



Here are some sample sessions for the **Agent of Change** that may get you started. These are only suggestions and do not represent all of the possible fun activities that are built into this journey. Use your imagination and girl input to make the journey appropriate for your group of Juniors. Page numbers in each heading refer the pages in the Adult Guide for the journey where the session starts.



Session 1: Discovering My Power page 44. Girls discover their own values and individual “powers” by looking at their daily activities and sharing in the stories of others. They could:

- Participate in an opening ceremony to introduce this journey
- Learn about how to discover the power within themselves by participating in the “Me” activity on page 13 of the girl book
- Start a Power Log (page 15 in the girl book) by writing down their daily activities and the power they use for them
- Create and bring home a Friends and Family Checklist for their family to help fill in to be returned in session 4
- Read about powerful women and girls (pages 17–22 in the girl book)
- In smaller groups or in pairs participate in a discussion about powerful women and start some research looking for more, maybe lesser known powerful women
- Create “trading cards” like the ones on page 20 in the girl book as a way to share with the rest of the group or with other girls about their historical or modern powerful woman

Session 2: Great Leaders and Great Teams page 55. By sharing their “herstory” with the team, girls explore how powerful individual women have been throughout history. They then explore how their own individual powers can link together to create a powerful team. They also begin to see how power, leadership, and teamwork connect to the Girl Scout Law. They could:

- Share their *Herstory* with a group of Brownies or with the rest of their group
- Participate in a discussion about what they learned about their powerful woman and explore surprises and discoveries

Agent of Change

The Agent of Change offers girls a chance to earn three awards—the **Power of One Award**, the **Power of Team Award**, the **Power of Community Award**. In keeping with circular symbols often used to represent community and sharing (and Dez’s own spider web), these awards are circular, too—and build on each other from the inside out.

Agent of Change Leadership Awards

Power of One Award - To earn this award girls:

- Discover and share the powerful story of a forgotten woman or girl from around the world who mobilized others and made a difference
- Use their own “power log” to discover all the ways their strengths and powers help them create change in the world
- Discover what the Girl Scout Law and true “heroines” share

Power of Team Award - to earn this award girls:

- Create a short “super girl” story, comic, or TV script in which the characters take one small situation they care about and strive for long-lasting community change
- Make a team decision and write their team hopes for a Take Action Project that reaches into a community network to solve a problem together with community members

Power of Community Award - to earn this award girls:

- Take action on their plan, reach out, join others and get them involved, and start something that snowballs into a change in their world
- Join in their Junior Circle to reflect on what they accomplished and celebrate it

- Participate in the activity, on page 28 in the girl book, about what makes a leader by filling in the questions and thinking about what the questions mean to them
- With a small group or in a pair find and talk about a quality within the Girl Scout Law that fits one of the heroines they researched
- Have fun and learn about good leadership, teamwork and cooperating by walking an obstacle course (directions for setting up the course on page 53 in the adult guide)



Session 3: **Super Shelter Makers** page 61. The girls find role models and learn the steps for teaming up and taking action—by reading a comic book story about how a group of girls seized an opportunity, acted on it as a team in a planned way, and involved their community in the project. They could:

- Plan and participate in a ceremony to receive their **Power of One Award**
- Read the “Super Shelter Makers” comic-book style story on pages 45–63 in the girl book as a group with some taking parts
- Talk about what a fictional super hero is and who they think are super heroes. Maybe watch some super hero cartoons
- Begin talking about what their own story will be and what form it will take (page 67 of the girl book)

Session 4: **Learn, Listen, Act! Taking Idea to Action** page 65. The girls discuss and decide on an issue that they care about and that is meaningful enough for their community to take action on. Along the way, they also come to understand the importance of consensus to a team. They could:

- Continue creating their own super hero story
- Learn what a community is (page 66 in adult guide) and discover what communities they all belong to
- Read about **Take Action Projects** in the girl book page 74–75 to prepare to decide on a project for the group to do
- Discuss ideas that were included in the Friends and Family Checklist
- Map their community to get a sense of the assets and the needs of their community

- Participate in a Building Consensus: Fist-to-five activity to learn what consensus is and how to reach it (page 37 in the girl book)
- Lead their own brainstorming session to help them zero in on their own **Take Action Project**
- Write their Team Hopes on page 78 of the girl book
- Prepare wish cards and share them (page 70 adult guide)

Session 5: **Ready, Set, Action** Page 73. The girls plan how to take action on their chosen issue and break into project teams to cover every aspect of the project. They could:

- Using the planning steps on page 79 in the girl book start planning their **Take Action Project**
- Take photos and notes during the entire **Take Action Project** process
- Take an inventory using the big pie on page 81 of the girl book of all the people, time, and supplies needed for the Take Action Project to take a reality check on the scope of the project
- Break the project into tasks and then form into task teams so each small task for the project is covered



Session 6 & 7 or more if needed:

Time for the Take Action Project, Page 79. The girls carry out their **Take Action Project** and then reflect on and celebrate the change they accomplished.

After they have completed the project :

- Participate in a discussion about how they feel now compared to when they started this journey
- Play the “draw straws” game to help evaluate the project
- Look at their ‘I’m Being Framed’ activity from the first session and relate how they feel now
- Use the end pages of the girl book to create their own story about “Super____”
- To celebrate the successful **Take Action Project** make posters to thank the community members who helped

- Make a scrapbook of the photos and notes to document all aspects of the project
- Invite community guests to the final awards ceremony and present them with certificates for all their hard work

IT'S YOUR
WORLD—
CHANGE IT!

A good Take Action Project:

- Allows girls to use their special skills—words and deeds—to make the world a better place
- Relies on girl input in choosing and planning
- Gives girls the opportunity to work as a team
- Enables girls to advocate for making the world a better place by contacting community officials and taking action

Take advantage of the **Take Action Project** Checklist that is on page 10 of the adult guide .

Point out to the girls in your group the difference between service and take action using the helps on pages 66 and 67 in the girl book.

The girls can read about two examples of **Take Action Projects** on pages 74-75 in the girl book to help them decide on their own project.

Girls learn about the kinds of action that can change things on page 76 in the girl book.

The girls can use the tools on pages 77–84 to help them plan , and successfully carry out their **Take Action Project**.

To help customize this journey please visit the GSUSA web site at 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>.

