

# Journey Toolkit

## Girl Scout Older Girl



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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, an 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 Badges. 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.

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, girls will be able to progress their skills and build on them during their years to come in Girl Scouting.

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

There are multiple awards available for Older Girl Scouts to earn. The two major awards are the Girl Scout Silver Award and the Girl Scout Gold Award. More details and information regarding the Silver Award can be found in the Cadette Girl's Guide to Girl Scouting. Information regarding the Gold Award can be found in the Guideline booklet located in the Senior and Ambassador Girl's Guide to Girl Scouting. Information can also be found on our website [www.gsep.org](http://www.gsep.org). As you guide the girls to complete their projects, they develop more confidence, meet new people, and have the kind of fun that happens when girls team up with Girl Scouts to make a difference.

# Girl Scout Cadette, Senior and Ambassador- Sample Meeting Structure

The length and frequency of the meetings will be determined by you and the girls. By this time in the Girl Scout experience, almost everything should be girl-led. The following is a typical Girl Scout meeting structure, which the girls may choose to use.

OPENING: This allows the girls to open their meetings with a small ceremony, such as a flag ceremony and the Girl Scout Promise and Law.

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 decide what those activities will be. If the girls are doing one of the Girl Scout Journeys, their activities could possibly be one of the suggested activities within the Journey, or a related one that will get them further to earning a badge.

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.

CLOSING: The girls may decide to end meetings with a Friendship Circle and a squeeze. The important thing is that the girls know what their action items are for the next meeting.

# What Cadettes Do\*

Choose a Journey and earn the awards



Want to earn more Badges? Add the Badge sets

**aMAZE!**



Screenwriter

**Breathe**



Babysitter

**MEDIA**



Entrepreneur

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



Comic Artist

Good Sportsmanship

Finding Common Ground



Cadette First Aid

Cadette Girl Scout Way

Trees

Budgeting

Comparison Shopping

Financing My Dreams



Financial Literacy

Cookie Business

Business Plan

Marketing

Think Big

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

# aMAZE!

IT'S YOUR  
WORLD—  
CHANGE IT!

## Basic Description:

During this Journey, girls focus on relationships/friendships with the people around them, and complete activities related to first impressions and stereotypes, the qualities of a friend, and how to overcome friendship obstacles and peer pressure. Girls will also learn how to balance time, how to stay safe with cyber relationships, and touch on issues relating to conflicts and bullying.

There is also a career section included in this Journey. Girls can see a list of jobs which involve strong interpersonal skills. There is also a sample project management tool that can be used when planning their Take Action Project. During this Journey, girls will earn three awards. A brief description on how to earn each award is included below.

Interact Award – Girls earn this award when completing small actions in daily life to improve relationships. Girls will complete three of the nine challenges listed on page 12 of the girl book. This award signifies the girls' ability to advance peace in the world around them

Diplomat Award – Girls will create and complete a Take Action Project aimed at building a more positive and peaceful relationship in their surroundings. Girls also show they are able to share their relationship skills with those around them. Tools and tips can be found on pages 115-130 of the girl book

Peacemaker Award – Each chapter of the girls' book (and each session when you meet) ends with a "For Your Peacemaker Kit" reflection. This invites the girls to consider how the relationship skills they are exploring could create more peace in the world. Specifically, girls are asked to collect relationship "tools" they can use and pass on to others. The girls earn the Peacemaker Award at the end of the journey by reviewing all the tools they've collected and making a commitment to use them throughout their lives. Girls earn this award by creating a "Peacemaker Kit," and committing to use the kit of skills to create peace in the world

There are many other possible ways to enhance a Journey experience. Possible field trips include; visiting a yoga studio, completing activities at camp or a Journey retreat, or even watching various movies about friendships and cliques at a troop movie night.

# Breathe



## Basic Description

This Journey focuses on the many aspects of air through the use of all of the senses. Girls learn about noise, air pollution, global warming, deforestation, and renewable energy. Girls can also learn about a variety of careers related to the air and environment.

“Breathe” also includes small breaks for relaxation, cooking and self-reflection. During this Journey girls earn three awards. Brief descriptions of the awards are included below.

AWARE AWARD – Girls keep an air log throughout the Journey and record what they see, hear, feel and smell in the air. Girls will also be able to identify two experts who can guide them to greater air awareness, and increase their knowledge of things that impact air. Girls will feel confident to determine the most important reason to care about the Earth’s air

ALERT AWARD – With the Cadette team, choose an air issue to act on together. Girls will learn as much about the issue as they can, and write a statement that explains why it’s important to educate and inspire others on the issue. Girls will choose their audience and what call to action they will deliver as they educate and inspire their audience. Project ideas can be located on pages 68-69 of the adult guide

AFFIRM AWARD – Girls will gather proof of progress or improvement through their efforts to educate and inspire. How are your efforts benefiting the environment? Girls will take time to reflect on the Journey as well as share the impact of their project

There are many other possible ways to enhance a Journey experience. Possible field trips include; visit a wind farm, see the symphony or a concert to explore sound, spend time journaling in nature and listening to sounds, or have fun with air and science.

# Media



## Basic Description:

On this Journey girls will explore media all around them, and look deeper into their findings. Girls will think about and discover how media plays in their everyday life, and how to breakthrough media stereotypes.

During this Journey girls will also 'Slice the Media Pie' to realize their exposure to media and the amount of time media consumes on a daily basis. Girls have the opportunity to earn three awards. A brief description of the awards is listed below.

MONITOR AWARD – Girls earn this award when they take stock of media in their world and the influences that it has. Girls will complete three activities that will focus on the role media plays in their lives

INFLUENCE AWARD – To earn this award girls will understand the importance of how media reflects their world, and also team up on a 'Media Remake Project' to see how media can better represent reality

CULTIVATE AWARD – Girls earn this award when they make a personal commitment to share a new perspective on media. Girls challenge themselves to make a positive change in the way they use media in their lives, and inspire others

There are many other ways to enhance a Journey experience. Possible field trips include; visiting a television studio or a magazine company, and even inviting a photo shop specialist to discuss the ways media portrays women.

# What Seniors Do\*

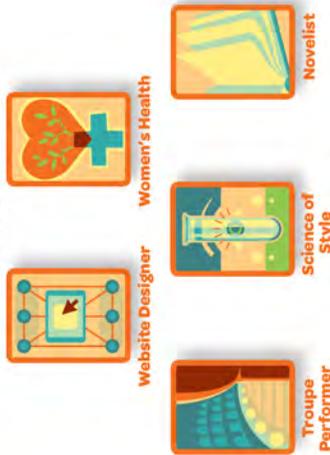
Use them all with  
The Girl's Guide to  
Girl Scouting

Want to earn  
more Badges? Add  
the Badge sets

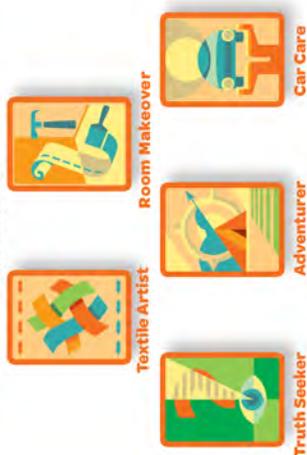
Choose a Journey  
and earn the awards



## GIRLtopia



## Sow What?



## MISSION: SISTERHOOD!



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

# GIRLtopia



## Basic Description:

GIRLtopia asks girls to create a vision for a perfect, girl-focused world through art in the form of poetry, painting, sculpture, video or whatever medium they choose.

The book is divided into four sections:

CREATE IT – girls envision their GIRLtopia and look at various types of art, and create a project that represents their views

GUIDE IT – girls look at what it means to be a leader and the important qualities of a leader such as communication skills, courage, and confidence

CONNECTING TOGETHER – covers rights (global girls' bill of rights), cooperation, teamwork, and networking

TAKE ACTION PROJECT – service vs. action, sustainability of projects, steps to complete their project

During this Journey girls earn the Senior Visionary Award. This award is earned when girls complete a GIRLtopia art project and share it, guide other through a GIRLtopia topic, and complete the 12 stages of the Take Action process.

There are many other ways to enhance a Journey experience. Girls can meet with younger Girl Scouts to guide them through their GIRLtopia topic. Possible field trips include visiting an art museum or gallery, attending a painting or art class, or host a leadership talk show as described on page 33 of the girl book.

# Sow What?



## Basic Description

"Sow What?" invites girls on a journey through some major food issues in relation to how and where food is grown, processed, distributed, and consumed, and also the affects of wasted food. Other topics include the Country of Origin Labeling, the benefits of eating locally, organic food, and even food rituals from around the world. The Journey book also includes recipes and profiles of women involved in various parts of the food network.

During this Journey, girls earn the Harvest Award. This award is earned by identifying and digging into a food or land issue, and inviting some community experts to deepen their knowledge, capture the vision for change in a Harvest Plan and execute the plan by trying to influence others. Ideas for this project can be found on pages 90-93 of the girl book.

There are many other ways to enhance a Journey experience. Possible field trips include; visiting a local farmer or farmers market, volunteering at a local food bank, attending a cooking class, or learning about, and starting, their own composting area. Girls may also enjoy visiting a restaurant and learning about their food process.

# Mission: Sisterhood



## Basic Description:

“Mission: Sisterhood” focuses on self-esteem, and how a girl feels about herself. With strong self-esteem, girls are likely to avoid a drop in confidence as they grow. On this journey girls will increase their feelings of being powerful, capable, and strong as they enhance their skills and develop new ones.

During the “Mission: Sisterhood” Journey, girls can earn the Sisterhood Award. There are three steps to earn the Sisterhood Award, and they are listed below:

Define a sisterhood issue

Create a plan for how to Take Action on that issue

Take Action!

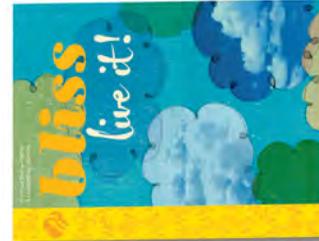
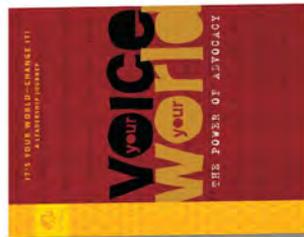
Girls will understand the power of sisterhood in their own lives and around the world. Girls will take all proper steps to earn the award which include defining a sisterhood issue for themselves, develop a mission of their own, make the big decision, work out the logistics of their project, and create a project timeline. Girls can choose to work on this journey alone, in pairs, in mini-teams, or as a larger group.

There are many ways to enhance a Journey experience. Girls can work on their Journey at camp, or a place outside of the normal meeting space, and create friendship key chains or pendants made from two matching pieces of a puzzle to remind girls of their connection to one another. Many additional activities can be located throughout the Journey.

**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



Public Policy



Dinner Party



Ambassador First Aid



Ambassador Girl Scout Way



Water

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

# Your Voice, Your World



## Basic Description

During “Your Voice, Your World” girls will be an advocate and be able to lift their voice as force for a positive change in the world. During this Journey, girls can earn the Advocacy Award. Details concerning the Advocacy Award can be found in the adult guide. Girls earn the award by completing the 8 Steps for Advocacy. Girls will learn and practice the 8 steps for advocacy, which are listed below.

## 8 STEPS FOR ADVOCACY

Find Your Cause

Tune In – research your cause

Harmonize – identify and form partnerships and networking

Identify the Big Ears – identify the VIPs who can help take action

Plan the Perfect Pitch – put your advocacy message together as well as information on being an advocate in your own life

Raise your voice, make your pitch – girls present their message to the VIPs

Close the Loop – assess your pitch, follow up with VIPs, look at outcomes

Reflect, Reward, Celebrate – explore careers in advocacy

Throughout the Journey, there are snapshots on women advocates, as well as “Take 5” breaks that provide opportunities not related to advocacy. “Take 5” breaks can be fun, and relate to other topics such as healthy living, evaluating skill, etc.

There are many other ways to enhance a Journey experience. Possible field trips include; hosting a workshops taught by women who advocate for a living, visit the state capital, or attend a city hall meeting.

# Justice



## Basic Description

Girls learn to identify different environmental injustices, understand how they arise and brainstorm solutions to them. Girls learn about case studies of different environmental issues like Love Cannel, Fresh Kills and Biofuels. Throughout book there are opportunities for nature breaks, to soar, and to be a puzzler. There are also profiles of women who work toward environmental justice are profiled.

Throughout “Justice” girls work to earn the Sage Award. There are six steps to earning the award. A brief description of each step is listed below.

LOOK HIGH, LOOK WIDE – encourage girls to look at a variety of environmental issues from multiple perspectives

DO THE MATH – look at ways you can make a difference through changes in their behavior and then look for ways to inspire others to join their movement

BE HAWK-EYED – analyze the information you have collected and their sources to determine if it is accurate

TAKE THE SCIENTIFIC VIEW – determine what science can or cannot say about the environmental threat you are researching

DECIPHER DECISIONS – take a closer look at the decision-making process to find out what works, what doesn’t and how to cope with what you don’t know

WRITE YOUR EQUATION AND PRESENT IT – present findings and inspire others to join their movement

There are many other ways to enhance a Journey experience. Girls can visit a local environmental agency, visit a nature park or recycling center, and enjoy time outdoors at camp. Girls can also visit various environmental art exhibits.

# Bliss: Live it! Give it!



## Basic Description:

During “Bliss” Ambassadors learn to dream big, now and for their future. Girls also begin to work as leaders who help others achieve their dreams too. As girls are preparing to move from high school into the next phase of their life, “Bliss” helps girls navigate through struggles and helps them to realize their dreams.

Throughout this Journey, girls hear stories of dreams and dreamers—from athletes and artists to designers and scientists! Through these stories, Ambassadors come to understand that their own dreams can become part of their story, too.

Girls can earn the Dream Maker Award in this journey. Girls earn this by understanding the bliss they can achieve by helping others with their dreams, and realize that a leader pursues her own dreams and makes it possible for others to do the same. Girls will explore the three keys, (Discover, Connect, Take Action) to identify a woman or girl, or group of women and girls, who would benefit from their help in realizing a dream, work together to create a plan for how to take action, and then take action on their plan!

The Dream Maker award gives girls the planning, teamwork, and networking skills they need. Below are steps to be taken to earn 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!

There are many other ways to enhance a Journey experience. Possible field trips or community partners include; meeting with local crafters for ideas, attend a planetarium show, a music or dance concert, or art show or play. Girls may also like to visit a museum or college campuses.