



Girl Scout Senior First Six Meetings/Sessions



Objective

The goal of your first six Senior 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:

- Senior Girl's Guide to Girl Scouting
- Girl Scout Senior Journeys
- Girl Scout Senior Badge Activity Sets
- Volunteer Essentials
- 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
- http://www.girlscoutsla.org/pages/for_volunteers/Cool_Tools.html
- <http://forgirls.girlscouts.org/>: the "For Girls" section is loaded with ideas designed just for Seniors

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 ONE



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

Today's Meeting includes the following activities:

- Envisioning GIRLtopia Through Art
- Who's a Visionary?

Materials for this meeting:

Large paper or poster board

Markers or colored pencils

Magazines, newspapers, photos

Scissors

Sticky notes or note cards

Glue Sticks

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.

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 Volunteer Essentials. This may also be a good time to discuss the troop government options for the girls.



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

Envisioning GIRLtopia Through Art

Youtopia: Talk to the girls about utopia, a perfect place where everyone has a balance of what they need. If you could create a perfect world what would be in it?

GIRLtopia: Ask the girls to consider these facts:

- 0- The number of countries in the world where women's wages equal those of men
- 1- The percentage of the world's assets held in the name of a woman.
- 2- The percentage of senior management positions occupied by women in the business worldwide
- 50- The percentage of women in the world above age 15 who cannot read or write.
- 53- The percentage of 13 year old American girls who say they are unhappy with their bodies.
- 66- The percentage of 15-19 year olds newly infected with HIV in sub-Saharan Africa who are girls.
- 70- The percentage of the 1.5 billion people living on \$1 a day or less who are female.
- 75- the percentage of war fatalities who are women and children

Say: GIRLtopia is your chance to envision a perfect world.

What do you imagine?

What would be your wishes for girls around the world?

Use markers, crayons, magazines, newspapers etc. to create a drawing or collage that represents your ideal world for girls.

After the girls are done, they can hang their creations and have a gallery.

Who's a Visionary?

Materials for this activity: Pen and paper, chart paper and markers (for visuals)

Ask the girls to break into pairs or small groups to create a Top-10 list of "visionary" qualities. If they are stuck for a definition of the word take a few minutes to have them look it up in a dictionary or online. If that isn't possible, you can do the research ahead of time and bring the definition with you to the meeting. It would be a good idea to ask them what they think the word means.

Ask them to write down who they think is a visionary.

Then bring the girls together in a circle and let each girl share who they think is a visionary and then name at least one quality, value, or skill she has on her list, and one that she would like to develop during the journey.

Note: One leader was worried that her girls wouldn't know what the word "visionary" meant, and also worried that the girls might pick a rock star or other person who was famous, rather than a person who had made the world a better place. So she decided instead to print biographies from the internet about the accomplishments of ten visionary people.

What would the girls in this troop miss from the activity rather than if they had created their own list?

HINT: They would know who their leader was inspired by, but wouldn't have spent any time thinking about who inspired THEM. They also wouldn't have had the chance to explore what it means to be a visionary instead of being merely visible. In this activity, like almost every activity, it's the process of creating the list that is more important than the final list. If the girls had valid reasons why that rock star had some inspirational accomplishments and had changed the world for the better, that would be just great – they aren't getting graded on their list!



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. 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, or phone call. 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 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 could say, “Goodbye Senior 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.

**** Tell the girls they will be talking about food packaging and advertising at the next meeting so you would like them to bring packages of their favorite foods. If their favorite food doesn’t come in a package (fresh fruit or veggie for instance) they can bring the actual food instead.**





MEETING TWO



Theme: It's Your Planet, Love It! Sow What?

Today's meeting includes the following activities:

- Food Favorites
- Food Network, Not Just a TV Channel
- Food Print

Materials for this meeting/session:

Food items, packaging or labels from home
Pencils, markers, or crayons
Plain white paper

Food Print Chart, one per girl (see attached)
Optional: Healthy snack

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. Then ask the girls to take turns sharing their favorite food, either prepackaged or fresh.

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 food, either prepackaged or fresh.

BUSINESS

Take a few minutes to let the girls share any additional thoughts or research they did about the activities from the activity from the previous meeting. Let them add the information to the file with those activities. The girls can collect dues and take attendance.

ACTIVITIES

Food Favorites: Ask the girls to pair up or work in small groups to create a mini commercial for the Food Network to advertise the favorite food they brought with them (they can use their own favorite food or choose another). Then spend a few minutes giving each group a chance to perform.

Start a discussion with the girls

- What words or images are used in advertising to influence our food purchases?
- What seems right?
- What seems wrong?
- What seems real?
- What seems fake?
- What do you wish you could find/see that you don't?"



Food Network, Not Just a TV Channel:

Begin by asking the girls, “How many people, animals, and resources of Earth (the sun, water, and air) go into getting our food to us?”

Ask the girls to choose a favorite food they’ve talked about today (or one ingredient in a food) and then together, tell the story of the web of interactions that brings that food to our table. They can make educated guesses, but they must tell the whole story. If they are having trouble, start them off with a suggestion like “Start with what the sun did for it or what water did for it and move forward through all the steps that let this food reach it’s final destination. Ask for a volunteer to help write down the steps, or have each girl write down the step she shares. If they get stuck, you can give an example like this:

“Say your favorite food is an orange. Who planted the seed that became the orange tree? Who decided what kind of seed to plant and how? Where? Maybe in California? Who tended the tree? Was it treated with pesticides? Fertilizers? Artificial or natural? When the tree produced fruit, who picked it? Who tasted it? Packed it? Shipped it? Who unloaded it at the store? Priced it? Displayed it for you? Who bought it? How does it taste?”

After the girls have completed their food network story, ask them what ideas they are starting to have about how decisions along our food networks impact health-the health of the environment and our own?

Food Print: Set up a copy of the attached chart for each person. Introduce the activity by saying something like:

“Thinking about our food network helps us think about the impact our food choices have on the environment.

Let’s dig deeper. What is the food print of our favorite food?”

Where does it come from in the world?

Look at the food packaging you brought and see if you can figure out where it was made.

As the girls plot out where their foods come from, they may need to make some educated guesses for the moment. Encourage them to be curious! If they have access to the internet (many teens can work wonders with their phones!), the girls might be able to gather some facts right now. When the girls have made a stab at charting out five or six ingredients, ask them to estimate the food print for each item, using this very simple rating:

My state/region=1

U.S.= 2

Other Country=3

If this activity seems to spark interest in the girls to explore further let them know there are good ways of estimating food miles, such as the website eatlowcarbon.org, but for today, our simpler chart is just fine. The main idea to take in here is that the farther food must travel to reach you, the greater the food miles involved and the bigger the food print left behind. Encourage them to go further if they wish and to bring back their findings to the group at a future meeting.

Let the girls share their results.

How much comes from our own region?

What foods seem to have the highest food print?

What could we be eating to be more local?



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.





Food Print Chart

FOOD	INGREDIENTS	WHERE FROM RATING* *My State/Region = 1 US = 2 Other country = 3



MEETING THREE



Theme: It's Your Story, Tell It! - Mission Sisterhood

Today's Meeting includes the following activities:

- Build Your Circle
- Putting a Value on Friendship
- Friendship Pins/Swaps

Material for this meeting/session:

Pens, pencils, markers

Embroidery Floss in various colors

Small safety pins

Circle Activity Sheet (see attached)

Scissors

Friendship Bracelet instructions

START-UP ACTIVITIY

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

Use the quiet sign to get the Girl's 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

Build Your Circle! Give each girl a Circle Activity Sheet (attached) and something to write with.

Let the girls know that confidence can be like a protective circle that offers shelter when someone says or does something that hurts them in some way. You might say something like, With this circle 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 circle.
- 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 circle.

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

Do these circles make them feel stronger? More confident?

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



“Do others have something in their circles that might keep you strong, too?”

Add it to your circle! You might say: “The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine!” Keep this circle with you and let it serve as a reminder of all your strengths!

Moving into Your Social Circle Game

Gather the girls together and ask that they stand one behind the other, single file, in the middle of the room, all facing the same way.

Explain that throughout the game, they will step to the right or left depending on how they feel about the instructions you call out. Let them know there’s no right or wrong way to respond.

What they do simply lets them learn more about themselves.

Then call out the scenes and instructions below, one set at a time. If time allows, invite the girls to create their own scenarios and take turns calling them out.

1. You’re at a large party. Step to the left if you feel energized, step to the right if large parties drain your energy.
2. A woman approaches you in a coffee shop to ask about the yummy-looking dessert you’re eating. Step the left if you’re comfortable talking to someone you don’t know, step to the right if talking to someone new makes you uncomfortable.
3. You’re visiting a new city by yourself. Step to the left if you’re wishing you’d traveled with some friends, step to the right if you’re having a great time.
4. You’re working on a group project at school. Step to the left if you are taking a lead in moving the project forward, step to the right if you’re happy to follow along with the decisions of your teammates.
5. You’re on the soccer field and your teammate just scored. Step to the left if you’re screaming and trying to lift her in the air, step to the right if you’re running past and giving a quick high-five.

When the girls have run through all the scenes, have them take a look where they are standing. Explain to the girls, these are extreme scenarios but those who landed on the left side of the room may tend to be more outgoing, and those who landed on the right side of the room may tend to be more reserved. There’s no right way to be and rarely does anyone react in the same way to every situation. Let the girls know, people’s personality, character, and actions are more important than whether they show them in an outgoing way or a reserved way.

In fact, the greatest leaders are comfortable with variety and diversity of any type. They are skilled at relating to all types of people!

Say: “Now that you’ve seen how your social styles vary, it’s important to see how what we value in friendships may also vary.”

Putting a Value on Friendship: Now that the girls have their preferences and comfort levels in more general social situations, get them talking about what’s most important to them in their friendships. You might say “Now that you’ve seen how your social styles vary, it’s important to see how what we value in friendship may also vary. On a chalk board or white board write the following question “What do you value most in a friendship?”

Then, give each girl 3 index cards or sticky notes and a pen/pencil and invite her to write a word or phrase on her cards that best describes what she values most in a friendship. Ask for a volunteer to collect the cards and tape them to the chalkboard. If some values were chosen by more than one girl, they can be taped down in one row to show how often they were valued in the group.

Now ask the girls to look over the friendship values. Start a discussion by acknowledging that there are likely some values the girls hold but that didn’t come to mind to all of them when they filled out their cards. Ask: Which values were most desired? Why do you think they ranked so high? Which values listed are not at all important to you (such as sense of humor, intelligence, athletic interests) How many values listed echo the values of the Girl Scout Law? Do you see how these values are worthwhile for all friendships and for sisterhood in general?

Wrap up the discussion by saying something like: “When you’re aware of what you value in friendships, you can better understand why a friendship may not be going the way you’d like.”



Friendship Bracelet Swap

Give the girls some time to create friendship bracelets. (Instructions attached) Ask for volunteers to help set out the supplies. Give each girl enough supplies to make two bracelets, one to keep and one to give a friend. If there are girls in the troop who know how to make friendship bracelets, this would be a great time for them to demonstrate their leadership skills. Ask them to teach the craft.

SNACK TIME

If the troop didn't enjoy their healthy snack or sack dinner at the beginning of the meeting.

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.



Circle Activity Sheet






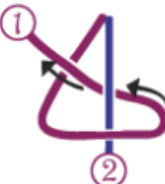


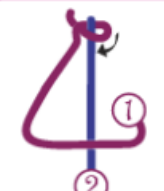
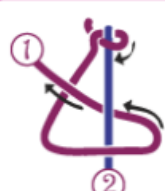


Friendship Bracelet Basics

There are hundreds of variations on the friendship bracelet. Pinterest has scads of patterns and tutorials. If they went to Girl Scout Camp some of the girls in your troop probably already know how to make them. Encourage them to teach the others in the troop.

Below is a diagram of a basic right hand knot and left hand knot in case you need a starting point. It is recommended that you and the girls go to Pinterest to download patterns.

You will need various colors of embroidery floss, scissors, and safety pins. All of these items can be found at any fabric store or hobby shop.

If there is time, have the girls make two friendship bracelets; one to keep and one to give to a friend, either a new one they made this year in the troop or an old friend from earlier.

 <p>Step 1 Take string 1 and cross over string 2 forming a number "4".</p>	 <p>Step 2 Take string 1 and go under string 2 then back up over string 1.</p>	 <p>Step 3 Pull string 1 back towards clip until it's tight. Hint: while doing this step hold string 2 tight towards your body.</p>	 <p>Completed Double Right-Hand Knot</p>
 <p>Step 4 Repeat step 1.</p>	 <p>Step 5 Repeat step 2.</p>	 <p>Step 6 Repeat step 3.</p>	
 <p>Completed Double Left-Hand Knot</p>			



MEETING 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

Material for this meeting/session:

Flip chart pages or large pieces of newsprint for brainstorming
Markers

START-UP ACTIVITY

Have the girls serve snack or eat their sack dinner 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

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
- 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 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 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.

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 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 FIVE



Theme: The Ceremony Preparation and Rehearsal

Today's meeting includes the following activities:

- Patrols make final preparations for the ceremony

Material for this meeting/session:

Materials girls have asked the leader to bring

Materials the girls bring from home

- Girls rehearse their roles in the ceremony

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

Ask the girls to close the meeting however 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 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 SIX



Theme: It's Your Journey, Choose It!

The girls will learn more about Senior leadership Journeys and they will choose one to work on. Seniors 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
- Clean out the Attic Planning Activity
- 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-see attached)

Small stickers or post-it notes, markers

Optional Healthy snack

Voting Ballots (see attached)

Journey books, Girl's Guide to Girl Scouting,

Program Event Guide (PEG), Badge Activity Sets,

Any other resources you'd like to include

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 GIRLtopia, Sow What?, and Mission Sisterhood 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.

Journey Quiz Guide:

If the girls answered mostly:

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

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

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



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:

What is my ideal world? Through the **Girlltopia Senior Leadership Journey**, girls discover their values and then partner together to discover the importance of creating opportunities for girls locally and globally.

What's your food power? Girls will learn about food networks, sustainable foods and living the life of a locavore. They will even get a chance to whip up some delicious food when they work on the **Senior Sow What leadership journey!**

Mission Sisterhood Leadership Journey invites girls to discover the value of friendships, healthy habits and how sisterhood starts with themselves and spirals out to change the world.

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: To facilitate planning activities 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 Ballots



GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood
GIRLtopia	Sow What?	Mission Sisterhood

Cleaning Out the Attic

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)
- Sticky Notes (1 pad for each girl)
- Pens or pencils
- Journey Books and other resources

Instructions

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

Attic

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



Girl Scout TABOO Game



BADGES	THINKING DAY	BROWNIE	DAISY
CADETTES	CAMPING	SERVICE PROJECT	COOKIES
UNIFORM	JULIETTE LOW	CEREMONY	HONEST
FAIR	FRIENDLY	HELPFUL	CONCIDERATE
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



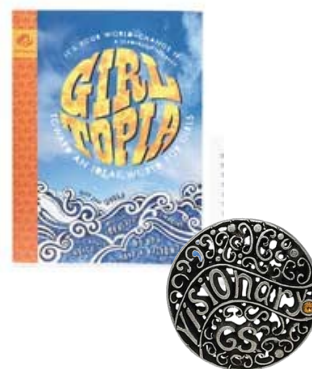
JOURNEY MATCH:

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





Senior Leadership Journey Awards



GIRLtopia

While journeying toward **GIRLtopia**, girls have the option of earning a major award—Senior Visionary Award. The Senior Visionary Award is an important step on the Girl Scout leadership ladder; it signifies that girls have a firm leadership foundation. They understand themselves, are able to make ethical decisions, build teams, care about others, envision change and take action toward it.



GIRLtopia Leadership Award: Visionary

To earn the **Visionary Award**, Seniors will complete three steps, which they can accomplish—as a team or on their own—one by one or simultaneously:

1. **Create it:** Make a **Create it Project**, a unique vision and artistic representation of an ideal world, and then share it with others.
2. **Guide it:** Guide a mini-discussion or group activity that engages other girls in thinking about visionary leadership.
3. **Change it:** Do a **Change It Project** (Take Action Project) that moves the world (or a community) one step closer to ideal.



Sow What?

To engage the Seniors in the global issues of food and land use, this journey expands the notion of an environmental footprint into the realm of leadership by having the girls delve into their “food print” and their “leader print”.



During the **Sow What?** journey, girls have an opportunity to earn the prestigious Girl Scout **Harvest Award**. The **Harvest Award** is an important step on the Girl Scout leadership ladder; it signifies that girls understand who they are and what they stand for, and that they care about others, too. It also signifies that they can grasp an issue by the roots and organize a team to work together to sow the seeds of sustainable change.

To earn the **Harvest Award**, Seniors will complete three steps, which they can accomplish—as a team or on their own. These steps are also in the girl book pages 86–89.

1. **Get their leader print going! Here's the path:**
Identify, and dig into, a food or land issue, tapping some community experts as they go.
2. **Capture their vision for change in a Harvest Plan that includes:**
their very own “So What?” - their goal, why it matters, how it will benefit both the planet and people.
At this Senior grade level the amount of time spent on their Harvest Project is less important than their having a meaningful opportunity to identify, plan and do the project. Critical thinking is more important than project “size”.
3. **Create Change:**
Execute their plan by advocating to influence a food policy or land-use effort (yes, they can!) or by educating and inspiring others to act on a solution they identify.





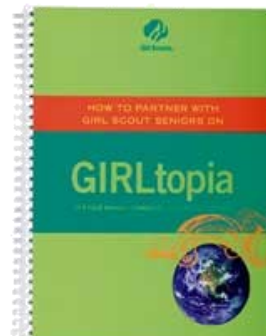
Senior Leadership Journey Awards, Continued



Mission: Sisterhood



Self-esteem means how a girl feels about herself – her abilities, her body, her capacity to seek and meet challenges in the world. Supporting and strengthening Seniors' self-esteem are goals of this journey. With strong self-esteem, girls are likely to avoid any drop in confidence as they move through adolescence. Instead their confidence will soar! Girl Scouting is guided by a positive philosophy of inclusion that benefits all. On this journey especially, it is hoped that girls will increase their feelings of being powerful, capable, and strong as they enhance their skills and develop new ones. So, as the Girl Scout Law says, "be a sister to every Girl Scout."



During the **Mission: Sisterhood** journey, girls have an opportunity to earn the prestigious Girl Scout Senior **Sisterhood Award**. The **Sisterhood Award** is an important step on the Girl Scout leadership ladder.

To earn the **Sisterhood Award**, Seniors will:

- Define a sisterhood issue
- Create a plan for how to Take Action on that issue
- Take Action!



What it means for Seniors:

Girls understand the power of sisterhood in their own lives and in the world. As with all leadership awards earned on Girl Scout journeys, the Sisterhood Award gives girls the planning, teamwork, and networking skills they need to pursue the Girl Scout Gold Award, the highest award in the Girl Scouts.

The steps to the **Sisterhood Award** are:

1. Define a Sisterhood Issue for themselves
2. Develop a Mission of their own
3. Make the big decision
4. Work out the logistics of their project
5. Create the project timeline

