problem
- YES! It creates lasting impact in the community that can be measured
- YES! It includes provision to ensure sustainability long after the girl has finished her project



## Ambassador Journey Award Record

Name: \_\_\_\_\_

Troop/Group Number: \_\_\_\_\_

Fill in the date completed and activities completed.

AWARD	ACTIVITIES COMPLETED	DATE COMPLETED
The Dream Maker Award	Step 1:	
	Step 2:	
	Step 3:	
	Step 4:	

**NOTES:**