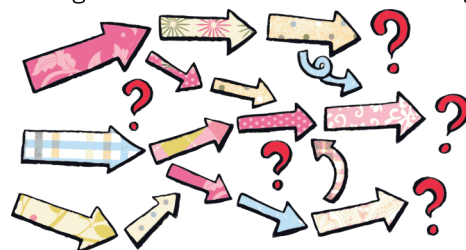




### Peacemaker Award

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.



Here are some sample sessions for the **aMAZE!** journey that may get you started.

These are only suggestions and they do not represent all of the possible fun activities that are built into this journey. Use your imagination and girl input to make this journey appropriate for your group of Cadettes. Page numbers in each heading refer to the pages in the adult guide for the journey where the session starts.

Session 1: First Impressions in the Maze page 30. Girls explore relationship obstacles and the impact first impressions have on relationships. They could:

- Learn what a maze is and draw one of their own life using the information on pages 5 – 8 in the girl book
- Brainstorm the ways their lives are like mazes using life experiences
- Learn what the journey is all about and plan how it will unfold
- Learn the steps to earning the leadership awards reading about them on page 9 in the girl book
- Make plans for opening and closing ceremonies and who, from the group, will lead them
- Play the beach ball game where they get to know each other (page 20 in the girl book)
- Form smaller teams to discuss their personal goals, talk about relationship issues that affect them, and write a letter to themselves about the issue they want to personally resolve

### **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.

Session 2: Navigating Friendships page 39. Girls understand how stereotypes impact relationships and identify the personal qualities they seek in, and bring to, healthy friendships. They could:

- As a group relate one thing they do that makes them a great friend
- Create a Peacemaker Kit to store ideas and thoughts as they travel on this journey (page 73 in the girl book)
- Participate in a group discussion about stereotypes (a challenge on the list on pages 12 – 15 of the girl book) and learn about the **Interact Award**
- Participate in the game “Break Down Those Stereotypes” (page 23 of the girl book)
- Create a list of qualities they look for in a friend (page 31 in the girl book)
- Take turns playing the host of a talk show providing advice to each other about friendship (pages 26 and 27 of the girl book)
- Jot down skills and/or tips they learned today that they can use and pass on to others. Put them in their Peacemaker Tool Kit (page 25 of the girl book)

Session 3: Cliques and Conflicts page 49. Girls identify various types of peer pressure, practice strategies for managing peer pressure, explore the damaging clique behaviors, and practice important conflict resolution tools. They could:

- Plan and participate in an opening ceremony about peer pressure
- Using the scenarios on pages 42 – 51 of the girl book and the game on pages 52 and 53 in the adult guide learn how they stand on issues and then discuss the results
- Learn the difference between a clique and a friendly circle and determine if they are part of a clique by participating in the game on pages 56 and 57 of the girl book and page 54 in the adult guide
- Practice “I-statements”, a tool to help resolve conflicts, and add them to their Peacemaker Tool Kits (pages 55 – 57 in the adult guide)

Session 4: Caution: Bullies Straight Ahead page 59. Girls identify and address bullying behavior and gain greater understanding of their roles as witnesses. They also develop strategies for building safe online relationships. They could:

- Plan and participate in an opening ceremony or activity
- Share their interact challenges and results with each other
- Learn what bullying behavior is by definition and participate in a discussion about any bullying behavior they have experienced or witnessed
- By using scenarios and role playing learn, how to respond to bullying behavior by taking back the power (page 61 – 62 in the adult guide)
- Work in a team of three to flip the script in the scenarios on pages 85 – 87 in the girls book (63 in the adult guide)
- Learn how online cliques, bullying and peer pressure look and how they may differ from in-person by working as small teams; present to the whole group
- Use the Girl Scout Law to help them understand and do the activity “The Girl Scout Law Meets the Virtual World”
- Review what they have learned so far during this journey and start to list possible **Diplomat Projects** that might interest them to pass these skills forward



Sessions 5: Let Peace Begin with You page 71. Girls explore the Girl Scout definition of leadership and apply it to their lives, learn how leaders use relationship skills to improve the world, and create and plan a **Diplomat Project** to increase the peace in their world. They could:

- Start by deciding if they will do their **Diplomat Project** as a group, in mini teams, in pairs or alone
- Decide the scale and scope of their **Diplomat Project** using the examples in the girl book on pages 112 – 121 (adult guide page 69)
- Learn what a leader is by working in small groups to come up with a definition; share their results with the whole group/ read the Girl Scout definition on page 10 of the girl book

- Review the topics they have been navigating in **aMAZE** that they might take out of their group to share with other girls, their school, Girl Scouting, or other places they belong
- Come to a decision on their **Diplomat Project** by reaching a consensus rather than a strict vote
- Using the tips and tools in the girl book plan the Diplomat Project
- Reflect on what they can add to their Peacemaker Tool Kits that might be helpful in their project

Session 6 and 7 or more if needed: **Improving Relationships in the World** page 77. The girls continue to connect with each other, practicing relationship skills individually and as team members, as they begin to carry out their **Diplomat Project**.

**Note:** These are the sessions where the actual planning takes place and is also when the project is carried out; check in on their progress and encourage them, ask questions to guide them, remind them of their **aMAZE** activities that might help, and assist them as they organize their resources and assets. They will also want to be thinking about their award ceremony plans (page 133 in the girl book has some good ideas)

Sessions 8: **Pass It Forward** page 83. Girls reflect on their journey and their personal goals, and commit to expanding peace in their world by using the skills and strategies acquired through **aMAZE**. They could:

- Plan and participate in an opening ceremony
- Using the reflections on pages 138 – 139 in the girl book take a few minutes to fill them out and then share with the group
- Read the goals they wrote and put in the envelopes in session one and reflect on what they have learned about themselves on this journey
- Celebrate their accomplishments by giving each other the awards they earned
- Make a pledge to use their Peacemaker Tools throughout their lives to create more peace in the world

### A good Diplomat Project:

- Is “do-able” in the time they have
- Meets a genuine need girls identify in the world around them
- Enables girls to use or pass on some of the relationship skills they are experiencing during their **aMAZE!** journey
- Engages girls in understanding the difference between “one shot” and “sustainable” and striving toward some degree of sustainability
- Will be exciting, fun and meaningful to do and talk about

To earn the **Diplomat Award** the girls must:

1. Identify the issue they want to take action on
2. Brainstorm a **Diplomat Project** solution
3. Assess resources
4. Create a plan and timeline for specific actions to accomplish the project
5. Publicize the **Diplomat Project**
6. Carry out the **Diplomat Project** and reflect on the results

To help customize this journey please visit the GSUSA web site at [www.girlscouts.org/journeys](http://www.girlscouts.org/journeys) where you will find journey maps. Badge Activity Sets and the Girl’s Guide to Girl Scouting are available at your local Girl Scout Shop or to purchase on line at <http://www.girlscoutsla.org/pages/shop/index.html>.

