



Program Overview and Journey Resource

A guide to using Journeys with your Girl Scout program.

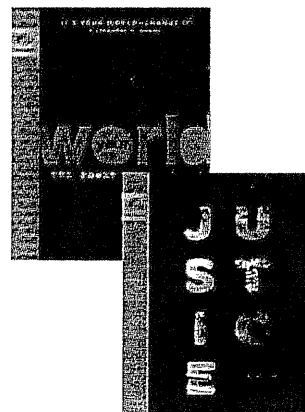
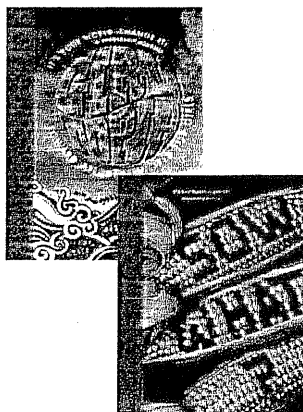
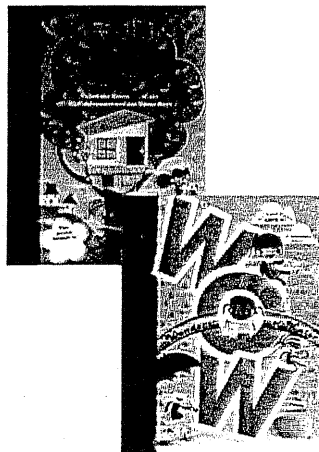


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Journey Overview

Girl Scout Journeys are experiences that incorporate the Girl Scout Leadership Model into fun, thematic activities. Each Journey is tied to some of the Girl Scouts' 15 National Outcomes for girls. These outcomes are integral to the "Discover-Connect-Take Action" philosophy of leadership.

Journeys generally run from six to twelve sessions and consist of one to four awards that can be earned throughout the sessions. Sessions can last more than a single meeting. They are fully customizable by girls and volunteers. In partnership with girls, volunteers can add outings, celebrations, and explorations that suit the Journey's theme and the girls' interests. Journeys can be stretched over a Girl Scout year or done over the course of a few weeks or months. While Journeys offer plenty of choices for girls, facilitator guides will provide a roadmap with suggested programming ideas.

Each Journey set is based on a theme. The individual age level books are created to stand alone but as girls move through the Girl Scout program they can complete the next Journey in the series and build on the skills they have previously learned.

It's Your World – Change It! Overview

This Journey series teaches girls how to Take Action through fun, interactive activities. While using the three keys to leadership: Discover, Connect and Take Action, girls find a way to make a difference in their community and the world.

- Daisy Girl Scouts – In the *Daisy Flower Garden*, girls learn about the Girl Scout Law through the creation of a special garden project.
- Brownie Girl Scouts – *Brownie Quest* introduces girls to the Brownie ELF and together they find clues to uncover the three keys to leadership.
- Junior Girl Scouts – *Agent of Change* challenges girls to determine their Power of One, the Power of Team and Power of Community.
- Cadette Girl Scouts – *Amaze* helps girls explore the sometimes rocky road of relationships one twist and turn at a time.
- Senior Girl Scouts – Imagine a *GIRLtopia*, then take action to make your vision come true.
- Ambassador Girl Scouts – In *Your World, Your Voice* find out what you believe in, explore how to be an advocate for your cause and build a network that will last a lifetime.

It's Your Planet – Love It! Overview

This Journey series tackles issues like preserving the world's water supply, conserving energy, how food choices impact the environment and appreciating the environment and our planet's resources. In every Journey, girls will accept a challenge to take the lead in protecting the planet.

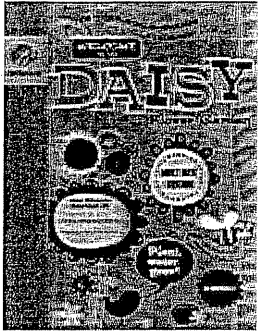
- Daisy Girl Scouts – Take to the road in *Between the Earth and Sky* and explore sunshine, fresh air, colors and shapes.
- Brownie Girl Scouts – *Wow! Through the Wonders of Water* journey, girls will learn to love water, save water and share what they know.
- Junior Girl Scouts – *Get Moving* offers endless energy in all its forms and functions, plus ways big and small to Energize, Investigate and Innovate.
- Cadette Girl Scouts – In *Breathe*, girls focus all of their senses on air - explore everything from noises to air pollution to air quality.
- Senior Girl Scouts – Learn about the global food network and determine what's really best for people and the planet in *Sow What*.
- Ambassador Girl Scouts – In *Justice*, girls create a brand-new equation for environmental justice.

Implementing Journeys

Each Journey comes with a girl book and leader guide. It is recommended that each girl have her own book. It was created to be a memory book and journal for the girls while completing their Journey.

The leader guide provides valuable resources and ideas for implementing the Journey during troop meetings. The first 30-40 pages of each leader guide provides information on the Girl Scout Leadership Model, ways to get parents and families involved, descriptions of the awards earned and links to National Outcomes. The last section has sample sessions that can guide you through the entire Journey. Each sample session lists goals, activities and a list of simple materials needed. There are also example of scripts and instructions for the activities. Many of the boxes throughout it provide tips and suggestions for incorporating Girl Scout traditions and potential field trips.

To best prepare to lead the Journey, it is recommended that leaders read the girl book and leader guide before beginning. It might be easiest to begin with the first 30-40 pages of the leader guide. This will give an overview of the goals. Before reading the sample sessions, it might be easiest to read the girl book. A few of the sample sessions do not follow the girl book in order. Reading the girl book before will help you know where the Journey is going before beginning.



Journey Helpful Hints

Below are a few additional suggestions for implementing Journeys in your troop meetings. Following the suggestions are summaries of each Journey with additional program ideas and field trips.

- **Customize** – Journeys provide “sample sessions” to give girls and volunteers ideas about sequencing experiences, discussions and earning awards so that it feels like one big adventure. Each troop can work together to make the Journey theirs. Add field trips and additional activities. Focus on Girl Scout traditions. Make the Journey the experience you want.
- **Change the timeline** – Sample sessions in the Journey have been created to show how it is possible to have a Girl Scout leadership experience in a set number of gatherings. Many girls and volunteers will quickly find there is more they want to do in one section of the Journey. They might also realize they want to spend less time in another. You can make the Journeys fill an entire year or complete it over a couple weekend campouts. You choose how long to spend on each section.
- **Supplement with Petals/Try-Its/Badges/Interest Projects/Patch Programs** – Many existing program materials supplement the Journeys nicely. During your Journey experience, you can complete part or all of other materials. Some might relate to the Journey directly or it might be a fun diversion.
- **Link** – Are Ambassadors interested in partnering? What would happen if Seniors worked together? What do Cadettes in your area have to offer to Juniors? What if Brownies link up on steps of their journey? How could Daisies benefit from meeting other Daisies? Connecting helps make a powerful Girl Scout journey!
- **Explore Stories** – Stories capture the imagination and motivate, and inspire us to put values into action. The journeys engage girls in stories—real and fictional—of girls and women taking action in the world. You and the girls decide how much time to spend on them before going on to create their own adventures.
- **Leadership and You** – As a Girl Scout volunteer, your experiences—and your view of leadership—will influence and inspire girls. Use the reflection exercises in your leader guide to think about the three leadership keys (Discover, Connect, and Take Action) and how you can best apply them as you team up with Girl Scouts on their journey.

It's Your World, Change It

Daisy – Daisy Flower Garden

Basic Description

- Girls learn about the Girl Scout Law through the Daisy Flower Garden
- Various plants – each represents part of the law and different countries
 - Daisy – white daisy
 - Lupe – a blue lupine – honest and fair – Texas, Minnesota, Maine
 - Sunny – yellow sunflower – friendly and helpful – Great Britain
 - Zinni – spring green zinnia - considerate and caring - Mexico
 - Tula – a red tulip – courageous and strong – Holland and Iran
 - Mari – orange marigold – responsible for what she says and does – Africa and France
 - Gloria – a purple morning glory – respects herself and others – California, South America and Asia
 - Gerri – a magenta geranium – respects authority – Virginia and Greece
 - Clover – green ground cover with white flowers – use resources wisely – all over the world
 - Rosie – a rose – make the world a better place – native of America
 - Vi – a violet-colored violet – a sister to every Girl Scout - Australia
- Leaders are encouraged to read the story to the girls
- Use the story's teachable moments to talk to the girls
- While learning the Promise and Law, girls share about themselves
- Incorporates Girl Scout traditions as girls learn GS sign, handshake and friendship circles

What do they earn and how do they earn them?

- Watering Can Award
 - Represents girls being responsible for what they say and do
 - Earn it by taking care of their mini garden and beginning to understand the Promise and Law
 - Normally earned in session 3
- Golden Honey Bee Award
 - Represents taking action in a big or small way to make the world a better place
 - Earn it by completing a planting or growing project in their community
 - Normally earned around session 5
- Amazing Daisy Award
 - Represents knowing and living by the Promise and Law
 - Earn it by making the Promise to live by the Law
 - Normally earned at the closing party where they can say the Promise and Law from memory

Petal Connections

One suggestion would be that this Journey is combined with the completion of Petals during the first year of the Daisy program. The Petals can be interspersed throughout the Journey. Troops can start by reading the story in the Journey and as they complete the Journey book, spend time on each of the Petals.

Possible Field Trip and Community Partners

- Community or master gardeners
- Florists
- Plant nurseries
- Rancho Santa Ana Botanic Garden in Claremont, LA Co. Arboretum in Arcadia
- LA Zoo

Additional Programming Ideas for Troop Meetings

- Create a family worm composting box
- Promote recycling at troop meetings
- Create a time capsule or write notes to future troops
- Tea or garden party at bridging or when girls complete journey
- Plant mini-gardens to take care of at each meeting
- Learn about other countries – learn the language (hello/goodbye), have someone visit from another country

Other Thoughts or Helpful Hints

- Pick flowers that can easily grow
- Have each girl only plant one plant – makes for easier transportation

It's Your Planet – Love It Daisy – Between Earth and Sky



Basic Description

- The flowers introduced in *It's Your World – Change it!* go on a cross country road trip to Maine, Pittsburg, Wisconsin, the Great Salt Lake, Arizona, California and Alaska
- Girls explore the beauty of nature in new places as well as their home.
- Learn about various seeds and plants including their benefits, problems they cause, things that are endangering them, and their living conditions
- Highlights women in careers that protect the environment
- Reviews the parts of the Girl Scout Law

What do they earn and how do they earn them?

- The Blue Bucket Award
 - Encourages girls to become aware of their feelings and the feelings of those around them. Also encourages them to develop good relationship skills.
 - To earn, the girls:
 - Tell one another about their feelings and the feelings of those around them
 - Take part in role-playing activities that encourages them to resolve conflicts, negotiate and be considerate of others
 - Steps to earning this award are built into sample sessions 1-3
- The Firefly Award
 - Girls recognize and develop their skills and then choose a skill they will educate and inspire others about.
 - To earn, the girls:
 - Think about and talk about their own skills and those of their sister Daisies
 - Choose a skill that they can teach other, either at home or in their community
 - Steps to earn this award are built into sample sessions 4-6
- The Clover Award
 - Girls team up to protect a natural treasure in their region.
 - To earn, girls:
 - Learn about and commit to protecting a natural treasure in their region
 - Educate and inspire other in their community to join with them to protect the local treasure
 - Suggestions for projects are on pages 82-83 of the leader guide
 - Girls complete their project in sample sessions 7-9

Petal Connections

Girls review the Girl Scout Law throughout this Journey. Even if a majority of your troop has earned the Petals, you could help new girls earn them while completing this Journey. Page 30 of the leader guide has some great questions about It's Your World – Change it! that could be used to help the girls remember the first Journey.

Possible Field Trips or Community Partners

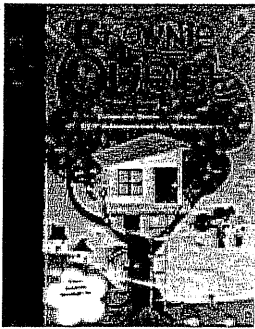
- Community or master gardeners
- Rancho Santa Ana Botanic Garden in Claremont, LA Co. Arboretum in Arcadia
- Plant nurseries
- County or State Parks
- Nature centers
- LA Zoo
- Natural History Museum

Additional Programming Ideas for Troop Meetings

- Floating items in tap water or salt water
- Visit various nature sites in your area - see examples of local plants and natural landmarks
- Have a map of the United States and let the girls plot the road trip as they read the story
- Have girls share pictures or describe their favorite family trip or vacation
- Have girls design their own "smart" cars
- Complete activities related to Leave No Trace principles

Other Thoughts or Helpful Hints

- This is a story book with discussion questions. Possibly read the story at the troop meeting and use some of the discussion questions. The girls could then complete an activity related to that part of the road trip. You could also get guest readers to help during each meeting – either other parents or older girls.
- Various aspects of Science, Technology, Engineering and Math (STEM) programming is built into this Journey – encourage girls to take a side trip to further explore this area
- This is a 10-session Journey



It's Your World Change It Brownie – Brownie Quest

Basic Description

- 2 Parts
 - Elf Quest – Brownie ELF Story
 - Leader guide suggests that girls complete this section at home with their parents
 - ELF = Explore, Link Arms and Fly
 - Basic Story – girls work together to save a tree; an elf comes to help them when they put the almost matching bracelets together
 - A few activities during the story help girls to look at friendship, process the story and start thinking about their own ELF projects
 - Key Quest
 - Leader guide suggests completing this section at troop meetings
 - Quest to find 3 keys to leadership
 - Discover – they discover about themselves and their families
 - Connect – they connect to the other girls in their troops and their community
 - Take Action – to make a difference
 - Activities throughout section are related to the keys
 - Also includes activities on safety and healthy snacks

What do they earn and how do they earn them?

- Discover Key
 - Girls learn about themselves and their families (using activities in book)
 - Share information at troop meeting
 - Normally earned in session 2
- Connect Key
 - Make a circle map exploring how the circles of their lives grow outward –Self, Family, Girl Scouts, Community, World
 - Normally earned around session 3
- Take Action Key
 - Choose and complete a take action project
 - Normally earned after project is complete; could be at closing party or after the project
- Quest Master Lock
 - Girls reflect on what they have learned and how they are going to keep on being a leader
 - If they put their keys together, they discover that they have unlocked the keys to leadership

Possible Field Trips and Community Partners

- Places where girls can do their take action project, check with facility first.
- LA Zoo, Wild Animal Park, Sea World, LEGOLAND or places where girls can go on a quest following a map
- Community, city and county parks

Additional Programming Ideas for Troop Meetings or Field Trips

- Scavenger hunt or "quest" field trip – can help girls understand the idea of a journey
- Making healthy snacks at troop meetings
- Depending on age, girls could learn orienteering as part of this quest

Other Thoughts or Helpful Hints

- Activities as written are very dependent on parental involvement; might need to be modified if this isn't possible such as completing both sections at troop meetings
- Make some of the writing activities in the discover section craft projects – they can draw or cut out pictures to describe themselves

Try-Its & Other Program Connections

During the ELF Story:

- Brownie Girl Scouts Around the World Try-It
- Brownie Girl Scouts Through the Years Try-It
- Playing Around the World Try-It
- People of the World Try-It
- Caring & Sharing Try-It
- Friends are Fun Try-It
- Positive Power

Key Quest:

- Her Story Try-It
- Make It, Eat It Try-It
- Fit's Inn Patch Program
- Healthy Habits Try-It
- Caring & Sharing Try-It

Please note: Other Try-Its and Program can fit in as well. This is just a list to get you started.

It's Your Planet – Love It Brownie – Wow (Wonders of Water)



Basic Description

- A Very Wet ELF Adventure – 4 Part Story
 - Part 1 – One Sparkly Drop
 - Jamila, Alejandra and Campbell call the Brownie ELF and learn about the water cycle
 - Part 2 – A Ride Through the Wetlands
 - The girls and Brownie ELF explore the importance of wetlands
 - Part 3 – Underwater World
 - The girls learn about the different creatures and layers of the ocean
 - Part 4 – Water Power
 - The girls visit the Grand Canyon and see the power of water
- Throughout the story there are several breaks:
 - Water Wisdom – fun quiz questions to help girls think about ways they can conserve water
 - Time for a WOW – Leadership moments that relate to the GS Law & Promise
 - Additional pages describe people who have jobs related to water and provide additional information on the things the girls see on their travels

What do they earn and how do they earn them?

- Love Water
 - Encourages girls to become aware of the many ways they use and enjoy water. They will hopefully make a personal commitment to protect it.
 - To earn, the girls:
 - Show two things they know and love about water
 - Make and carry out one personal promise that protects water
 - Steps to earning this award are built into sample sessions 1-3
- Save water
 - Brownies team up and speak up as advocated to protect water or keep it clean in their community
 - Project ideas are listed on Page 56-59 of the girls' book and Sample Session 4 of the facilitator guide.
- Share Water
 - Girls earn the third award as they create an even bigger ripple by sharing their efforts for water with others, educating and inspiring them to join in and asking them to commit to a water promise
 - Suggestions on pages 56-59 and 100-101 in the girl book and pages 74 and 84 of the facilitator guide

- **WOW**
 - Girls culminate their journey by earning the WOW Award; a grand finale that symbolizes the powerful change they've brought to their community
 - They earn the award by showing proof of their SHARE Water efforts, and by describing how their efforts relate to the Girl Scout Law and how they have had an impact as leaders
 - Suggested ways are on page 75 of the leader guide

Possible Field Trips or Community Partners

- Local wetlands (Ballona, Newport back bay)
- Water treatment plants
- LA Zoo, Cabrillo Marine Aquarium
- Nature Centers
- Tide pools at Cabrillo Marine Aquarium, Corona Del Mar, Dana Point Marine Life Refuge, Doheny Marine Life Refuge

Additional Programming Ideas for Troop Meetings

- Wow Tea Party – could celebrate the end of the Journey
- The girls in the story go on various trips; try incorporating a field trip into your Journey as well
- Have a campout

Other Thoughts or Helpful Hints

- You can read the story out loud or have the girls act it out

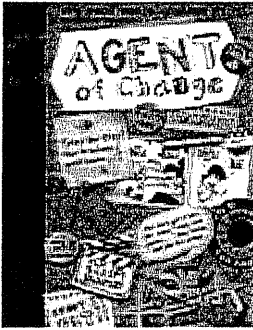
Try-Its & Other Program Connections

- Earth is Our Home Try-It
- Eco-Explorer Try-It
- Outdoor Adventurer Try-It
- Water Everywhere Try-it
- Water Drop Patch

Please note: Other Try-Its and Program can fit in as well. This is just a list to get you started.

Leader in Action Award

The Leader in Action (LiA) Award is an official award for Cadettes who mentor Brownies through the WOW – Wonders of Water Journey. It is different from the LiA received in the It's Your World, Change It Journey. Requirements for earning can be found on page 36-37 of the Brownie Leader Guide for WOW!.



It's Your World Change It Junior – 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
- Divided into 3 sections that follow awards (identified by buttons on the page)
 - Me to the Max – Power of One
 - Moxie up the Team – Power of Team
 - Mobilize the Globe – Power of Community
- Dez the spider leads them on their journey
- Girls discover the skills they have that make them a leader and how they relate to the GS laws
- Learn about past or current heroines – some are profiled in the book
- There is a cartoon story of a group of girls saving some puppies and volunteering to help their local shelter
- Difference between service (helping with immediate need) and action (solving problems in long-term) – we want girls to take action

What do they earn and how do they earn them?

- Power of One Award
 - Discover my own powers using the “power log”
 - Discover a heroine past or present
 - Discover how heroines link to the GS Law
 - Normally completed after session 2
- Power of Team Award
 - Connect with troop to create a “super girl” story, comic or TV script in which the characters take one small situation they care about and strive for a long-lasting community change
 - Make a decision for a Take Action Project and write your Team Hopes
 - Normally completed after session five
- Power of Community Award
 - Take action on your plan; involve your community so that your project can spiral out and change the world
 - Reflect on accomplishments
 - Normally completed after session seven

Possible Field Trips and Community Partners

- A comic book store where girls can learn about comic book making process
- A publisher or writer – learn to create a book
- Places where girls can do their take action project

Additional Programming Ideas for Troop Meetings

- Research heroines – maybe have them dress up like their heroine and present what they learned at a troop meeting or “power of one” celebration
- Blindfold trust games or other team building activities at a troop meeting or campout
- Research local community issues (past or present) - look at both sides of the issue, visit with people involved
- When the girls start making their “super girl” story, bring in examples of comic books, plays or stories that they can use for inspiration
- In general, have girls share and process each activity
- Volunteer for an animal shelter like the girls in the story
- Pages 80 and 81 of the Leader book have a few activities to help the girls looking at their communities

Other Thoughts or Helpful Hints

- This is really when it starts being stressed to leaders that girls can do and should do a lot of planning in their take action project
- It is recommended for each girl to have a copy of the Journey book
- Great descriptions of take action projects – could be good building blocks for future projects

Badges & Other Program Connections

Power of One:

- It’s Important to Me Badge
- Lead On Badge
- Model Citizen Badge
- My Heritage Badge
- Ms. President’s Patch Program

Power of Team:

- Choice is Yours Badge
- Communication Badge
- Healthy Relationships Badge
- Positive Power Patch Program
- My Community Badge
- Lead On Badge
- Theater Badge
- Visual Arts Badge

Power of Community

- Communication Badge
- Creative Solutions Badge
- Money Sense Badge
- Prints & Graphics Badge
- Visual Arts Badge
- Write All About It Badge

Please note: Other Badges and Program can fit in as well. This is just a list to get you started.

It's Your Planet – Love It! Junior – Get Moving



Basic Description

- In this Journey, girls learn about energy
- Topics covered include:
 - Calculating a carbon footprint
 - Recycling and reusing including art project ideas
 - Uses of energy in nature
 - Green building
 - Energy audits
 - Conserving energy in transportation; includes a comic book story of girls starting a walking school bus
- Throughout the Journey are various stories of women involved in energy conservation

What do they earn and how do they earn them?

- Energize Award
 - 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
 - Check out how other people are tackling energy issues
- Investigate Award
 - Learn about energy use in their buildings
 - Work with their families to make an energy improvement at home
- Innovate Award
 - Identify an energy issue in the community, research it, create a plan and carry it out, all the while reaching out to others to join in, too
 - Share the news, reflect on what they accomplished and celebrate it

Possible Field Trips or Community Partners

- Recycling Center
- Griffith Park Observatory
- Explore careers in architecture, engineering or “green” building
- Zoo or animal sanctuary
- Go Camping

Additional Programming Ideas for Troop Meetings

- Make paper
- Try composting

- Set up recycling at school or your meeting space
- "Trash to Treasure" art projects
- Take a bike ride, walk or hike around your neighborhood or local park

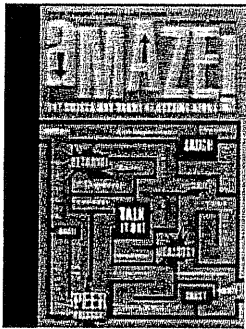
Other Thoughts or Helpful Hints

- The sample sessions complete this Journey in 11 sessions

Badges & Other Program Connections

- Architecture Badge
- Walking for Fitness Badge
- Earth Connections Badge
- Eco-Action Badge
- Outdoor Creativity Badge
- Your Outdoor Surroundings Badge
- Making It Matter Badge
- Oil Up Badge
- Science in Everyday Life Badge
- Sky Search Badge
- Do It Yourself Badge
- Ready for Tomorrow Badge
- Get with the Land Patch

Please note: Other Badges and Program can fit in as well. This is just a list to get you started.



It's Your World Change It Cadette – Amaze!

Basic Description

- Focuses on relationships/friendships with the people around you
- Girls complete activities related to
 - First Impressions and Stereotypes
 - Navigating Friendships
 - Qualities of a Friend
 - Trust
 - Friendship Obstacles & Peer Pressure
 - Balancing Your Time
 - Jealousy
 - Cliques and Conflicts
 - Bullying
 - Cyber-Relationships
- Career section – girls can see a list of jobs that involve good interpersonal skills
- Basic steps of event planning for Take Action Project

What do they earn and how do they earn them?

- Interact Award: Reach Out a Little
 - Small actions that can be completed in your daily life to improve relationships
 - 9 challenges to interact – girls must complete 3 of them
 - Challenges listed on page 12 of the girl book
- Diplomat Award: Use Your Relationship Savvy to Improve Your World
 - Create and do a Take Action project aimed at building more positive and peaceful relationships in the world around you
 - Tools and Tips on pages 115-130 of the girl book
- Peacemaker Award: Commit to Keep it Going
 - Create a "Peacemaker Kit" and then commit to use your kit of skills to create peace in the world

Possible Field Trips and Community Partners

- Yoga studio
- Places where girls can do their take action project

Additional Programming Ideas for Troop Meetings

- Visit a maze (corn, labyrinth, or other)
- Movie nights – watch various movies about friendships & cliques, many mentioned in girls' books
- Do some of the activities at camp or a retreat instead of troop meetings
- Have the girls interact with older girls who can provide a new perspective
- Physically make a box/kit of skills they learned – let girls decorate, write skills or examples on postcards
- Stereotype “activity” – post pictures of leader’s friends and families – have girls stereotype them and then tell them about the real person

Other Thoughts or Helpful Hints

- It is recommended that each girl have her own copy of the Journey book
- Girls this age are avid users of computers and the internet – page 110 is an internet safety pledge. It would be a good idea to review this when working on the Journey.
- This is a more personal discussion than some of the other journeys – therefore it should be emphasized that this is a supportive environment while working on the Journey.

Interest Projects & Other Program Connections

- Understanding Yourself & Others IP
- Do You Get the Message IP
- Conflict Resolution IP
- A World of Understanding IP
- From Stress to Success IP
- Your Best Defense IP
- Leadership IP
- R.A.N.T. – local program available in resource centers

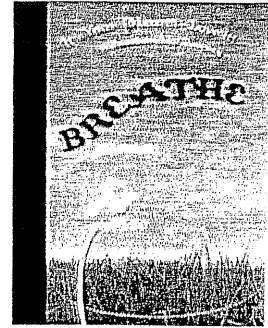
Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Leader in Action Award

The Leader in Action (LiA) Award is an official award for Cadettes who mentor Brownies through the Brownie Quest Journey. However, it is described in the Brownie Facilitator Guide and not in the Cadette Journey materials. Information on this award may be found on GSUSA's website -

http://www.girlscouts.org/program/gc_central/insignia/lia.pdf

It's Your Planet – Love It! Cadette – Breathe



Basic Description

- Focuses on the many aspects of air through the use of all of the senses
- Girls learn about
 - Noise
 - Air Pollution
 - Global Warming
 - Deforestation
 - Renewable Energy – windmills
- Career section – girls can learn about a variety of jobs related to air
- Also includes little breaks for relaxation, cooking and self-reflection

What do they earn and how do they earn them?

- Aware Award
 - Keep an Air Log
 - Identify experts who can guide you to greater air awareness
 - Increase Your awareness about the issues that impact the Earth's air
 - Determine the most important reason you care about the Earth's air
- Alert Award
 - As an ACT (Air Care Team), choose an air issue to act on together
 - Ideas for projects are listed on pages 68-69 of the leader guide
- Affirm Award
 - Gather proof of progress or improvement through your efforts to educate and inspire. How are your efforts benefiting the environment?

Possible Field Trips or Community Partners

- Yoga studio
- Wind Farm
- Visit the symphony or concert to explore sound
- Visit a sound studio

Additional Programming Ideas for Troop Meetings or Field Trips

- Do some of the activities at camp or a retreat instead of troop meetings
- Make some of the recipes listed in the book or find other "air" recipes
- Spend time journaling in nature – listen to the sounds, feel the air – how does it feel?

Other Thoughts or Helpful Hints

- It is helpful that each girl have her own copy of the Journey book
- The green boxes throughout the leader guide provide great ideas for additional programming

Interest Projects & Other Program Connections

- Architecture and Environmental Design IP
- Eco-Action IP
- The Food Connection IP
- From Stress to Success IP

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Leader in Action Award

The Leader in Action (LiA) Award is an official award for Cadettes who mentor Brownies through the WOW – Wonders of Water Journey. It is different from the LiA received in the It's Your World, Change It Journey. Requirements for earning can be found on pages 20-21 of the Cadette leader guide for Breathe.



It's Your World Change It Senior – Girltopia

Basic Description

- Asks girls to create a vision for a perfect, girl-focused world through art: poetry, painting, sculpture, video or whatever medium they choose
- Workbook divided into 4 sections
 - Create It – girls envision their Girltopia, look at various types of art and create a project that represents their view
 - Guide It – look at what it means to be a leader – communication skills, courage, confidence, character and ethics and then lead others in a Girltopia topic
 - Connecting Together - covers rights (global girls' bill of rights), ceremony, belonging, cooperation, teamwork, networking
 - Take Action – service vs. action, sustainability of projects, steps to complete their Take Action project

What do they earn and how do they earn them?

- Senior Visionary Award
 - Create it – complete a Girltopia art project and share it – pages 20-27 have ideas
 - Guide it – guide others through a Girltopia topic – could be a younger troop or each girl could lead the topic at their troop meeting
 - Change it – complete the 12 stages of the Take Action process – page 80

Possible Field Trips or Community Partners

- Art museums, galleries, studios or artists – learn about women artists and how to express one's vision through various mediums
- Various plays or other art forms focusing on women's issues or utopian societies
- Sites for Take Action Project

Additional Programming Ideas for Troop Meetings

- Research others' views of Utopian Societies – various artists' versions, books, movies
- Write a letter of appreciation to a woman leader or mentor
- Hold an art show so that others can view the girls' Girltopia art projects
- Leadership Talk Show – described on page 33 of girl book
- Create slogans that represent their Girltopia vision – put on buttons or bumper stickers or t-shirts

- Recruit potential role models that can help girls on journey (especially good for the Guide It and Connect sections)
- Have a Japanese Tea Ceremony

Other Thoughts or Helpful Hints

- It is recommended that each girl has her own copy of the Journey book.
- Includes information on writing press releases – Troops can always practice writing press releases and can even request assistance from the council's PR department. For large stories or major city papers/ other major media sources (i.e. radio & television), please turn any press releases or stories in to the council PR department for review. For local neighborhood news/church, bulletins/etc., it is recommended to confer with the PR department but not required.

Interest Project Patches & Other Program Connections

Create-It Section:

- Visual Arts IP
- From A to V: Audiovisual Production IP
- Photography IP
- Writing for Real IP

Guide-It Section:

- Understanding Yourself & Others IP
- Do You Get the Message IP
- Conflict Resolution IP
- Leadership IP
- Your Rights, Your Responsibility Patch

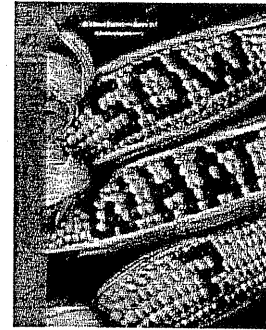
Change-It Section:

- Global Girl IP
- Home Improvement IP
- Home Is Where the Heart Is
- In the Pink

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Note to Leaders and Mentors: By this time in the Girl Scout experience almost everything should be girl-led. We recognize that girls in high school are very busy and have many activities going on. The time girls spend on their Take Action Project is less important than their having a meaningful opportunity to progress through the states of identifying, planning and doing a project. So make use of the coaching steps spelled out in the Take Action Planning Chart in the leader guide. The learning that takes place along the way is what will benefit girls now and all their lives. A simpler version of the planning chart is also available on page 80 of the girl book.

It's Your Planet – Love It! Senior – Sow What?



Basic Description

- *Sow What?* invites girls on a journey through some big food issues: how and where food is grown, processed, distributed, consumed – and so often wasted.
- Topics include:
 - The Food Network
 - Country of Origin Labeling – COOL
 - Benefits of Eating Locally
 - Organic vs. local vs. conventionally grown food
 - Slow Food
 - Food Rituals from Around the World
 - History and Current Trends in Food Production
 - Effects of Pesticides
 - Solutions for Changing the Food System
- Includes recipes and profiles of women involved in various parts of the food network

What do they earn and how do they earn them?

- Harvest Award
 - Identify and dig into a food or land issue, tapping some community experts as you go
 - Capture your vision for change in a Harvest Plan that includes your own “Sow What?” goals
 - Execute your plan by trying to influence a food policy or land-use effort or by educating and inspiring others to act on your solution you identify
 - Ideas listed on pages 90-93 in the girl workbook

Possible Field Trip or Community Partners

- Local farmers or farmers markets
- Local Slow Food groups
- Volunteer at a local food bank
- Organic farms or farmer's markets

Additional Programming Ideas for Meetings

- Prepare the recipes listed in the book
- Have a progressive dinner or dinner around the world
- Plant your own vegetable garden
- Visit a harvest or harvest festival
- Learn about local or national associations that lobby for farmers like the Cattlemen's Association

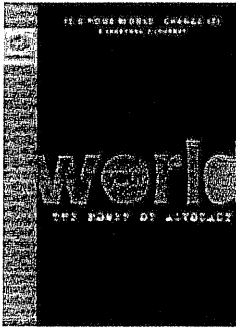
Other Thoughts or Helpful Hints

- It is recommended that each girl has her own copy of the Journey book
- The green boxes in the Leader Guide have great optional ideas

Interest Project Patches & Other Program Connections

- Creative Cooking IP
- The Food Connection IP
- Law and Order IP
- Plant Life
- Understanding Yourself and Others IP
- A World of Understanding IP
- Eco-Action IP
- Get with the Land Patch

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.



It's Your World Change It Ambassadors – Your Voice, Your World

Basic Description

- Asks girls to be an advocate – lifting their voice as a force for positive change in the world
- Describes 8 steps for advocacy
 - Step 1: Find Your Cause
 - Step 2: Tune In - time to research your cause
 - Step 3: Harmonize – identifying and forming partnerships, networking
 - Step 4: Identify the Big Ears – identify the VIPs who can help take action
 - Step 5: Plan the Perfect Pitch – put your advocacy message together as well as information on being an advocate in your own life
 - Step 6: Raise Your Voice, Make Your Pitch – girls present their message to the VIPs, also includes tips on talking
 - Step 7: Close the Loop – assessing your pitch, follow up with VIPs, look at outcomes
 - Step 8: Reflect, Reward, Celebrate – exploring careers in advocacy
- Great snapshots on women advocates throughout book
- Throughout book there are “Take 5” breaks that provide opportunities not related to advocacy – some are fun, one relates to healthy living, one evaluates skills

What do they earn and how do they earn them?

- Advocacy Award
 - Complete the 8 steps of advocacy

Possible Field Trips or Community Partners

- Ideas for advocacy
- Workshops taught by women who advocate for a living
- California state legislators and visits to the state capital
- Shadowing opportunities for girls to work with women advocates
- Sites of government – state capital, Washington D.C., city hall meeting

Additional Programming Ideas for Troop Meetings

- Research more on women advocates listed in the book
- A few more ideas are listed on page 15 of the leader book

Other Thoughts or Helpful Hints

- It is recommended that each girl have a copy of the Journey book
- The Advocacy Award is not described in girls' book – mentioned slightly on page 51 – covered in more detail on page 7 of the adult book
- Includes information on writing press releases – Troops can always practice writing press releases and can even request assistance from the council PR department. For large stories or major city papers/ other major media sources (i.e. radio & television), please turn any press releases or stories in to the council PR department for review. For local neighborhood news/church, bulletins/etc., it is recommended to confer with the PR department but not required.

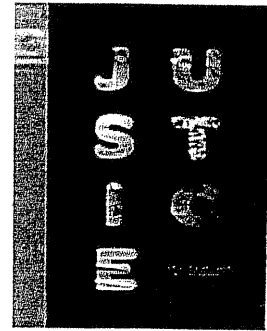
Interest Project Patches & Other Program Connections

- Leadership IP
- Global Girl IP
- Public Relations IP
- Desktop Publishing IP
- The Play's the Thing IP

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Note to leaders & mentors: By this time in the Girl Scout experience almost everything should be girl-led. We recognize that girls in high school are very busy and have many activities going on. The girl book states on page 53 that they need to consider their busy schedules when planning their advocacy project. They do not have to spend a huge amount of time on this project. The Leader book also stresses the importance of a meaningful process and not necessarily huge projects (page 7).

It's Your Planet – Love It! Ambassadors – Justice



Basic Description

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

What do they earn and how do they earn them?

- Sage Award
 - There are six steps to completing the award
 - Look High, Look Wide – encourages 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 close 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 – provides tips for your presentation

Possible Field Trips or Community Partners

- Local environmental agencies like I Love a Clean San Diego and Surfrider Foundation
- Local nature parks
- Recycling Centers
- Go camping or spend time in nature
- Visit various environmental inspired art exhibits
- Miramar Landfill

Additional Programming Ideas for Troop Meetings

- Create journals to use on the Journey
- Collect quotes about justice or injustice and create an art project or display
- Learn to use GIS mapping and how its used to identify places for landfills and storing of hazardous waster

Other Thoughts or Helpful Hints

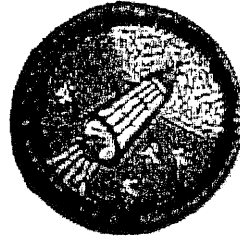
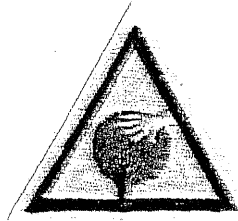
- It is recommended that each girl have a copy of the Journey book
- The green boxes throughout the Facilitator Guide have great additional programming options including movies, cooking and art projects

Interest Project Patches & Other Program Connections

- Leadership IP
- Global Girl IP
- Do You Get the Message IP
- Conflict Resolution IP
- Understanding Yourself and Others IP
- A World of Understanding IP
- Eco-Action IP
- High Tech Hide and Seek IP

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Note to leaders & mentors: You want the girls to take a major role in planning and executing this leadership experience. They may first want you to come up with ideas and plans. But hold your ground! This is the girls' experience and they're up to the challenge.



Petals/Try-Its/Badges/Interest Patches

- Daisy Girl Scouts
 - Earn Petals related to the Girl Scout Law
 - Activities for earning are determined by leaders in partnership with the girls
- Brownie Girl Scouts
 - Earn Try-Its
 - Must complete 4 activities listed in the Try-It book
- Junior Girl Scouts
 - Earn Badges
 - Must complete 6 activities listed in the Badge book
- Cadette, Senior and Ambassador Girl Scouts
 - Earn Interest Project or Focus Books
 - To complete an Interest Project – Girl Scouts must complete 2 Skill Builders activities, 1 Technology activity, 1 Service Project activity, 1 Career Exploration activity and 2 activities from any category they choose from the rest of the activities listed for that Interest Project.
 - To complete a Focus Book – Girls set goals (that they establish) related to the topic of the book and then work to reach those goals. They also complete activities listed in the book. Please note that many of the charms for the Focus Books are no longer available. They are in the process of becoming badges
 - Normally neither can be completed in one setting

In addition to the options listed in each of the badge books, there are additional badges listed on GSUSA's website for each age level.

http://www.girlscouts.org/program/gs_central/insignia/list/

Awards are earned when completing these programs and are placed on the front of the vest or sash.

Traditions

Juliette Low's Birthday – October 31

World Thinking Day – February 22

Girl Scout Birthday – March 12

Leader Appreciation Day – April 22

Ceremonies – Investiture, Rededication, Court of Awards, Bridging, Scout's Own

Plus swaps, friendship circles, encampments, campfires, songs and everything else that makes Girl Scouts special.

Patch Programs

Girl Scouts can also complete numerous patch programs that were created on various topics. Patches received for these programs should be placed on the back of the vest or sash.

Local Patch Programs

- Information on these are available on the council website – www.sdgirlscouts.org/forms

National Patch Programs

GSUSA has also created patch programs. They cover topics such as asthma awareness, environmental, women in leadership roles and rights/responsibilities. To learn more about these programs, visit GSUSA's website - http://www.girlscouts.org/program/gc_central/insignia/list/.

Cookie Program

Each year Girl Scouts USA creates a Cookie Activity Pin. Requirements for three levels, Daisies, Brownies & Juniors, Cadette, Seniors & Ambassadors, plus leader guides are posted online - www.girlscouts.org/program/gc_cookies/cookie_activity.asp.

Our baker, Little Brownie Baker, provide level activity books which highlight the benefits and learning opportunities built in to the Cookie Program.

Upcoming Changes & Outdated Materials

Girl Scouts of the USA is in the process of updating many of the current Girl Scout materials. The Girl Scout Leadership Model and Journeys were the first step in this process. Within the next two years, badges will be updated to incorporate the Girl Scout Leadership Model and meet the national outcomes. For now badges, can be completed using the current requirement. Until all of the transition is complete, we realize that some materials are out of print or are out of date. Here are a few examples:

Gold, Silver, and Bronze Award Requirements – Requirements for the Gold, Silver and Bronze Awards were updated in the summer of 2009 and the ones listed in the handbooks and STUDIO 2B GO FOR IT! materials are out of date. If you have not started working on one of these awards, please use the new requirements which are listed on our council's website on the highest awards page. If your troop has started work using the GO FOR IT! requirements, they can continue work utilizing these requirements but must complete their awards by September 30, 2011.

Junior Signs – many of the requirements for the Junior signs list publications that are no longer in print. The Issues for Girl Scouts are no longer available. In all cases a second option is listed such as attending a council event or completing a service project. This is the recommended choice.

Handbooks – Due to recent changes in programming, many of the Program Level Handbooks are becoming outdated. They can provide additional resources for troops to supplement their program.

STUDIO 2B Focus Books – The focus books are still available and can be completed by Girl Scout Cadettes, Seniors and Ambassadors. However, some of the charms are no longer available for purchase. The awards are now in the form of patches.

