



Girl Scout Ambassador First Six Meetings/Sessions



Objective

The goal of your first six Ambassador meetings is to renew old friendships and establish new ones. It should also be your goal to instill leadership skills in these young women. They will use their newfound leadership skills to plan their troop year as well as their investiture and rededication ceremony. They will also choose a Leadership Journey to take as a group.

Introduction

Included in this packet are basic outlines for your first six Girl Scout Senior meetings/sessions plus activity sheets and suggestions. They are designed to help you get started, and can be changed or modified to fit the needs and the interests of the girls in the troop.

Resources

Suggested items include but are not limited to:

- Ambassador Girl's Guide to Girl Scouting including Gold Award information
- Girl Scout Ambassador Journeys
- GSNorCal Council Resource Guide (CRG)
- The girls in the troop: keep track of comments and suggestions from the girls throughout the meetings
- Your ideas: don't underestimate yourself
- The other adults in the troop: tap into this group as often as possible
- [girlscoutsnorcal.org/Troop Resources](http://girlscoutsnorcal.org/TroopResources)
- gsusa.org the "For Girls" section is loaded with ideas designed just for Ambassador Girl Scouts

Each Meeting/Session consists of:

1. Start-up activity
2. Opening
3. Business
4. Activities
5. Snack (optional but recommended)
6. Clean-up
7. Closing





MEETING /SESSION ONE

Theme: Senior planning- - It's Your World, Change It—Your World Your Voice

Today's Meeting includes the following activities:

- INTRO Game (attached)
- Eliminating Speaker's Jitter

Materials for this meeting:

Large paper or poster board
Markers or colored pencils
Sticky notes

Optional: Healthy snack

START-UP ACTIVITY

As girls this age rarely get time for socializing in school, this might be a good time to let them catch up with each other before the meeting starts. Be sure to allocate a specific amount of time for the start-up activity.

OPENING

If your troop is new to Girl Scouts: Bring the girls together in a circle. Show them the Girl Scout sign. Ask them to say the **Girl Scout Promise** aloud with you. Introduce the quiet sign to the group: raised hand with all five fingers referring to the original law five "to be courteous". Explain that when they see a Girl Scout raise her hand in the quiet sign that they should raise their hands as well, and be quiet.

Say the **Girl Scout Law** one at a time and ask the girls what they feel they could do to follow it? Ask the girls to take turns sharing something they'd like to do with the troop this year.

If your troop has been together a while: Ask the girls to open the meeting by reciting the Pledge of Allegiance and the Girl Scout Promise or they may use an opening they prefer. Ask the girls to take turns sharing something they'd like to do with the troop this year.

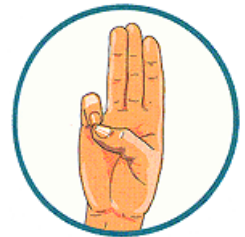
BUSINESS

This is a good time to decide on dues and the troop budget and to talk about any product sales activities, field trips, or other items the troop needs to discuss or to make decisions about. Make sure to let the girls lead this section as much as possible. Check out ways to establish dues and make decisions in the CRG Troop Appendix. This may also be a good time to discuss the troop government options for the girls. This information is also in the Troop Appendix section of the CRG.

ACTIVITIES

INTRO "Bingo" Game (Optional) This is a good way to get a new group of girls to mingle

This is a get-acquainted game to help the girls learn about each other.



Girl Scout Promise:

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

Girl Scout Law:

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for
what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.



1. Give each girl an INTRO sheet and a pen or pencil
2. The girls should talk and get to know each other and ask questions based on the squares on the INTRO sheet
3. For each square, they should collect other Girl's signatures (if there are fewer girls than squares, it's okay to have some girls sign twice)
4. Go around the room and have each girl introduce herself
5. As each girl introduces herself, have the girls mark the place on their INTRO sheets where that girl signed
6. The first girl to get "INTRO" (like in BINGO) wins!

Eliminating Speaker's Jitters

Practicing persuasive public speaking is important for Ambassadors because girls this age frequently say that public speaking is scary. Incorporating short and simple ways for them to practice speaking in front of others can help them get over any initial jitters.

Public Speaking and the Girl Scout Law

1. Ask each girl to decide which line of the Girl Scout Law not only resonates with her but also best represents advocacy.*
2. After 10 or 15 minutes of prep time, each girl (or in pairs) has one minute to speak to the group and present her case in a persuasive and professional manner.
3. Encourage the girls to get creative with visuals, statistics, or anything else they choose.

*For an extra challenge write the lines of the Girl Scout Law on slips of paper, placing them in a bag or bowl, and letting each girl (or pair) pick one.

A as in Acting—Improv that is...

Ask the girls to take turns being the "expert" on some made-up topic. Each girl has exactly one minute to speak off-the-cuff about her topic, which she pulls from a hat/bag. Sample topics are attached.

SNACK-TIME

Girls like to socialize around eating. If possible, at every meeting, try to set aside a few minutes for the girls to enjoy a simple healthy snack. Make sure to write down any food allergies or dietary restrictions so the healthy snack can be enjoyed by everyone. More information about snacks can be found in the CRG chapter 5/Money Matters. Sometimes girls this age like to meet in the evening. The "snack" could be a simple dinner prepared by the girls or brought by one girl from home. Or they could simply bring a sack dinner with them and the drinks could be provided by the adult volunteers. If this is the case, Snack-Time would be moved to the beginning of the meeting.

Some troops have established a communication system to help remind each other of their obligations. This could be a text, email, phone call, or social media group. It would be a good idea to do that now.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

If your troop is new to Girl Scouts: Introduce them to the Friendship Circle, a traditional way for a troop to close a meeting.



Friendship Circle

- Girls join hands to form a circle. Once they've formed a circle, they should rearrange their holds so that their arms are crossed right over left in front of them. (See photo)
- One girl starts the circle by making a silent wish, then squeezing the hand of the girl on her right.
- Each girl squeezes the next girl's hand in turn, until the squeeze 'gets back' to the first girl.
- The girl who began the squeeze could say, "Goodbye Girl Scouts."
- The circle breaks and the girls head home.

If your troop has been together for awhile: Ask for a volunteer or two to lead the group in a traditional Friendship Circle or any other ceremony they would prefer to close the meeting.



Remind the girls that they need to do a few things for the next meeting.

- 1. Find and bring to the meeting 2 dozen photos glued or taped to large index cards to make story cards. Photos can be clipped from magazines, or from online sources. All should be from a specific historical period. Index cards should be numbered 1–24 on the back.**
- 2. Clean t-shirt they are willing to cut and make into a shopping bag.**
- 3. The Clean the Attic research also needs to be ready to share at the next meeting.**



INTRO GAME

I

Has a brother

Wears glasses

Loves ice cream

Likes to swim

Plays a sport

N

Wears braces

Has a sister

Enjoys reading

Wants to earn her Gold Award

Volunteers or does community service

T

Likes to dance

Enjoys camping

FREE!

Likes to write

Plays a musical instrument

R

Has a pet other than a cat or dog

Likes to cook

Conserves energy and/or water

Has a cat

Likes to shop

O

Recycles

Likes to sing

Has a dog

Wants to go to college

Likes vegetables



A is for Acting— as in Improv Cards



You may use these cards or come up with your own.
Cut the strips, fold them in half, and let the girls blindly pick one.

The origin of the banana split

Why Unicorns Make Great Pets

How to Build an Internal Combustion Engine From Garbage

Our Hometown is the Fashion Capital of the World!

Why Donuts Should Be Their Own Food Group

Duct Tape Should Be a Required School Supply



MEETING /SESSION TWO

Theme: It's Your Planet, Love It! Justice

Today's meeting includes the following activities:

- Telling a Story from a Bird's Eye View
- Overcoming Resistance
- Crafting with a Purpose T-shirt Tote Bag

Materials for this meeting/session:

| | |
|---|--|
| 2 or 3 Hula Hoops depending on the size of your troop | Scissors |
| Straight Pins | 1 Old Dinner plate |
| Sewing needles and thread | Markers, pencils |
| Plain white paper, letter sized | Large flip chart paper or poster board |
| A couple extra clean t-shirts in case someone forgets | |

START UP ACTIVITY

This could be the best time to serve the healthy snack or, as previously discussed, have the girls eat the sack dinner they brought. Or if they prefer, just let them have some time to socialize. It's important to let them decide what they'd like to do during this time.

OPENING

If your troop is new to Girl Scouts: Use the Quiet Sign to bring the girls into a circle and remind them of the Girl Scout Sign and recite the Girl Scout Promise. Ask each girl to share their thoughts about what justice is and what affects whether or not people are treated justly.

If your troop has been together a while: Ask for a volunteer to lead the girls in an opening using a ceremony they prefer. Ask each girl to share their thoughts about what justice is and what affects whether or not people are treated justly.

BUSINESS

Take a few minutes to let the girls share the research they brought about the activities from the Clean the Attic activity from the previous meeting. Let them add the information to the file with those activities. The girls can also collect dues and take attendance.

ACTIVITIES

Tell Story From a Bird's Eye View

1. Have the girls divide into teams or pairs.
2. Give one team two dozen picture or story cards and 10 minutes to brainstorm together. Their goal is to choose 12 pictures and create a sequential story with them. This team of girls will dream up their story and order the picture cards in sequence, but not show the other team (the numbers on the back will help them remember the order).
3. The first team will then give the picture cards to the second team, along with two hints: the first and last photos of their story. The second team now has 10 minutes to try to lay out the first team's story.
4. When they're done, ask the girls questions like:
Did you expect the two story versions to match up better or worse than they did?



How many stories could be told with the same dozen photos?
What makes it hard to predict the other team's story?
What sort of stories would you expect from younger girls or women using the same 12 photos?
What stories would you expect from boys or men, girls from Africa or Asia or individuals from very poor or very wealthy communities?

5. Transition the team into a broader discussion about how easy it is to forget that we each see the world from a unique perspective—our own! You might say: Even when we agree on the basics of something simple, like a school trip, we will likely emphasize different things and have a different interpretation of people, places, and events. Human nature!
6. Wrap up by inviting the team to consider some of these questions:
 - Why is it so important to try to see situations from as many perspectives as possible?
 - How do we piece together stories when we don't have all the information?
 - How could seeing various sides of a story help resolve the injustice or avoid a future injustice?
 - How does taking a bird's-eye view of an environmental problem expand your view of justice?

Overcoming Resistance

Ask for one or two volunteers to act as referees. Then divide the troop into groups of 5 or 6 and ask them to form circles shoulder to shoulder. If you have a small troop all of the girls could form one circle. Have them raise both arms, waist high, with their index fingers extended. Once they are ready, have the referees place a "levitation" ring (hula hoop) on the extended fingers of each circle. Make sure the hula hoop is in contact with all of the Girl's fingers. Tell the girls that the goal of the group is to lower the hula hoop to the ground while never losing contact with any of the Girl's index fingers. If any girl loses contact, the group must start the challenge again from waist high. The referee's job is to be vigilant about finger contact. Just one slip and the game restarts.

It sounds easy but what happens is that the harder the girls try to get the hula hoop to the ground, the more the hula hoop stubbornly keeps rising in defiance of the group's goal. The girls laugh a lot and, for some reason, the hula hoop keeps levitating. How come?

The reason is that the upward pressure from all of the index fingers desperately trying to maintain contact with the hula hoop is greater than the downward pressure of the weight of the hula hoop.

After several tries, ask the girls to consider strategies. What approach might improve their progress? If a group is successful in lowering their hula hoop to the ground, invite them to explain what they did.

Ask: "Can you see any parallels with anything in your lives that reminds you of the hula hoop?"

Crafting With a Purpose

Using old t-shirts the girls brought from home, create recycled shopping bags. (see attached instruction)

SNACK TIME

If you have not used the pre-meeting time to have a healthy snack or sack dinner, now would be a good time.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

Ask for a volunteer or two to lead the group in either a closing ceremony of their choice or a friendship circle.



Recycled T-Shirt Tote Bag



Did You Know.... Plastic shopping bags are typically used less than 30 minutes and only 1 % of them are recycled. The average American adult uses approximately 288 bags a year, or 22,000* in an average lifetime... make and use a Recycled T-Shirt Tote bag today! *Source: 2008 Piedmont Environmental Alliance, NC

This is a great opportunity to experience using a sewing machine, hand sewing or can be done without sewing!

1. Choose an old t-shirt and smooth it flat on a table. Use scissors to cut and remove the sleeves---make sure you leave the seam in place---this keeps your tote strong!
2. Position a plate about halfway over the neck opening of the shirt. Trace the plate with your pencil or pen. This will be your cutting line to create the opening for your tote bag.
3. Cut along the traced line with the scissors.
4. Turn the T-shirt inside out and pin the bottom of the T-shirt--along the hem---closed.
5. Hand stitch the opening closed along the pin line. You can sew twice to reinforce it.

Or, no sew version: Do not pin the bottom of the shirt.

1. Instead, lay your shirt flat and then set a ruler parallel to the bottom of your shirt about 5-6 inches above the bottom hem.
2. If you'd rather not have much fringe hanging down, you can make your strips shorter.
3. Cut 1/2 inch strips up to the ruler (I used the width of my thumb as a rough guide). It's great to be as straight and consistent as possible, but luckily, these strips are very forgiving.
4. Now you're ready to start tying. Knot the two end strips by themselves, and then carefully match each top strip to each bottom strip, double knotting each tightly as you make your way across.
5. You can add beads if you'd like to make your tote bag fancy.



Original Sewn Version



No-Sew Fringe Version



MEETING/SESSION THREE

Theme: It's Your Story, Tell It! - Bliss—Give It!

Today's Meeting includes the following activities:

- Build Your Bubble
- Needs and Dreams
- Dream Questions, Dream Answers
- Dream Catcher

Material for this meeting/session:

| | |
|-----------------------------------|---|
| Small soft ball like a Koosh ball | |
| Pens, pencils, or markers | Bubble Activity Sheet (see attached) |
| Index cards | 5" hoop or ring (these can be found at most craft or fabric stores), one per girl |
| Pony beads | Feathers |
| Glue | Yarn |
| Scissors | Optional: healthy snack or sack dinners |

START-UP ACTIVITY

The girls may decide to chat and reacquaint with their sister Girl Scouts. Some troops offer the healthy snack now rather than later in the meeting, and others have the girls bring a sack dinner to enjoy before the meeting gets underway.

OPENING

Ask the girls to open the meeting by reciting the Pledge of Allegiance and the Girl Scout Promise together. Ask for a volunteer to lead the group in this opening. Then ask the girls to take turns sharing a dream they have.

BUSINESS

The girls can collect dues and take attendance.

ACTIVITIES

Build Your Bubble

Let the girls know that confidence can be like a protective bubble that offers shelter when someone says or does something that hurts them in some way. You might say something like, "With this bubble around you, it's easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others."

Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don't want to do). If you like, write your own personal pressures outside your bubble.
- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your bubble.

Once the girls have filled their bubbles, ask them to talk about what they put in and outside the bubbles.



Acknowledge that everyone feels pressure but it's how we handle that pressure that keeps us strong.

Ask: Do others have something in their bubbles that might keep you strong, too?

Add it to your bubble! You might say: "The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! And that makes us feel blissful! So keep this bubble with you as a reminder of all your strength—and continue to feel the bliss!"

Needs and Dreams:

Give each of the girls some index cards and something to write with. Ask them to brainstorm all the things they consider to be their basic needs; in other words, what the girls need to survive on a daily basis. Let them know that it is up to them to define their needs, which can be anything from food and water to makeup and music.

- Have them write their needs on the index cards, one need per card.
- If they're stuck for ideas, offer them some sample needs such as oxygen, food, water, shelter, health, safety, love, belonging, self esteem, friendship, etc.
- Ask the girls to create enough cards so that each girl can choose two.
- Keep one index card for yourself and write the word: "Dreams" on it.
- When all the cards are made, ask the girls to mix them up, written side down, and each girl chooses 2 cards.

Depending on the size of the group, suggest that the girls then break into pairs or work all together to decide the order of importance of the needs on the cards they picked, or whether they're equally important, and why. If they break into pairs, when each pair has its cards in order, ask all the girls to come together and arrange all the cards in order of importance, most basic needs on the bottom. When they've finished, ask the girls to consider the "Dreams" card you've been holding by posing these questions: "How about this card? I've got-the dreams card? Where should it go? At the bottom? At the top? Somewhere in the middle? How much importance do you each place on dreams? That will determine where the card goes. Were there differences in sorting out the order of the needs cards? How did your individual opinions differ? Why do you think that is? What do you need in life before you can fulfill a dream?"

Dream Questions, Dream Answers:

Gather the girls together and explain that they are going be dream catchers and dream throwers. Ask them to recall the dreams they heard each other share at the beginning of the meeting. Get them thinking about it by suggesting; "Maybe one of these dreams intrigued you or you had a question you wanted to ask about it. Now's your chance! When you have the Koosh ball/beanbag, toss it to the girl you want to ask a question about and ask! If no one volunteers to start, you start, perhaps one of the girls said she dreamed of being an architect, toss the ball to the girl and ask; "Where do you think the first building you design is going to be built?" Continue until everyone has had a chance to ask and answer at least one question.

Dream Catcher: See attached instructions

Dream catchers are arts and crafts of the Native American people. The original web dream catcher of the Ojibwa was intended to teach natural wisdom. Nature is a profound teacher. Dream catchers of twigs, sinew, and feathers have been woven since ancient times by Ojibwa people. They were woven by the grandfathers and grandmothers for newborn children and hung above the cradleboard to give the infants peaceful, beautiful dreams. The night air is filled with dreams. Good dreams are clear and know the way to the dreamer, descending through the feathers. The slightest movement of the feathers indicated the passage of yet another beautiful dream. Bad dreams, however, are confused and confusing. They cannot find their way through the web and are trapped there until the sun rises and evaporates them like the morning dew.

Originally the Native American dream catcher was woven on twigs of the red willow using thread from the stalk of the stinging nettle. The red willow and twigs from other trees of the willow family, as well as red twig dogwood can be found in many parts of the United States. These twigs are gathered fresh and dried in a circle or pulled into a spiral shape depending upon their intended use. They used natural feathers and semi-precious gemstone, one gemstone to each web because there is only one creator in the web of life.



SNACK TIME

If the troop didn't enjoy their healthy snack or sack dinner at the beginning of the meeting, now would be a good time.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

Ask for a volunteer or two to lead the group in a closing ceremony of their choice.

***** Before the girls leave, remind them that at the next meeting they will be planning their
Investiture/Rededication Ceremony.**

**If the troop is new, it might be a good idea to explain what this is.
(see explanation in the introduction to the next meeting)**

**Suggest that they check out Pinterest, YouTube, Google, or Scouting.com
to look for ideas for the ceremony.**



Dream Catcher:

Cut a 70" piece of string or yarn for each dream catcher. Give each girl a hoop.

The Dream Catcher repeats the same stitch from start to finish.

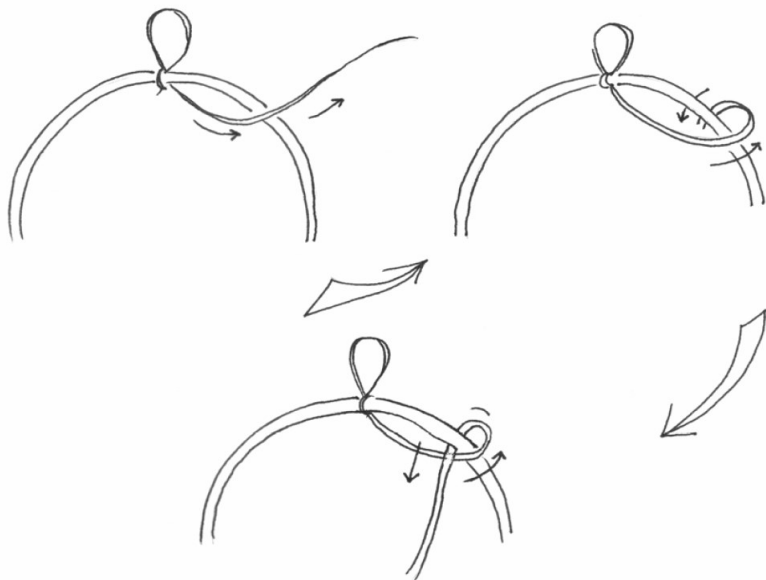
To start, hold the string and lace it loosely over the top of the hoop.

Move the string around to the back of the hoop forming a hole.

Pull the string back through the hole you have just made.

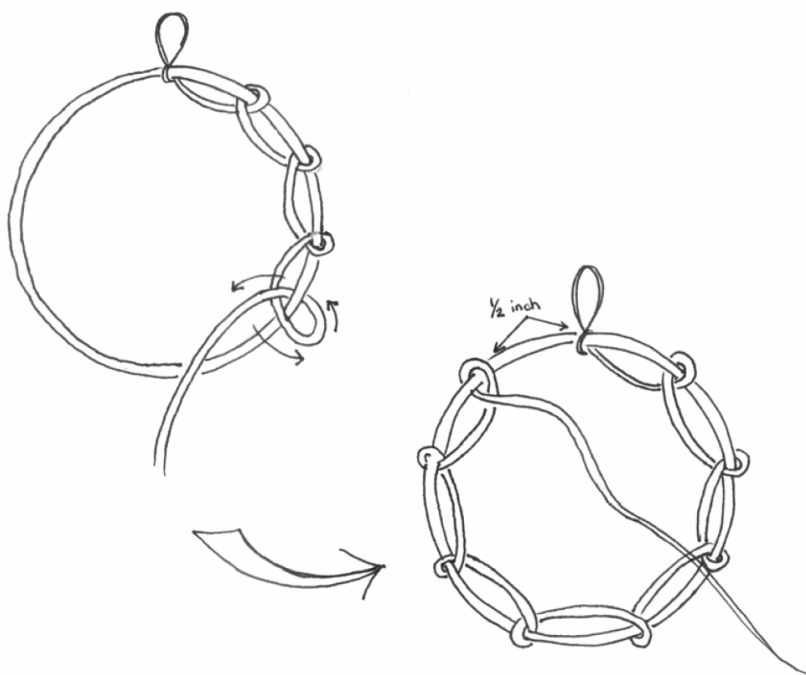
Pull each stitch taught but not too tight or it will warp the hoop. Beads may be added as you tie and make the web.

Cut 7" pieces of string or yard and tie these to the bottom of the ring. Slide pony beads on the strings, put a dab of glue on the shaft of two feathers and push inside the pony beads.



Continue the same stitch around the hoop.

Space the stitches evenly, about 1 1/2 to 2 inches apart, making 7–13 stitches around the hoop. The last stitch of the first round should be about half an inch away from the hanging loop.



Bubble Activity Sheet





MEETING /SESSION FOUR

Theme: Planning an Investiture/Rededication ceremony

When a girl joins Girl Scouts, she is welcomed into the troop/group with an Investiture Ceremony. This ceremony consists of reciting the Girl Scout Promise and the Girl Scout Law and receiving her official Girl Scout Pin. The ceremony can be as simple or as elaborate as the girls decide.

When a troop has been together for awhile, the new year is celebrated with a Rededication Ceremony where the girls rededicate themselves to the Girl Scout Promise and the Girl Scout Law. This can also be as simple or as elaborate as the girls decide. If an existing troop adds new girls, and we hope this happens often, an Investiture/Rededication is celebrated.

Today's Meeting includes the following activities:

- Dividing the troop into Patrols
- Facilitating the decision-making process for planning the ceremony

START-UP ACTIVITY

Material for this meeting/session:

Flip chart pages or large pieces of newsprint for brainstorming

Have the girls serve snack now, if they choose, and let them chat.

OPENING

Encourage the girls to come up with a new opening. Or ask for volunteers to open the meeting however they'd like.

BUSINESS

The girls can collect dues and take attendance.

Investiture and Rededication Ceremony

It is time to start thinking about this ceremony. Explain to the girls what it is and what it involves.

★At this point it might be a great opportunity to see if the girls would like to work in smaller groups or patrols to plan different parts of the ceremony and to be responsible for refreshments, entertainment, or decorations. Let the girls decide what they think they might like. Make sure they have an adult for support but instruct the adult to let the girls lead discussions and make the decisions with just a bit of advice and support. Encourage them to choose the patrol they would like to be in based on their interests and talents. Here are some possible patrols and what they could do to plan and carry out the ceremony. As soon as the patrol is formed the girls should elect a patrol leader who will facilitate the decision-making process and a scribe to take notes.

- **Invitation Patrol:** Discuss who to invite and what the invitations should say. Design and make the invitations
- **Decoration Patrol:** Decide on decorations, make them, and put them up the day of.
- **Refreshment Patrol:** Decide on refreshments, if applicable, and make and bring them.
- **Ceremony Patrol:** Brainstorm about songs, games, activities, or poems to include and plan the ceremony.
- **Or any other Patrol the girls decide on.**



ACTIVITIES

Ceremony planning:

The troop breaks into Patrols and starts their discussions/brainstorming/planning. Encourage the girls to share what they found on their quests online at Pinterest, YouTube, Scouting.com and any other sites they may have found.

It is very important for the adult assigned to each patrol to watch and offer only suggestions if asked. Her/his role is to see that all girls have an opportunity to speak and to have their ideas included. It is also a good time to remind the girls of their obligations so they will be able to follow through for the next meeting where the decorations, invitations and plans will be finalized.

*** Remind the adult advisors for each patrol to make sure the girls are listing the supplies they will need for the next meeting and who will bring them or if they need the troop leader to bring them. At this time, they should also decide on a communication system to make sure everyone remembers what to bring to the next meeting and to reconfirm assignments.**

SNACK TIME

Serve now if it wasn't done at the pre-meeting time.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

Encourage the girls to choose a closing they prefer.

Make sure to remind the girls of the part of the ceremony they chose to be responsible for .

The girls will also give you a list of supplies they will need for the next meeting.





MEETING /SESSION FIVE

Theme: The Ceremony Preparation and Rehearsal

Today's meeting includes the following activities:

- Patrols make final preparations for the ceremony
- Girls rehearse their roles in the ceremony

Material for this meeting/session:

Materials girls have asked the leader to bring

START-UP ACTIVITY

Girls can start meeting in their patrols or they could eat their snack or sack dinner at this time. Let them choose.

OPENING

The girls conduct an opening of their choice.

BUSINESS

The girls can collect dues and take attendance.

ACTIVITIES

Patrol assignments at work:

- **Invitation Patrol:** Make invitations using the materials they either brought themselves or asked you to bring
- **Decoration Patrol:** Make the decorations and lay out where they will go in the room using the materials they brought themselves or asked you to bring
- **Refreshment Patrol:** Finalize the refreshments and assign who will do what. If possible the adult, with the help of another adult, could take this patrol to the market to buy the supplies for the refreshments
- **Ceremony Patrol:** Plan the program for the ceremony and assign roles for everyone. Rehearse the ceremony.

SNACK TIME

Serve now if it wasn't done at the pre-meeting time.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

Let the girls decide what kind of closing to do.

- **Make sure to remind the girls of the part of the ceremony they chose to be responsible for and have each patrol establish a communication system to make sure everyone remembers what to bring on ceremony day.**





The Ceremony

The girls and the adult volunteers hold the Investiture/Rededication Ceremony the girls planned. This can be done anytime, either at another meeting or a special evening that could include more guests if the girls wish.

START-UP ACTIVITY

Patrol system in action:

- **Invitation Patrol:** Help set up the ceremony under the direction of the Ceremony Patrol
- **Decoration Patrol:** Decorate the room
- **Ceremony Patrol:** Set up the room and organize the ceremony
- **Refreshment Patrol:** Set up the refreshment table



OPENING

The girls do the opening and flag ceremony they decided on.

SONGS/PRESENTATIONS/SKITS

The girls present the program they decided on.

INVESTITURE/REDEDICATION

The leader presents new members with their Girl Scout Pin and returning girls can receive a rededication patch. (optional)

REFRESHMENTS

The girls serve their guests the refreshments they decided on.

CLEAN-UP

Everyone pitches in and tidies up the meeting place.

CLOSING

The girls invite their guests to join them in a Friendship Circle or the closing they decided on.





MEETING /SESSION SIX

Theme: It's Your Journey, Choose It!

The girls will learn more about Ambassador leadership Journeys and they will choose one to work on. Ambassadors discover what they care about and learn to team up for a great adventure.

Today's meeting includes the following Activities:

- Journey Quiz
- Stamp of Approval
- Tally up the votes
- Clean Out the Attic (Template attached)
- Girl Scout Taboo Game

Before the meeting, prepare the House/Attic/Calendar on a large sheet of paper or poster board
(See attached diagram)

Materials for this meeting/session:

| | |
|--|---|
| Journey Quiz (one per girl) | Journey books, Girl's Guide to Girl Scouting, Program |
| Small stickers or post-it notes, markers | Event Guide (PEG) |
| Voting Ballots (see attached) | Any other resources you'd like to include |
| Large poster board or poster paper | Optional healthy snack |

START UP ACTIVITY

As the girls arrive, they may choose to serve the healthy snack and ask them to try out the **Journey Quiz** (attached). Their answers may be helpful when they vote later on in the meeting.

Setting up the voting station: Hang vote sheets with the Your Voice Your World, Justice and Bliss on the wall where the girls can easily see them. Place stickers/Post-it notes nearby. Or set up a system for secret ballots, like small jars, small boxes or baskets for each vote sheet if you think the girls could sway the votes if they are not sure about choosing differently than their friends.

OPENING

Invite the girls to open the meeting the way they choose. In addition to their opening talk to the girls about all the things they have done together so far, including the Investiture/Rededication Ceremony. Allow each girl to talk about something she liked and what she hopes to do with the troop in the future.

BUSINESS

The girls can collect dues and take attendance.

ACTIVITIES

It's Your Journey, Choose It!: Now is the time for the girls to choose which Journey they would like to start on first. Let them know that each Journey focuses on different topics. They can also earn badges, go on field trips, make art projects, and have lots of fun.

Here are their choices:



Your Voice, Your World: How often have you seen something that really needed to be changed and wondered, "Why isn't someone doing something about that?" This journey gives Girl Scout Ambassadors a way to be that someone—an advocate with the power to start the first flutter of real and lasting change. While creating their own "butterfly effect," they'll gain an array of skills—such as networking, planning, and learning to speak up for what they believe—that will benefit them as they prepare for life beyond high school.

Justice: On this journey, the challenge of identifying environmental injustices, understanding how they arise, and realizing how solutions to them can be found are opportunities for Ambassadors to develop valuable leadership skills they can use now and throughout their lives. Plus, they'll be networking—with scientists, community leaders, environmentalists, and others, all of whom can offer valuable advice about college, careers, and other aspects of life after high school.

Bliss: On this journey, the Ambassadors have the opportunity to earn the Dream Maker Award, a leadership award that has them exploring the three keys: Discover, Connect, and Take Action! To earn the award, the girls explore Dreams and find a dreamer to assist to make her dream happen. Girls understand the bliss they can achieve by helping others with their dreams, and they realize that a leader pursues her own dreams and makes it possible for others to do the same.

Give your stamp of approval: It's time to vote. Invite the girls to vote for the Journey they most want to try out first. Explain how to vote based on the set-up you decided on earlier.

Tally up the votes! Once the girls have had a chance to put their stamp of approval on the Journey they chose, count up the votes for each one. Announce the "winner", but also let the girls know that there will be opportunities to choose the next Journey to work on and to learn about other topics.

Clean out the Attic:

Clean out the Attic is a planning tool for the girls to help them decide what they'd like to do in the troop for the year.

1. Give each girl a pad of sticky notes and let them look through the books and resources you have provided.
2. They should think about the activities they would like to do throughout the year.
3. The girls should write their ideas on sticky notes (one idea per note) and place it in "the attic."
4. As a troop, let the girls discuss the ideas and sort them into "rooms" based on the most practical month of the year to do the activity.
5. As the girls decide, move the sticky notes from the attic to the rooms.
6. After all the ideas have been placed, ask each girl to choose an activity or two to research.
7. In time for the next meeting, they should research what the activities entail – cost, time, location, needs, etc.



Girl Scout Taboo Game: (Optional activity if you have time) A girl picks a card (attached) and tries to get the group to say the word or phrase without using any form of the word. The girls can compete in teams or play just for the fun of it as a big group.

SNACK TIME

Serve now if it wasn't done at the pre-meeting time.

CLEAN-UP

Girl Scouts always leave a place better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

CLOSING

Encourage the girls to choose a closing they prefer.

Journey Quiz Guide:

If the girls answered mostly:

a's—It's Your Planet—Love It! Justice would match their interests

b's—It's Your World—Change It! Your Voice Your World would match their interests

c's—It's Your Story—Tell It! Bliss is a good choice for their interests

Clean Out the Attic Activity

Materials

- One very large piece of paper/poster board – draw a house with twelve rooms and an attic. Label each “room” with the months of the year. (see template, below)
- Sticky notes (1 pad for each girl)
- Pens or pencils
- Journey Books, Ambassador Girl’s Guide to Girl Scouting, Program & Event Guide (PEG), Ideas from Pinterest or other online sources.

Instructions

1. Give each girl a pad of sticky notes and each of them look through the books and resources you have provided. They should think about the activities they would like to do throughout the year. Remind them that they will be sampling the Leadership Journeys in the next few meetings and will be choosing one at the end of the six meetings to work on as a troop.
2. The girls should write their ideas on sticky notes (one idea per note) and place it in “the attic.”
3. Keep this poster board/house available for the next few meetings to allow the girls to revisit it.
4. As a troop, the girls can discuss the ideas in the attic at the close of each meeting to sort them into “rooms” based on the most practical month of the year to do the activity. As they decide, move the sticky notes from the attic into the rooms/months.
5. At the end of each meeting, as the ideas are placed in rooms, each girl could be asked to choose an activity or two to research for cost, needed resources, time commitment, and practicality.

Attic

| | | | |
|------------------|-----------------|-----------------|-----------------|
| January | February | March | April |
| May | June | July | August |
| September | October | November | December |



Journey Ballots



| | | |
|----------------------------------|----------------|--------------|
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |
| Your Voice Your World | Justice | Bliss |



Girl Scout TABOO Game



| | | | |
|-----------------|-------------------------|----------------------------|--------------------|
| BADGES | THINKING DAY | BROWNIE | DAISY |
| CADETTES | CAMPING | SERVICE PROJECT | COOKIES |
| UNIFORM | JULIETTE LOW | CEREMONY | HONEST |
| FAIR | FRIENDLY | HELPFUL | CONSIDERATE |
| CARING | COURAGEOUS | STRONG | RESPONSIBLE |



Girl Scout TABOO Game



| | | | |
|-------------------------|-------------------------------|------------------------|--------------------------|
| RESPECT | COOPERATE | TROOP | THIN MINTS |
| BRONZE AWARD | JUNIOR | GOLD AWARD | SILVER AWARD |
| JOURNEY | PROMISE | LAW | SOW WHAT |
| GIRLtopia | MISSION SISTERHOOD | HIGH SCHOOL | MIDDLE SCHOOL |
| | | | |

JOURNEY MATCH:

FIND THE PERFECT JOURNEY FOR YOU!

Circle your top choice for each question

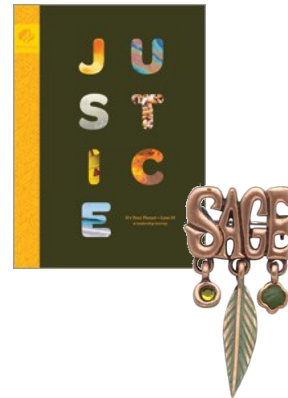
Which of the following activities would you like to do at your next meeting?

- a. Create your own make-up
- b. Try foods from around the world
- c. Write and illustrate stories to share with friends



If you could help one cause, what would it be?

- a. Planting trees to help save the earth
- b. Finding ways to help victims of a recent earthquake
- c. Starting a campaign to get drivers to stop texting



In my free time, I like to:

- a. Do outdoor activities, like play sports or go hiking
- b. Go on trips to different places
- c. Surf online, send emails and draw pictures

My favorite badges focus on:

- a. Science, weather, or the outdoors
- b. Relationships, family, and friends
- c. The arts—painting, dancing, sewing

Which could be your dream job?

- a. Inventing new ice cream flavors
- b. Actress
- c. Interior Designer





Ambassador Leadership Journey Awards



Your Voice Your World

The road to advocacy can take many routes, but in this journey it follows eight sequential steps that the girls can easily fit into their busy lives—now and anytime they want to advocate.

Each step builds on the one before, giving the girls new insights, stronger skills, and greater confidence.

The 8 steps to Advocacy do not have to be accomplished in the exact order given in the Advocacy Central chart on page 8–9 of the adult guide, though that is likely the smoothest path to success. There are also no limits on the amount of time the girls choose to spend on each step. They can take as much or as little time as needed. What's most important is for the Ambassadors to do what they find intriguing, exciting, and engaging.

First, though, they will decide whether to journey forward on their own or as part of a team. If you are advising Ambassadors who are journeying solo, encourage them to collaborate as much as possible with friends, teachers, mentors, and other community members. Even those journeying with other Ambassadors may want to proceed with minimal adult guidance. Still, be ready to be needed. Even older teens can want, and flourish with, adult coaching and guidance.

No matter how Ambassadors travel through this journey, if they complete the 8 Steps to **Advocacy**, the prestigious **Girl Scout Advocate Award** is theirs.

The 8 Steps to Advocacy are:

1. Find your cause
2. Tune in
3. Harmonize
4. Identify the Big Ears and set up a meeting
5. Prepare your pitch
6. Make your pitch
7. Close the loop and give thanks
8. Reflect and celebrate



Justice

On this journey, the challenge of identifying environmental injustices, understanding how they arise, and realizing how solutions to them can be found are

opportunities for Ambassadors to develop valuable leadership skills they can use now and throughout their lives. Plus, they'll be networking—with scientists, community leaders, environmentalists, and others, all of whom can offer valuable advice about college, careers, and other aspects of life after high school.

On this journey to **JUSTICE**, Ambassadors have the opportunity to earn the prestigious **Sage Award** by participating in activities in the six steps to understanding environmental issues. The Sage Award takes its name from the word meaning wise person (from the Latin root *sapere*, to be wise) and the medicinal herb (from the Latin root *salvare*, to heal or to save). The award represents both the commitment and ability to be judicious, and it reminds us of the importance of healing.

No matter how Ambassadors travel through this journey, if they complete the 6 Steps to earning **SAGE**, the prestigious **Girl Scout SAGE Award** is theirs.

The 6 Steps to Sage are:

1. Look high, look wide
2. Do the Math
3. Be Hawk-eyed
4. Take the scientific view
5. Deciphering decisions
6. Create your equation and present it





Ambassador Leadership Journey Awards, *continued*



Bliss: Live It Give It

On this journey, the Ambassadors have the opportunity to learn the Dream Maker Award, a leadership award that has them exploring the three keys: Discover, Connect, and Take Action! To earn the award, the girls explore Dreams and find a dreamer to assist to make her dream happen.



What it means to Ambassadors:

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

No matter how Ambassadors travel through this journey, if they complete the 4 Steps the prestigious **Girl Scout Dream Maker Award** is theirs.

The 4 Steps to the Dream Maker Award are:

1. Meet successful dreamers
2. Seek and select a dreamer (or dreamers)
3. Define the dream
4. Give it! Gift it!

