



Girl Scout Cadette First Six Meetings/Sessions



Objective

The goal of your first six meetings is to encourage the girls and adults to get to know each other and the Girl Scouts and to be able to function as a troop. The girls will also be introduced to the Girl Scout Leadership Journeys, earn the Jump to Journeys Patch, and finally prepare for their Investiture/Rededication Ceremony.

Introduction

Included in this packet are basic outlines for your first six Girl Scout Cadette meetings/sessions. 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:

- Cadette Girls' Guide to Girl Scouting
- 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
- [www.girlscoutsnorcal.org/Troop Resources](http://www.girlscoutsnorcal.org/TroopResources)
- www.gsusa.org: the "For Girls" section is loaded with ideas designed just for Cadettes

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: Cadette Get Acquainted/It's Your World, Change It aMAZE

Today's Meeting includes the following activities:

- Beneath the Surface
- What Starts with Me Can Change the World!
- Navigating the Maze of Relationships

Material for this meeting:

- | | |
|--|--|
| ✓Beach ball with questions taped on it | ✓Masking tape or painters tape |
| ✓Plain white paper (flip chart size) | ✓Tape measure |
| ✓Markers, crayons or colored pencils | ✓Navigating the Maze handout, one per girl |
| ✓Magazines, newspapers, photos | ✓Optional: Healthy snack |

In advance:

Inflate a beach ball, and using thin permanent marker, write Beneath the Surface questions from the list (see attached). Then use masking tape to cover the questions.

START-UP ACTIVITY

Preparing the Maze

Instructions

When the first girl arrives give her the diagram of the maze and ask her to invite the other girls as they arrive to help her lay out the maze using the tape and diagram provided.

OPENING

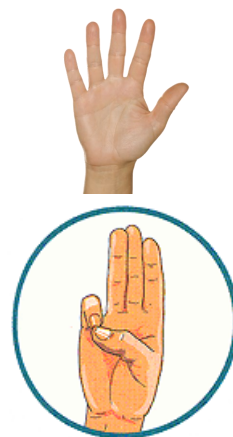
If your troop is new to Girl Scouts: Bring the girls together in a circle. Show them the Girl Scout sign. Ask them to say the **Girl Scout Promise** aloud with you. Introduce the quiet sign to the group: raised hand with all five fingers referring to the original law five "to be courteous". Explain that 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.



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.



ACTIVITIES

Beneath the Surface Activity:

In this game, girls discover and name some of their special talents or qualities, and then discover and appreciate what other girls bring to the troop. Ask the girls to stand in a circle. The girls can pass or toss the beach ball to another girl in the circle. When the girl has the ball, she peels the tape off a question and shares her answer with the troop. Keep going until everyone has had a turn, or all the questions have been answered.

Navigating the Maze of Relationships: Using the painters tape, lay out the maze according to the diagram. This could be done by the girls as they arrive. Before beginning, talk with the girls about relationships and how other people can influence our behavior. One type of influence is called peer pressure.

Give each girl a copy of the handout and ask them to start at the point of the maze. Instruct them to read questions 1–6 to themselves and then decide which way to go depending on whether they would answer yes (right) or no (left).

Once the girls have gone through questions 1–6, stop and talk to them about where they ended up at the end of the maze. The further to the left they are at the end, the more they would resist peer pressure. Ask those girls to share some tips on how they handle those types of situations.

Have the girls begin the maze again reading questions 7–12 to themselves. Remind them that No they go left and Yes they go right. Once they have completed the maze reflect with them again. The farther to the left they are at the end, the less peer pressure they put on their friends. Talk to the girls about this behavior, how it makes them feel when their friends pressure them. Is there such a thing as a “good” pressure?

What Starts With Me Can Change the World!:

Using materials provided ask the girls to create a poster to represent what this statement means to them. Girls can draw or cut out pictures from magazines to add to their posters. When they are complete, hang them up or set them out on a table. Give the girls a few minutes to browse the gallery and then come together to talk about the posters. What did you like about them? Was there something that inspired you or surprised you?

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. The girl who brings a snack to share chooses a helper and serves the girls and the adults.

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 below)
- 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 can say, "Goodbye Cadette Girl Scouts."
- The circle breaks and the girls find their adults to 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.

*** Before the girls leave, ask them to think about things around them that have a strong scent.
Ask them to bring as many as they can to the next meeting.**





BENEATH THE SURFACE QUESTIONS:

Using a thin permanent marker, write these questions on the inflated beach ball. Cover them with masking tape

Something obvious about me is...

Only a few other people know that I...

My biggest fear is...

A time when my impression of someone was very wrong was...

The nicest thing someone has ever done for me is...

Two words people use to describe me are...

Before people get to know me, they assume I...

The funniest that ever happened to me was ...

A song that always makes me happy is...

If I could excel at only one artistic talent, it would be...

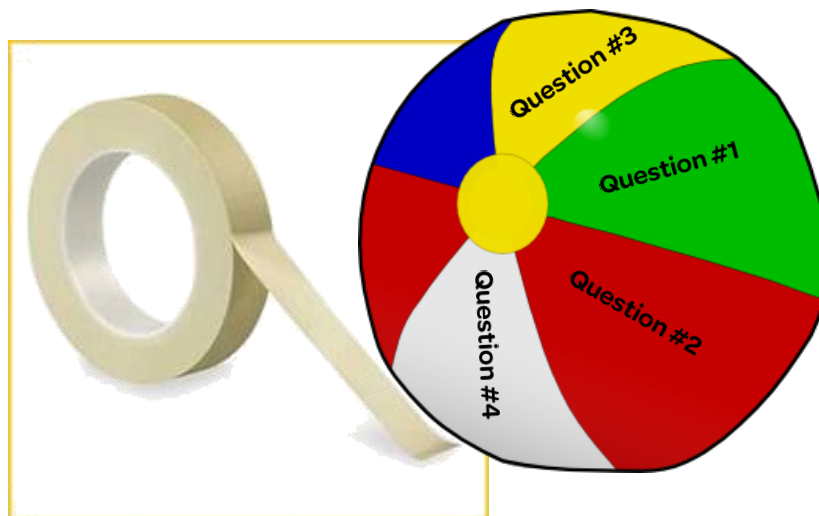
If I could excel at only one sport, it would be...

My family made me proud when...

The first thing I notice about someone new is...

The first thing I hope others notice about me when we meet is...

Three qualities a leader should have are...





Navigating the Maze of Relationships:

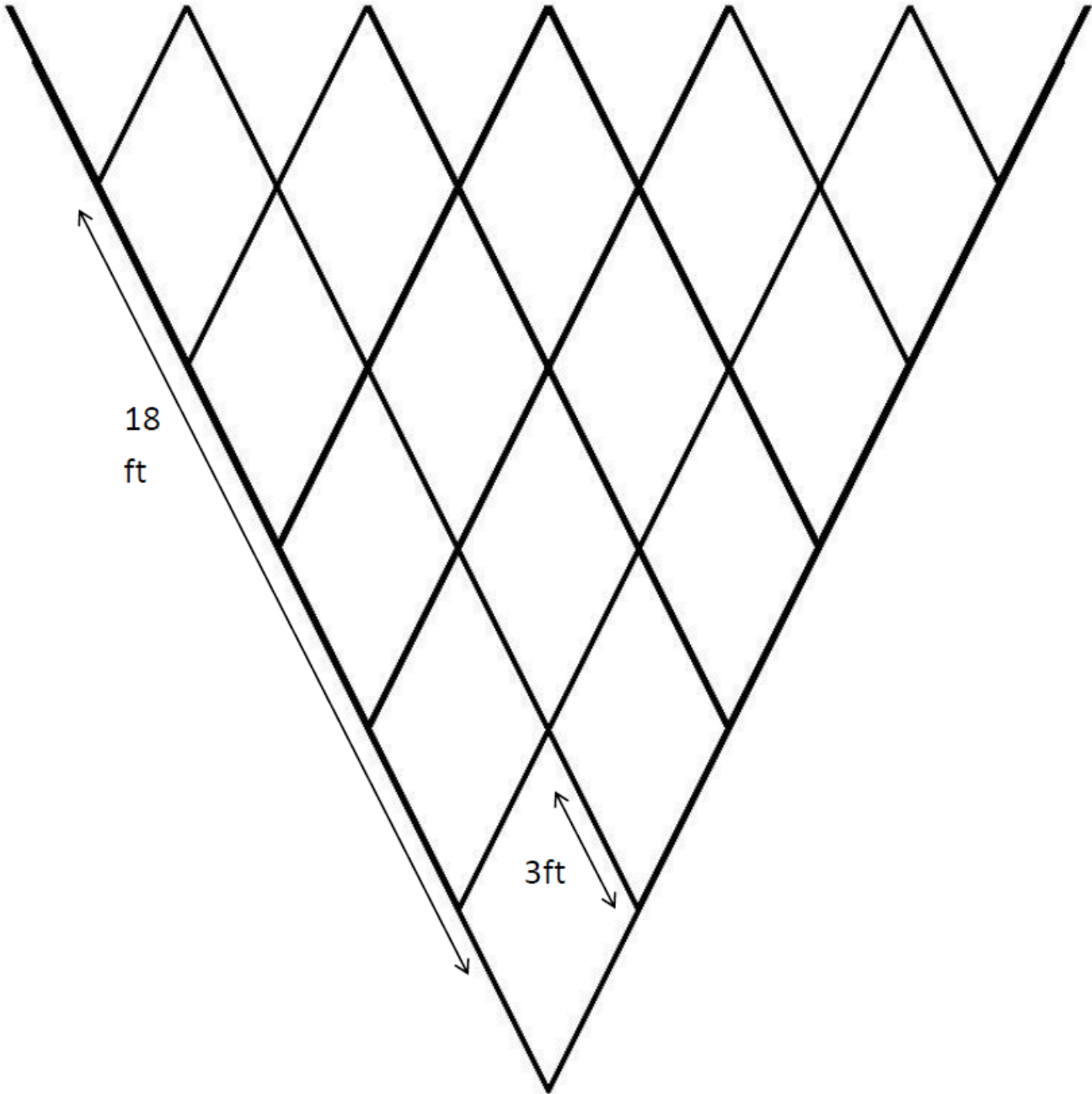
Maze questions:

NO = go left

YES = Go right

1. Have you ever changed your appearance or clothing style to please others?
2. Would you or have you ever done something wrong because you thought it would make you fit in ?
3. Would you decide not to do something you really wanted to do because kids you want to be friends with weren't doing it?
4. Have you ever gone along to the mall or the movies even though there were other activities you really would have enjoyed more?
5. Have you ever decided something was "too corny" for you because you saw other kids rolling their eyes, even though you thought it was worth it?
6. Have you ever silently gone along with something that you knew was just mean?
7. Have you ever tried to get a friend to give you answers to a test or a tough homework assignment?
8. Have you ever pushed a friend to do something she really did not feel comfortable doing?
9. Have you ever made fun of someone who said "no" to something everyone else was doing?
10. Have you ever acted mad to wards a friend to try to get her to do what you wanted her to do?
11. Have you ever asked a friend to drop another friend because you didn't like them?
12. Have you ever done something else you think was a form of peer pressure?

Navigating the Maze layout





MEETING /SESSION TWO

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

Today's meeting includes the following activities:

- Deep Breathing and Relaxation
- Scent Sense
- Air Time!

Materials for this meeting/session:

✓ Strongly scented items like:

Sliced citrus fruits, peppermint teas or candy, cinnamon, vanilla extract, pinecones, flowers like freesia or honeysuckle, herbs like rosemary, lavender or basil, naturally scented soaps, and anything the girls bring from home

✓ Optional: Healthy snack

✓ Assorted items that use air: bubbles, Frisbee, paper airplanes, kites, balloons, bubble gum, bubble wrap, etc.

✓ Plain white paper or cardboard

✓ Markers, crayons, colored pencils

START UP ACTIVITY

As girls arrive invite them to work together to set up the Scent Sense activity by arranging the “scenty” things at stations around the room for later in the meeting. They may also prefer to just catch up with their sister Girl Scouts. Some troops use this time for the healthy snack.

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. Then ask the girls to take turns sharing their favorite thing to do that requires air.

If your troop has been together a while: Ask for a volunteer to lead the girls in an opening using a ceremony they prefer. Then ask the girls to take turns sharing their favorite thing to do that requires air.

BUSINESS

If the girls are gearing up for a product sale or a trip use the business section of the meeting to make decisions and plans. The girls can collect dues and take attendance.

ACTIVITIES

Scent Sense: Let the girls know that in this activity, we're going to concentrate on our sense of smell by thinking about all the scents that travel through the air and around us. At each station, put a blank piece of paper or cardboard and some markers. Guide a quick brainstorm of ways that scents make us feel—energized, happy, relaxed, etc, just long enough to get those Cadette light bulbs going. Invite the girls to rotate through the stations, savoring each scent and jotting down a few words, phrases, doodles, on the paper or cardboard to explain how the scent makes them feel.

After the girls have visited all the stations, reassemble the troop and share the collages created by their words and images for each scent.

Ask: What scent did you like the best? Why? How did it make you feel? Was there a scent you didn't like so much? Why? In an average day in your life, are you tuned into the scents that make you feel good? Why or why not?



Are you distracted and preoccupied? Is there too much else going on in our air? What unpleasant smells get in our way some days? Car exhaust? Cleaning products? Stinky gym clothes? Cigarettes? Garbage? Skunk?

Deep Breathing: Have the girls brainstorm a list of the issues that stress them out. Explain that it's important to make time and space for themselves to de-stress a little. It is also important to think about what you value and, based on that, how you might work through some of the problems that cause stress in your life. Ask the girls to share any good stress busters they use. Then try the exercises from experts at Dartmouth College with the girls (see attached)

After you have a chance to try them, talk to the girls about when they might use these techniques. Encourage them to try them at home and share them with others.

Air Time! Let the girls know that sometimes we can use air in other ways to let out some steam. Weather and location permitting, take the girls outside to enjoy some air. Bring out the air activities you brought along, and let the girls choose how they would like to spend their air time.

SNACK TIME

If you have not used the pre-meeting time to have a healthy snack 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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

CLOSING

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

Before you break, let the girls know that they will be talking about points of view at the next meeting/session. Ask them to bring a paper tube from paper towels, or wrapping paper. They will need it in the recycled project they will be working on next time.





Breathing Exercises from the Experts at Dartmouth College:

Breathing Awareness and Deep Breathing

1. Lie down or sit in a comfortable chair, maintaining good posture, Your body should be as relaxed as possible.
2. Close your eyes and scan your body for tension.
3. Pay attention to your breathing. Place one hand on the part of your chest or abdomen that seems to rise and fall the most with each breath. If this spot is on your chest you are not utilizing the lower part of your lungs.
4. Place both hands on your abdomen and follow your breathing, noticing how your abdomen rises and falls.
5. Breathe through your nose.
6. Notice if your chest is moving in harmony with your abdomen.
7. Now place one hand on your abdomen and one on your chest.
8. Inhale deeply and slowly through your nose into your abdomen. You should feel your abdomen rise with this inhalation and your chest should only move a little.
9. Exhale through your mouth, keeping your mouth, tongue and jaw relaxed.
10. Relax and focus on the sound and the feeling of long, slow, deep breaths.

Complete Natural Breathing

1. Sit or stand with good posture
2. Breathe through your nose.
3. Inhale, filling first the lower part of your lungs then the middle part, then the upper part.
4. Hold your breath for a few seconds.
5. Exhale slowly. Relax your abdomen and chest.



MEETING/SESSION THREE

Theme: It's Your Story, Tell It! MEdia

Today's Meeting includes the following activities:

- Logo Evolution
- How Many Ads Do You Wear?
- Becoming View Finders

Material for this meeting/session:

- | | |
|---|----------------------------------|
| ✓ Logo Evolution pages (see attached) | ✓ Cardboard tubes (one per girl) |
| ✓ Movie Camera Moods and Moves sheet (see attached) | ✓ Black construction paper |
| ✓ Markers, Crayons, colored pencils | ✓ Clear tape |
| ✓ String or yarn | ✓ Scissors |
| ✓ Optional healthy snack | ✓ Hole punch |

START-UP ACTIVITY

For this meeting, as the girls arrive, invite them to work together to set up the materials for the movie camera moods and moves and becoming a view finder activities. Or they may decide to chat and reacquaint with their sister Girl Scouts. Some troops offer the healthy snack now rather than later in the meeting.

OPENING

Use the quiet sign to get the girls' attention.

Ask for volunteers to open the meeting however they would like.

BUSINESS

If the girls are gearing up for a product sale or a trip use the business section of the meeting to make decisions and plans. The girls can collect dues and take attendance.

ACTIVITIES

Logo Evolution: Show the girls the logo on page 1 of the Logo Evolution sheet. See if the girls recognize what the company it belongs to. If no one guesses correctly, let them know that it is from Xerox. The Haloid Photographic Company was founded in 1906 and manufactured photographic paper and equipment. The company changed its name to Haloid Xerox in 1958, and then to Xerox in 1961. Show the girls the logos from page 2. Note how the logo changes, and try to spot the reasons they changed or didn't change, as the case may be. Then ask the girls "should logos really matter that much? Is it like judging a book by its cover, or judging a person by the way she looks rather than what's inside? Why or why not?"

How Many Ads Do You wear? What happens when a logo is placed on a t-shirt or a bag? Is this a way for companies to get free advertising? Where else do company names appear free of charge?

As girls offer examples, raise these questions:

Who paid for that logo to be where we can see it?

Was it worth paying money to display that brand name?

What are the pros and cons of taking part in this aspect of fashion? (If the girls need a nudge to start talking, as:



What does it say about you, for example, if you wear a low cost brand across your chest? A high cost brand? No Brand?)

Becoming a Viewfinder: The girls are probably aware that most media-making takes a lot of preparation—a ton of work goes on before the filming, taping, recording, publishing, or broadcasting of any media production. Remind them that this is a direct connection to the Girl Scout motto; Be Prepared.

Ask: To release a movie, what do you think needs to happen first? Go all the way back to writing the screen play. Girls may say “Actors get chosen, actors rehearse, the director directs them, costumes are designed, the lighting and sound are worked out, designers and builders make sets or props. Ask them in what order they would put these preparations.

Point out that all that preparation happens well before the cameras roll. Most movie scenes aren’t shot in the order we see them. That means a lot of planning is needed later too, to pull it all together. Shooting a movie can take years! It’s a creative and collaborative process. Everyone has an assignment and they all work together as a team to finish.

Use the Becoming a Viewfinders handout to lead the girls through finding their own “view”. (See attached)

SNACK TIME

If the troop didn’t enjoy their healthy snack at the beginning of the meeting, now it the time for the girl who brought the snack to appoint a helper and serve the adults and the girls.

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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

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)**

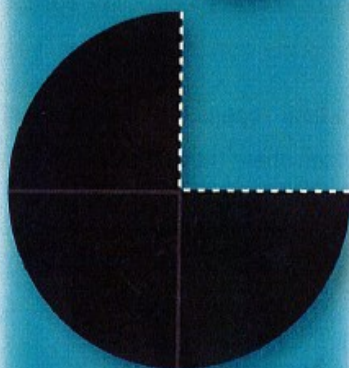
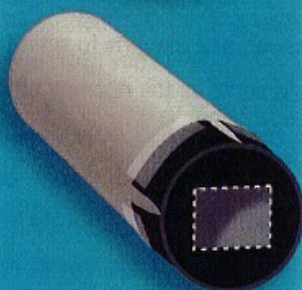
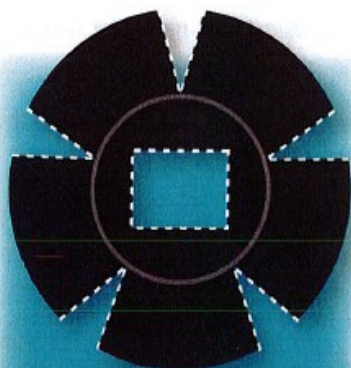
Suggest that they check out Pinterest, YouTube, or Scouting.com to look for ideas for the ceremony.





				1906	1958	1968	Current logo
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Make Your Own Director's Viewfinder!



1 Cut 2 identical black circles, with a radius $\frac{1}{2}$ " wider than the opening in the tube. (Trace a container top, such as a plastic coffee-cup lid.)

2 Trace the tube's opening at the center of Circle 1.

3 In pencil, mark a rectangle that is a bit wider than it is tall in the center of Circle 1. Cut out the rectangle by folding the circle in half and snipping along the marked lines.

4 Cut 5 small V-shaped notches, spaced evenly around Circle 1, cutting from the outer edge of the circle to the inner traced circle. Fold the resulting tabs at the line for the tube's opening.

5 Place this tabbed circle over one end of the tube, so that the pencil-lined circle matches the tube's opening and the rectangle "window" falls in the center.

6 Fold the tabs all around the circle. Tape them to the tube.

7 Circle 2 will be used to adjust the area viewed. Fold the circle in quarters and cut out a $\frac{1}{4}$ pie wedge so that a $\frac{3}{4}$ circle with an "L" remains. The "director" slides this "L" against the window in Circle 1 to zoom in on the framed shot visible through the tube.

8 Punch a hole at the other end of the tube, and through Circle 2. Loop the string or yarn through both holes, long enough to let them hang loosely around your neck.



MOVIE CAMERA MOVES AND MOODS

NAME OF CAMERA MOVE	HOW THE CAMERA MOVES	"MOOD" CREATED
Pan left	Swivels from right to left	<ul style="list-style-type: none"> • An overview or "establishing shot"; surveying the landscape
Pan right	Swivels from left to right	<ul style="list-style-type: none"> • Done quickly: detachment • Done very slowly: lingering sentimental attachment • Going back and forth: a feeling of searching and seeking
Tilt up	Pivots up to point upward (Example: from toes to head of subject)	<ul style="list-style-type: none"> • Toward sky, or toward light: uplifting, adventurous, joyful • Up to a person: feeling small and dominated
Tilt down	Pivots down to point downward (Example: from head to toes of subject)	<ul style="list-style-type: none"> • From sky to eye level: coming back to "reality" • From eye level toward ground: sad, melancholy
Zoom in	Framing changes gradually from a wide shot to a close-up. The frame holds a lot, then closes in on just a detail.	<ul style="list-style-type: none"> • Slowly: anxiety or intensity, romance, intimacy • Quickly: panic, anxiety, sudden interest, alarm
Zoom out	Framing changes gradually from a close-up to a wider shot. The frame holds a small detail, then opens up to reveal more of the scene.	<ul style="list-style-type: none"> • Feeling of being a "fly on the wall" or "above it all" • From close-up to medium shot: easing into a scene • From medium to long shot: leaving a scene
Dolly (right, left, forward, or backward)	Slides smoothly in the direction indicated. To make this move a smooth one, the camera is set on a wheeled cart (or dolly), on a track. Sometimes the move is called a "tracking shot," especially if it snakes around a lot (following the path of one character, for example).	<ul style="list-style-type: none"> • Busyness and crowdedness • Feeling of being followed or of following a subject • From over the shoulder: point of view of a character



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 ceremony is celebrated.

Today's Meeting includes the following activities:

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

Material for this meeting/session:

- ✓ Flip chart pages or large pieces of newsprint for brainstorming
- ✓ Markers

START-UP ACTIVITY

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

OPENING

Encourage the girls to come up with a new opening.

BUSINESS

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 snack or entertainment or decorations. Let the girls decide what they think they might be ready for. 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.

- **Invitation Patrol:** Discuss who to invite and what the invitations should say. Make the invitations
- **Decoration Patrol:** Decide on decorations and make them
- **Refreshment Patrol:** Decide on refreshments if they are to be served and make and bring them
- **Ceremony Patrol:** Brainstorm about songs, games, activities, or poems to include and plan it
- **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 her 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 plan 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.**

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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

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 and have each patrol establish a communication system to make sure everyone remembers what to bring to the next meeting and what to do.

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 following activities:

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

START-UP ACTIVITY

Material for this meeting/session:

- ✓ Materials girls have asked the leader to bring
- ✓ Materials the girls bring from home

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

OPENING

The girls conduct an opening of their choice

BUSINESS

If the girls are gearing up for a product sale or a trip use the business section of the meeting to make decisions and plans. 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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

CLOSING

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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

- **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 parents 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 Cadette leadership Journeys and they will choose one to work on. Cadettes discover what they care about and learn to team up for a great adventure.

The meeting Activities:

- Journey Quiz
- Stamp of Approval
- Tally up the votes
- Girl Scout Taboo Game

Materials for this meeting/session:

- ✓ Journey Quiz (one per girl)
- ✓ Voting Ballots (see attached)
- ✓ Small stickers or postit notes, markers, or crayons
- ✓ 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 aMAZE, Breathe, and MEdia on the wall where the girls can easily see them. Place stickers/sticky 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

If the girls are gearing up for a product sale or a trip use the business section of the meeting to make decisions and plans. 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. We can also earn badges, go on field trips, make art projects, and have lots of fun.

Here are their choices:

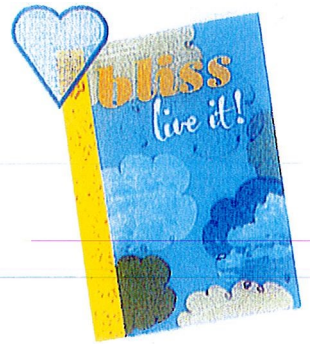
You are aMAZING! In the aMAZE Journey, girls discover their values and learn to develop healthy relationships.

Take a Breath of fresh air!: Girls learn what's in the air around us and how to make air quality a priority for everyone when they work on the Breathe Journey.

Free to be MEdia: In the Journey, MEdia, girls learn to recognize the messages in advertising and how to use that to help get their own message out to others.

JourneyMatch:

Find the perfect Journey for your girls!



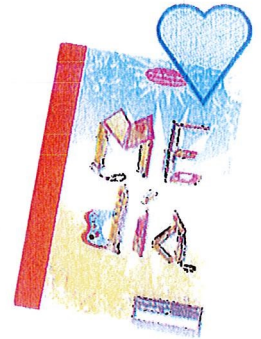
Circle your girls' top choice for each question

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

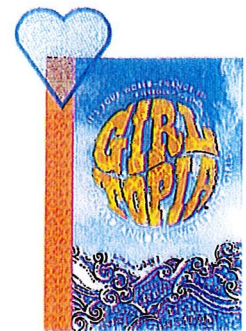
If you could help one cause, what would it be?

- 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, draw pictures

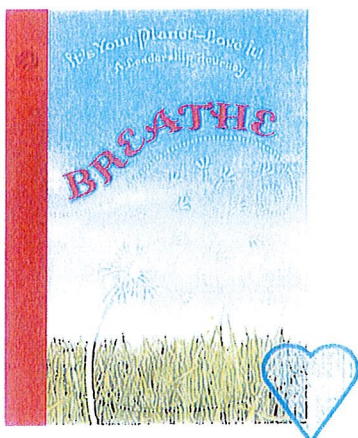
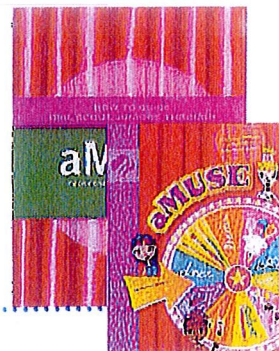
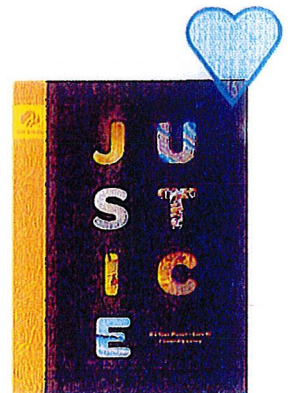


My favorite Petals, Try-Its, Badges, or IPs have focused on:

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

What is your dream job?

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



If your girls answered mostly:

a's – *It's Your Planet – Love It!* is a great fit with their interests

b's – *It's Your World – Change It!* would match their interests

c's – *It's Your Story – Tell It!* is a good choice for their interests



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.

Girl Scout Taboo Game: (Optional activity if you have time) A girl picks a card (attached) and tried to ge the group to say the word or phrase without using any form o f the word or any of the words listed on the card. 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. Or you could assign Kapers (sweeping, collecting trash, pushing in chairs, etc.).

CLOSING

Encourage the girls to choose a closing they prefer.



The following pages will acquaint you with the three Cadette Leadership Journeys and the awards.



Cadette Leadership Journey Awards



aMAZE

On this journey, girls twist and turn through **aMAZE** and they gain tips and strategies for creating healthy relationships and long-lasting friendships. Ultimately, girls emerge from this maze to **amaze** the world with take action projects that mobilize ever wider circles of people in positive and peaceful interaction. The goal is to increase the peace—one interaction at a time. While journeying through **aMAZE**, girls have the option of earning three prestigious Girl Scout awards. They can earn one, two or all three—and they can work toward them as one big team, as mini teams, or individually. The Cadettes can also choose whether to enjoy one ceremony to celebrate earning all of the awards or separate ceremonies to mark each award.



Interact Award

This award signifies that girls can advance peace in the world around them—one interaction at a time.

To earn it, girls must **complete 3 of the 9 challenges** listed in the Interact Challenges chart on pages 12–15 or the girl book—though they can do as many challenges as they like. These challenges, based on topics the girls will explore on the journey, invite the Cadettes to try small—and positive—ways of interacting in their daily lives.

For example: One challenge asks girls to invite a new friend to join their established circle. Another asks them to send note cards to acknowledge their friends' admirable qualities.

Diplomat Award

A diplomat “possesses skill or tact in dealing with others.” To earn the award, Cadettes demonstrate that they can pass their relationship skills on to others through a Take Action Project.

For example: they might teach younger girls how to use “I-statements” (a skill they will learn in aMAZE) or perform a skit about bullying followed by a discussion of how to cope with bullying. There are more ideas in the girls' book and in this guide, too.

Peacemaker Award

Each chapter of the girls' book (and each session when you meet) ends with a “For Your Peacemaker Kit” reflection. This invites the girls to consider how the relationship skills they are

exploring could create more peace in the world. Specifically, girls are asked to collect relationship “tools” they can use and pass on to others. The girls earn the **Peacemaker Award** at the end of the journey by reviewing all the tools they've collected and making a commitment to use them throughout their lives.

BREATHE

To engage the Cadettes in the many aspects of air, this journey calls into play all the senses. Air isn't just smelled; it's seen and heard. Often it can be felt and tasted, too



BREATHE leadership Awards

Along this journey, Cadettes have the opportunity to earn three prestigious leadership awards that engage them in improving the world's air quality while also supporting and nourishing their own abilities as leaders who are aware, alert, and able to affirm all they do.

In the girl's book, activities leading to the awards are marked by an icon of the awards cluster. Here are the three awards and the steps Cadettes take to earn them:

AWARE Award

- Keep an air log throughout the journey. Record what they see, hear, feel, and smell in the air.
- Identify two experts who can guide them to greater air awareness (meteorologists, biologists, wind farm or aeronautical engineers, parasailing instructors, astronauts, physicians or other health specialists, fragrance specialists, yoga instructors, etc.)
- Increase their **AWARE**ness about issues that impact Earth's air. Check out all the air issues throughout **BREATHE**. Take a walk, with some Cadette friends (and of course a trusty adult), around school, business district, a mall, or other area in search of air issues. Think about three (see pages 52–63 in the girls' book) or think about noise (see pages 17–31 in the girls' book)
- Decide the most important, personal reason they care about Earth's air. Write a statement that explains why this reason matters to them and why it should matter to others. Share their **AWARE**ness statement with your sister Cadettes.



Cadette Leadership Journey Awards, *Continued*



ALERT Award

- With their Cadette team, choose an air issue to act on together. Learn as much as they can about it (use experts they've met) and write a statement that explains why it's important to educate and inspire others on the issue.
- Decide whom to educate and inspire—this is their Air Care Team (ACT)! What groups of people would be best to join with them? Principals and teachers? Parent? Their peers? Who can best assist them in moving forward?
- Decide what they will ask their Air Care Team to do. What call to action will they deliver as they educate and inspire? How will their ACT's efforts in this call to action improve their air issue?
- Decide how to reach their Air Care Team to inspire them to act on their air issue. The medium and method are up to the girls. The goal is to engage all their senses and create a sustainable effort! Air needs more than just a one-time gathering!
- Educate and inspire! Give their ACT its call to action. Feel the rewards of influencing others in a lasting way!

AFFIRM Award

- Gather proof of progress or improvement through their efforts to educate and inspire. What is the ACT doing to benefit air?
- Share the impact with their ACT and maybe even go further. Contact a local media outlet or ask their library for display space.
- Get with their Cadette team and reflect on their efforts and their impact. Take some time and talk it through. What will they do differently the next time they decide to act for Earth?
- Affirm their commitment to strive to be an heir apparent for air and all of Planet Earth's elements.

MEdia

On his journey Girl Scout Cadettes explore media all around them—in their lives and in their world. They look critically at what they find! Is there any ME in their media world? Putting some real ME in media—that builds confidence!



On this journey girls have the opportunity to earn three awards, all of which build foundational leadership skills critical to moving up the Girl Scout ladder of leadership and becoming lifelong leaders.

The MEdia Leadership Awards

Monitor Award: To earn this award:

- Girls take stock of media in their world and the influences it has
- Complete three activities that get them to hone in on the role media plays in their lives and the lives of those around them, plus one that considers media in their community

Influence Award: To earn this award:

- Girls understand the importance of having media reflect the realities of their world
- They team up on a **Media Remake Project** to make media that better represents their reality

Cultivate Award: To earn this award

- Girls have made a personal commitment to cultivate a new perspective on media
- They challenge themselves to make a positive change in the way they use media in their lives—a change that they **Cultivate** so it grows into full-fledged inspiration for others