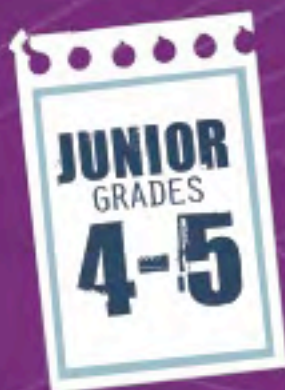


# **Journey Toolkit**

## Girl Scout Junior





# What Juniors Do\*

Use them all with  
The Girl's Guide to  
Girl Scouting

Want to earn  
more Badges? Add  
the Badge sets

Choose a Journey  
and earn the awards



**Agent of Change**

Digital Photographer   Staying Fit

Musician   Entertainment Technology   Scribe

**GET MOVING!**

Jeweler   Gardener

Detective   Camper   Independence

**aMUSE**

Geocacher   Animal Habitats

Playing the Past   Product Designer   Social Butterfly

Drawing   Practice with Purpose   Inside Government

Simple Meals   Junior First Aid   Junior Girl Scout Way   Flowers

**Financial Literacy**

Business Owner   Savvy Shopper

**Cookie Business**

Cookie CEO   Customer Insights

Cookie CEO   Customer Insights

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

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# The Girl's Guide to Girl Scouting

The Girl's Guide to Girl Scouting is an essential piece to the Girl Scout Leadership Experience. In the guide, girls are able to connect with the activities chosen, and grow to understand Girl Scouting all over the world. The guide contains the Girl Scout Junior Handbook, The Girl Scout Leadership Experience Map, a Junior Awards Log, other fun activities for girls to complete, and the Legacy Badge requirements.

## What is a Badge Activity Set?

The Girl's Guide to Girl Scouting comes standard containing the Legacy Badge Activity Set. Legacy Badges are the traditional badges that Girl Scouts have been earning for generations, and have been updated to reflect the vision of present day Girl Scouting. Legacy Badge Categories consist of Artist, Athlete, Citizen, Cook, First Aid, Girl Scout Way, and Naturalist. Each individual badge book consists of 4-12 pages, and contains all the information needed to earn the badge. The front of each badge book explains the badge in a small overview, and also the goal which will be met in the process of earning the badge. It is the leader's discretion if a girl in the troop has met the badge requirements.

Alongside each Journey, there is a badge activity set. These sets do not come in the Girl's Guide to Girl Scouting, and can be purchased for a small fee in the Girl Scout Shop. Badge activity sets are available to correspond to each Journey, but do not need to be earned in conjunction with the Journey your troop has chosen to complete. For example, if your troop selected the "Get Moving" Journey, but would like to earn the Animal Habitats badge, activities can be created to connect the Journey to the badge.

Badges allow girls to build on skills that were learned in the previous grade level. On the back of each badge book, girls can see how to apply the skills learned while earning the badge to everyday use, and also inspires girls in many different ways. By earning badges in Junior Girl Scouts, girls will be able to progress their skills and build on them during their years to come in Girl Scouting.

## Are there other awards Junior Girl Scouts can earn?

There are multiple awards available for Junior Girl Scouts. One major award for Junior Girl Scouts is the Bronze Award. The Bronze Award is a leadership adventure for all Girl Scout Juniors across the country. More details and information can be found in the Bronze Award Guideline booklet found in the Girl's Guide to Girl Scouting. Information can also be found at [www.gsep.org](http://www.gsep.org). As you guide the girls to complete their project, they develop more confidence, meet new people, and have the kind of fun that happens when girls team up with other Girl Scouts to make a difference.

# Agent of Change



## Basic Description:

Girls discover how to use the “power of one” and the “power of team” to create the “power of community” that improves the world. During the Journey, girls begin to build the confidence to make changes to their communities, and learn the importance of working together with a team.

Dez the spider leads the girls through the journey, while girls discover the skills they have that make them a great leader and how they relate it to the Girl Scout Law. Girls earn three awards during the journey. Awards and a brief description of each are listed below.

POWER OF ONE AWARD – Girls will use their own ‘power log’ to discover all the ways their strengths and powers help them create change in the world, and discover qualities of a leader

POWER OF TEAM AWARD – Girls will make a team decision and begin to brainstorm ideas for a Take Action Project. The project will reach into a community network to solve a problem together with community members

POWER OF COMMUNITY AWARD – Girls will take action on their plan, reach out, and inspire others to get involved. After the project, girls will reflect on what they have accomplished and celebrate it

The Journey book is divided into three sections that follow the awards. The three sections are; Me to the Max-Power of One, Moxie up the Team-Power of Team, and Mobilize the Globe-Power of Community.

There are many options and other ways to enhance a Journey experience. Possible field trips and community partners include visiting a publisher or writer, visit places where girls can brainstorm ideas and possibly complete their Take Action Project. Girls can also learn the importance of working together by playing team building games and other activities.

Below you will find three Sample Sessions for this Journey. Sample Sessions can be changed and altered to fit your specific needs.



# Agent of Change



## Sample Session 1

### GOAL

The girls will get to know their troop/group members, review or learn some Girl Scout basics, and discover their own values and individual “powers.”

### SUPPLIES NEEDED

- Agent of Change girl book and adult guide
- Markers
- Paper, small and large
- Scissors
- Yarn for “necklace” and hole punch
- Long rope
- One index card for each girl
- Writing utensils
- Trefoil cutouts

### PRE-MEETING

Lay out the materials they need to make their nametags.

### ARRIVAL ACTIVITY

Have girls create their own name tag by using the trefoil cutouts. Ask them to write their name on one side, and three things about themselves on the other. Have the girls decorate it as they wish. Punch a hole at the top and use the yarn to drape this around their neck.

### OPENING

Introduce yourself and the other adult volunteers. Introduce or review the Girl Scout Sign and review the Promise. Complete a modified rope ceremony, which can be found on page 46 of the adult guide. Have each girl introduce herself and the three things about herself which she wrote on her nametag. After each girl had a turn, talk about the Journey they will go on together and the opportunity to discover the qualities of the Law in themselves along the Journey. Give each girl an index card and complete the third step found on page 46 of the adult guide.

## BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

### ACTIVITY 1

Complete the Thinking About Power activity found on page 47 of the adult guide and page 6, girls' book. Give an overview of the Journey, *Agent of Change*, and the awards they can earn along the way which is referenced on page 7 of the girls' book. Have the girls complete the "Your Daily Power" activity found on page 14 of the girls' book. Discuss what power means and ask each unfinished sentence in the "Did You..." box, one by one, and ask who has an example.

### ACTIVITY 2

The girls have been sitting for awhile, so let them play a game to get their energy up! Let the girls pick the game, or come prepared to play one.

### ACTIVITY 3

See page 48 of the adult guide for the Power Log activity. Ask the girls if they would like to make individual power logs or create a big team power log. See page 49, the "keep it girl led" tip box if the girls would like to create one team power log. Discuss with the girls how they would like to do this, as this is part of earning the first award on their Journey.

## SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

## CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

## CLOSING

Ask the girls to do "What Makes Me, Me" activity found on page 13 of the girl's book at home and bring it with them to the next meeting. Conclude with the Friendship Circle and squeeze.

# Agent of Change



## Sample Session 2

### GOAL

The girls will create a Junior Agreement together. The girls will share the “What Makes Me Me,” activity (take home activity from last meeting) and their Power Logs. The girls will also learn about women heroines.

### SUPPLIES NEEDED

- Agent of Change girl book and adult guide
- Easel paper with the Girl Scout Law on it
- Their rope with the index cards

### ARRIVAL ACTIVITY

Have the first few girls who arrive early lead a game. Have copies of “What Makes Me Me,” activity found on page 13 of the girls’ book so any girl who forgot or missed the last meeting can create it now.

### OPENING

In a circle, recite the Girl Scout Promise and Law. Ask them to look at the Girl Scout Law and think of what they wrote on their index cards last week. Ask, “what quality do you see in yourself since they met?”

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Have the girls create a Junior Agreement. Let the troop know the purpose of the agreement is to establish how they will treat each other. Give them some prompts such as “only one person will talk at a time” or “agree to disagree.” Broaden the discussion to talking about rights and responsibilities. After the agreement is complete, discuss initial plans for an investiture and/or rededication ceremony. Get their ideas and refer them to pages 29 and 30 in their book. You may look at page 29 in the adult guide for ideas. Information on these ceremonies can be found in the glossary.



### ACTIVITY 1

Gather girls in a circle and share the outcomes of the “What Makes Me Me” activity. Allow time for girls to share their picture or collages they have made.

### ACTIVITY 2

Follow up on what was done in the first meeting with the Power Log. If the girls decided to complete this individually, have them share with a buddy everything they did for the day they chose. Wrap up with the discussion tips found on page 49 of the adult guide.

### ACTIVITY 3

Reference pages 50–52 of the adult guide for the ‘Her Story’ and ‘Dream Team’ Trading Cards activities. Girls may reference pages 17-22 in their book. There are many options here for the girls to choose from. Toss these options out and find out how the girls would like to do ‘Her Story.’ Try listing all of the options on paper. Then, allow the girls to decide how to complete the activities.

### SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

### CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

### CLOSING

Close the meeting with the Friendship Circle and squeeze.

# Agent of Change



## Sample Session 3

### GOAL

The girls will explore how powerful women have been throughout history by sharing their 'Her Story.' They will also determine how they are going to share the responsibility of running their troop meetings.

### SUPPLIES NEEDED

- Agent of Change girl book and adult guide
- A small flag
- Long rope
- Obstacles for an obstacle course
- Cloths for blindfolds
- The Law written on easel paper
- Photocopies of page 26 in the girls' book

### PRE-MEETING

Prepare the table for the arrival activity.

### ARRIVAL ACTIVITY

Have the girls complete the "Power Skills, Power Words" puzzle on page 26 of their book.

### OPENING

Conduct a simple Girl Scout flag ceremony and include the Promise and Law. More details on a flag ceremony can be found in the glossary. Try having each line of the Law read by a different girl and then all of them end the last line together.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Explain that a kaper chart is a "job" chart and it will help them manage their meetings. Brainstorm what kapers need to be done within their meetings on a regular basis. Examples might include; organizing the opening, closing, snacks, clean up, etc. Ask the girls how they would like to organize themselves in groups so everyone has a responsibility. Girls might enjoy forming into small groups and creating a name for their group. Next, have the girls finalize plans for their

Investiture and/or Rededication ceremony. Some prompts to ask the girls could be, when will it be, will there be food, and will they sing a song.

### ACTIVITY 1

Have the girls read and share their 'Her Story.' Follow the prompts on pages 56–57 of the adult guide. Remember, if the girls have decided in their previous discussion to do this in a different way, it may take more than this meeting to review.

### ACTIVITY 2

The girls have been sharing and listening for awhile. So, change the pace and play a game. Ask the girls for game choices and then let one of the girls lead it.

### ACTIVITY 3

Complete the "Who Led the Way for You," found on page 57 of the adult guide and page 28 in the girls' book, and discuss it with the group.

### SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

### CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

### CLOSING

Close the meeting with the Friendship Circle and squeeze. Let the girls know that at the next meeting they will take the last step in earning the Power of One award. Ask them to start thinking about the celebration they might like to have to mark this achievement.

# Get Moving!



## Basic Description

In this Journey, girls learn about energy and natural resource such as; calculating a carbon footprint, recycling and reusing materials, uses of energy in nature, and the importance of conserving energy in transportation.

Throughout the Journey are various stories of women involved in energy conservation. This Journey enables girls to get creative while learning about energy. Girls will also have the opportunity to earn three different awards. A brief description of each award can be found below.

ENERGIZE AWARD – Girls will make an energy pledge to reduce their energy use in one or more ways, try at least two other energize activities suggested along the Journey, and check out how others are handling energy issues

INVESTIGATE AWARD – Girls will learn about energy use in their buildings, and work with their families to make an energy improvement plan at home

INNOVATE AWARD – Girls will identify an energy issue in the community, research it, and create a plan to help in their energy use. Girls will also inspire others to join their cause, share their results, and reflect on what they accomplished and celebrate it

There are many options and other ways to enhance a Journey experience. Possible field trips and community partners include; visiting a recycling center or energy corporation, explore 'green' buildings, try composting or making paper, and even create a 'trash to treasure' art project. Girls can also learn the importance of working together to try to set up recycling efforts at their school or in the meeting space.

Below you will find three Sample Sessions for this Journey. Sample Sessions can be changed and altered to fit your specific needs.

# Get Moving!



## Sample Session 1

### GOAL

This meeting will introduce the girls to the Get Moving Journey and the basic types of energy.

### SUPPLIES NEEDED

- Slips of paper, pencils
- A hat or container
- Ball for the arrival activity
- Poster board or large paper to write the team energy pledge
- Art supplies for paper making add-ins
- Get Moving Girl book and Adult Guide

### PRE-MEETING

Make sure you have enough paper slips for the arrival activity. Lay out all the materials you'll need for the third activity.

### ARRIVAL ACTIVITY

As the girls arrive, ask them to read pages 10 and 11 of their books and write down an example of how they used one type of energy on a slip of paper, and put it into the hat.

### OPENING

Have the girls gather in a friendship circle. Welcome them to the meeting and say the Girl Scout Promise. Let the girls know that they are going to play a game based on the theme of the Journey they are about to go on: energy! Give the girl standing next to you the ball and have her throw it to one of her friends in the circle. The girl who catches the ball has to pick out a slip of paper from the hat or container and say one way that she could make the example on the paper more energy-efficient. Go around the circle until everyone has gone. If there are new girls in the group, use this as a way to have each girl say her name and introduce herself to the group.



## BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Introduce the Journey and the three awards that the girls will earn: Energize, Investigate and Innovate. For tips, see page 34 of your adult guide.

## ACTIVITY 1

In this activity, the girls are going to build off of the opening activity and make an Energy Pledge, the first step to earning their Energize Award. Alone or in pairs, have the girls read pages 14, 15, 18, and 19 of their books. When they are done, bring the girls back together and, as a group, and decide on a Team Energy Pledge that will cover how they use energy each time they gather. Once the group pledge is completed, have each girl write her own Energy Pledge and share it with the group.

## ACTIVITY 2

Have the girls get up and play a game! The girls can decide on their own game or you can play People-to-People, but call it Junior-to-Junior! Designate one girl as the “caller” and have all the other girls pair up and stand side-by-side. When the caller shouts “Junior to Junior” the girls run to find a new partner to stand next to. The odd person out becomes the new caller. To change it up a little, the caller can yell different body parts, such ‘hand-to-hand’ or ‘foot-to-foot’ and the girls will have to find a new partner and contact the body part that the caller named.

## ACTIVITY 3

Let the girls know that at the next meeting they are going to make recycled paper, and ask them to bring in any paper recycling materials that they can such as; scrap paper, tissue paper, old newspapers, etc. Explain that the most fun part about making recycled paper is making it unique. The best way to do that is to include dried flowers or leaves or decorative pieces of paper. For this activity, the girls are going to either go outside to find fun things to add in their paper, or make their unique flourishes themselves out of cut paper. For some samples, have the girls check out page 36 of their books. You can also let the girls know that if they have something special at home that they want to include in their paper, they should bring it in.

## SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

## CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

## CLOSING

Close the meeting with the Friendship Circle and squeeze. Instructions for an energy related closing ceremony can be found on page 37 of the adult guide.

# Get Moving!



## Sample Session 2

### GOAL

During this session girls will learn how others are tackling energy issues.

### SUPPLIES NEEDED

- Scraps of recycled paper ripped into small pieces
- Piece of screen
- Plastic basin for water run-off
- Electric blender
- Rags and a few old towels
- Butter knife
- Pieces of cardboard cut to match the size of the papermaking screen
- Duct tape
- Get Moving Girl book and Adult Guide

### PRE-MEETING

Set up everything you need for the paper-making activity.

### ARRIVAL ACTIVITY

As the girls arrive, have them help you cut up the scraps of paper needed for the paper-making activity.

### OPENING

Have the girls gather standing in a friendship circle. Welcome them to the meeting and say the Girl Scout Promise.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

### ACTIVITY 1

Ask the girls to gather in a circle. In this first activity, you and the girls are going to talk about how their energy pledges are going. Ask the girls questions such as, 'has it been difficult? What is the easiest part? Has anyone else in your family decided to take the energy pledge

with you?’ Go around the circle and ask each girl to report on her progress. After all the girls have had a turn, read about Abbe Hamilton on page 34 of the girls’ book, and her energy pledge of “Saying no to Styrofoam.” Explain to the girls they will soon have a project similar to Abbe’s. Let them know that they will talk more about their project later in the Journey to earn their Innovate Award!

## ACTIVITY 2

The girls are going to make paper! For instructions, see page 35 in the adult guide and pages 36 to 38 in the girls’ book.

## SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

## CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

## ACTIVITY 3

If time allows, have the girls return to the circle or sit at tables and complete page 39 with all the ways they want to use their paper. Let them know that they are half way to earning their Energize Award!

## CLOSING

Close the meeting by talking about personal energy and doing a friendship circle squeeze. Please see the instructions for the closing ceremony in your adult guide on page 37. Then, ask the girls to stand up for a friendship squeeze and let them know you’ll see them next time.

# Get Moving!



## Sample Session 3

### GOAL

The girls will continue to learn about energy and earn the Energize Award. To determine how they are going to share the responsibilities for their meetings, learn a new Girl Scout tradition and start to plan their Rededication or Investiture ceremony.

### SUPPLIES NEEDED

- Flags for the opening
- Board for kaper chart
- Pre-cut pieces of cardboard or construction paper for kaper chart nametags
- Art supplies to decorate nametags
- Energize Awards to hand out to the girls
- Get Moving Girl book and Adult Guide

### PRE-MEETING

Set up everything the girls need to decorate their cardboard pieces for the kaper chart.

### ARRIVAL ACTIVITY

Have the girls write their names on pieces of cardboard or paper and then decorate it for the kaper chart that they will learn about later.

### OPENING

Teach the girls how to complete a basic flag ceremony and include the Promise and Law. More information can be found in the glossary. Recite the Pledge of Allegiance and the Promise. Return the American flag to its holder and have the girls sit in a circle.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Explain to the girls that a Kaper Chart is a job chart, and then brainstorm with the girls what kapers need to be done in their meetings on a regular basis. Examples might include organizing the opening and closing ceremonies, bringing snack, or having a “clean up captain” that would be in charge of making sure everything was cleaned up and put away. Using a piece of poster board, create



the chart and assign tasks for the next meeting by placing the girls' names onto the chart with velcro or tape.

### ACTIVITY 1

Remind the girls about their energy pledges. Ask them to give everyone an update on how it is going. Then, ask them to pick up their piece of recycled paper and write their energy pledge on it and sign their name. As the leader, you can write the Team Energy Pledge on a piece of extra paper. Then, bind all of the pieces of paper into a booklet and have the girls come up with a creative name for it.

### ACTIVITY 2

Have girls read page 49 of their book and make a list of things they would like to do as a group or individually to get rid of some of their energy! Let the girls play around for a while and then come back as a group to talk about how they feel-happy, tired, hot? That's what happens when you use some of your energy. Ask the girls if they can remember what type of energy they think they used during this activity. If they can't remember, guide them back to pages 10 and 11 of their books so they can figure it out!

### ACTIVITY 3

With that last activity, the girls earned their Energize Award! Use this opportunity to do a small ceremony to hand out the awards. This is also a great time to talk about what the girls want to do for an Investiture or Rededication Ceremony. With the rest of your time, explain what the ceremony is and have the girls brainstorm some ideas for what they want to do to show off everything they're learning in Girl Scouts! More information can be found in the glossary.

### SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

### CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it! Encourage girls for a job well done cleaning up!

### CLOSING

If you assigned someone to this kaper earlier, have the girl lead the closing ceremony. If not, have the girls decide as a group what they would like to do. Before the girls leave, assign the kapers for the next meeting.

# aMUSE



## Basic Description:

During aMUSE, girls will be able to have a voice, and learn how to express that voice. High self-esteem is linked to confidence and other positive benefits for girls. Girls will learn about different roles, role models, breaking stereotypes, and how they can make a change in a story or their community.

Throughout the Journey, girls will be able to make their own decisions, express their own opinions, and also be social while gaining leadership skills. Girls have the opportunity to earn three awards in the Journey. Below is a brief description of each award.

REACH OUT! – Girls will understand the many roles women and girls play around them, and the leadership skills used to play those roles. Girls earn this by keeping a their Casting Call Log, found in the girl book, and by performing an interview or hosting a panel discussion

SPEAK OUT! – Girls are aware of stereotypes and they take action to try to stop them. Girls earn this award by completing three Speak Out! activities, and team up to choose a stereotype and create and tell a story to help stop it

TRY OUT! – This award is given to Junior Girl Scouts at the final celebration. Girls now have the courage and confidence to try out new roles

There are many options and ways to enhance a Journey experience. Possible field trips and community partners include; places where girls can complete their Take Action Project, visit an acting class or see a performance on stage. Girls may also enjoy creating their own performance for friends and/or family.

Below you will find three Sample Sessions for this Journey. Sample Sessions can be changed and altered to fit your specific needs.

# aMUSE



## Sample Session 1

### GOAL

Girls are introduced to the Journey and begin to think about the roles they currently play, and roles they hope to be in the future.

### SUPPLIES NEEDED

- aMUSE girl book and adult guide
- Pencils
- Markers or crayons
- Scissors
- Plain white paper

### PRE-MEETING

Set up a table with arrival activity and make the stencil for Activity 2.

### ARRIVAL ACTIVITY

Have the girls complete the 'Five Favorite Girl Character' activity found on page 12 of the girl book. This will get girls thinking about different roles they encounter every day.

### OPENING

Have girls gather in a circle. Welcome the girls and introduce yourself and any additional volunteers that are present. Review the Girl Scout Promise and the Girl Scout Law, and explain that it unites Girl Scouts all around the world.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). After the first meeting, assign taking attendance as one of the kapers/jobs for one of the girls. Explain that a kaper chart is a "job" chart and it will help them manage their meetings. Brainstorm what kapers need to be done within their meetings on a regular basis. Examples might include; organizing the opening, closing, snacks, clean up, etc. Ask the girls how they would like to organize themselves in groups so everyone has a responsibility. Girls might enjoy forming into small groups and creating a name for their group. Next, review the 'Five Favorite Girl Character' activity, and point out if any girls have the same character or role written down.

## ACTIVITY 1

Girls will complete the activity found on page 13 of the girl book. Girls will create their own new character and establish its role. Regroup into a circle and ask for volunteers to share their new character. While in the circle, ask the girls to think of women they encounter each day. Read pages 14-15 in the girl book, and briefly explain the chart on pages 16-17. Let the girls know that the chart will be filled in at the next meeting with all of the female roles they encountered during their time away from Girl Scouts.

## ACTIVITY 2

Girls will complete the activity found on pages 22-23 of the girl book. The activity can also be altered to allow the girls to create one role they hope to be, or more. Ask for volunteers to share their roles with the group.

## SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

## CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

## CLOSING

Close the meeting with the Friendship Circle and squeeze. Remind girls to keep an eye out for roles, as they will be completing the Casting Call Log at the next meeting.

# aMUSE



## Sample Session 2

### GOAL

The girls will gain a better understanding of roles and complete the Casting Call Log.

### SUPPLIES NEEDED

- aMUSE girl book and adult guide
- Post-it notes
- Writing utensils

### PRE-MEETING

Lay out post-it notes and writing utensils.

### ARRIVAL ACTIVITY

Girls will write as many roles as they can think of on post it notes- one role per post it. This will prepare them to play Activity 1.

### OPENING

Have girls gather in a circle. Welcome the girls and introduce any new girls or adult volunteers to the group. Review the Girl Scout Promise and the Girl Scout Law.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Ask the girls to share some of the roles they wrote down on post-it notes.

### ACTIVITY 1

Girls will use the post-it notes to play “Flurry of Roles” found on page 29 of the adult guide. The game can also continue by asking girls to act out their favorite role.

### ACTIVITY 2

Girls will complete the “Casting Call Log” found on pages 16-17 of the girl book. Ask for volunteers to share some of the roles they learned. After all have shared, review pages 28-29 of the girl book. Have the girls select the role they’d like to know better, and ask the girls to complete pages 30-31 with the woman they choose.



### SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

### CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

### CLOSING

Close the meeting with the Friendship Circle and squeeze. Remind the girls to meet with one of the women from their Casting Call Log, and complete the activities on pages 30-31 for the next meeting.

## Sample Session 3

### GOAL

The girls will share the roles they learned about, begin to develop the courage to stop stereotypes, and also learn how to change a negative story into a positive one.

### SUPPLIES NEEDED

- aMUSE girl book and adult guide
- Paper
- Markers or crayons

### ARRIVAL ACTIVITY

Girls will discuss amongst themselves their interviews.

### OPENING

Have girls gather in the circle. Review the Girl Scout Promise and the Girl Scout Law.

### BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Ask for volunteers to share their favorite part of their interview, and if there was anything that surprised them about the role.

### ACTIVITY 1

Girls will learn about stereotypes. Read pages 24-26 in the girl book, and complete the "Stereotype Tracker" on page 27. The activity can be completed by brainstorming them together, or by having the girls keep track of them outside of meeting space and discussing them at the next meeting.

### ACTIVITY 2

Girls will learn about storytelling with a purpose, and how they can influence and change stories. Review pages 38-42 in the girl book. Complete the activity on page 43 of the girl book. This activity can be changed or altered for girls to create their own, or as a group.

### SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

### CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

### CLOSING

Close the meeting with the Friendship Circle and squeeze.