

Special

## A YEARS WORTH of Meeting Plans for GS Ambassadors

To *thank you* for your demonstration of commitment to making the girls' year an exciting **ADVENTURE**, we have packed your suitcase with an entire year's worth of **meeting plans and activities** to use on *either* of your selected Journeys.



The Journey How-To Adult Guides are your suitcase for the journey. Use this bonus packet to pack the suitcase and with the activities and plans of your choosing to customize your own trip.

## Year Outline on How to Partner With Girl Scout Ambassadors on

# BLISS Live It! Give It!



This is a helpful guide with suggestions on how to extend the Girl Scout Ambassador GS Troop Year and incorporate the GS Journeys into the GS Troop curriculum more easily by providing easy to use guides. This can be used in conjunction with the books and guides for the Girl Scout Ambassador Journey for Series 3 *It's Your Story, Tell It*. Adjustments may be needed to fit around your GS Troop Year. Additional meetings *Interest Projects*, Field Trips, and Girl Scout Days to Celebrate such as Founder's Day, World Thinking Day, and Girl Scout Birthday (These dates can be found inside the back of the girls' book) may be added into your GS Troop Year as well. Take note that this Journey is mostly girl led, a lot of how the GS Troop year goes depends on how the girls would like for it to be run.

GB= Girls Book GS Guide= Your Book	AT THE AMBASSADOR LEVEL girls...	RELATED ACTIVITIES (from Session or Girls Book)	
DISCOVER	Girls develop a strong sense of self.	Feel they are better equipped to pursue future/life goals.	All adult guide and girl book content and activities.
		Increase their sense of autonomy.	S1: Personal Dreams, Personal Contributions, Make It Your Own!; S4: Coaching Tips; S5: Let's Make a Deal!, Closing Ceremony; S6-S8: First, the Mission Statement, What's Your Label?; S9: Vintage Map Pendants; GB-Live It!: Ch2: The Lines You Draw, Who Sets Your Standard for Beauty?; Ch5-Dreaming for Me, Your Mission, Your Life, Your Story; GB-Give It!: Their Dreams Your Story.
	Girls develop positive values.	Act consistently with a considered and self-determined set of values.	S3: Opening Ceremony, Valuing Values, Line in the Sand; S5: Let's Make a Deal!; GB-Live It! Ch2: Values and Standards, Getting Back to Values, Too Tough to Call, Your Core Remains Even as You Change, The Lines You Draw; Ch3: Connecting Your Values to Your Passions and Your Passions to Your Dreams
		Demonstrate commitment to promoting sustainable solutions to regional, national, and/or global problems.	S4: Coaching Tips, Starting to Seek and Select Dreamers; S5: Decision Time!; S10: All activities; GB-Live It!- Ch2: Girl Scouts' Changing Values; Ch3: Connecting Your Values to Your Passions and Your Passions to Your Dreams; GB-Give It! Ch1: Boost a Dream, Earn an Award; Ch2: Seek and Select a Dreamer; Ch3: Define the Dream; Ch4: Give It! Gift It!
	Girls gain practical life skills, girls practice healthy living.	Are better able to identify health issues in their lives, their local communities and globally.	S3: The Power of Media, Creating a PSA (option); S6-8: Closing; GB-Live It! Ch1: Crisp bread with Spread; Ch2: Today's Daily Standards, The Lines You Draw, Frozen Mango-Orange-Banana Smoothie; Ch2: The Lines You Draw, Who Sets Your Standard for

<b>DISCOVER</b>			Beauty?, Seeing Real Beauty; Ch3: Healthy Passions, Ch4: Cloudberry Jam
		Are more interested in leading and/or participating in advocacy projects related to health issues, globally or locally.	S3: Creating a PSA (option); S6-8: Closing; GB-Live It! Ch1: Crisp bread with Spread; Ch2: Your Pyramid. Frozen Mango-Orange-Banana Smoothie, Seeing Real Beauty; Ch4: Cloudberry Jam
	<b>Girls seek challenges in the world.</b>	Increasingly set challenging goals for the future.	S3: Opening Ceremony, Valuing Values, Line in the Sand; S5: Let's Make a Deal! Closing Ceremony; S6-8: Step by Step, What's Your Label? S9: Vintage-Map Pendants; GB-Live It! Ch1: Superstar on Wheels; Ch2: The Lines You Draw, Who Sets Your Standards for Beauty?
		Have increased confidence to discuss and address challenging issues and contradictions in their lives and in their local and global communities.	S3: Opening Ceremony, Valuing Values, Line in the Sand; S5: Let's Make a Deal! Closing Ceremony; S6-8: Step by Step, What's Your Label? S9: Vintage-Map Pendants; GB-Live It! Ch1: Superstar on Wheels; Ch2: The Lines You Draw, Who Sets Your Standard for Beauty?
<b>Girls develop critical thinking.</b>	Are increasingly able to address local/global/societal barriers to women's leadership.	S3: Line in the Sand, The Power of Media; S5: Let's Make a Deal! Closing Ceremony; GB-Live It! Ch2: The Lines You Draw, Who Sets Your Standard for Beauty?	
<b>Connect</b>	<b>Girls develop healthy relationships.</b>	Strengthen strategies for maintaining healthy relationships.	S5: Decision Time! S9: Blissful Ceremonies, Gift It! Give It! S10: And Now Presenting...; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch4: Give It! Gift It!
		Are better able to protect their rights in relationships.	S5: Let's Make a Deal! Closing Ceremony

Take Action	Girls promote cooperation and team building.	Are able to promote cooperation and effective team building in their communities.	S1: Personal Dreams, Personal Contributions; S4: Coaching Tips; S5: Decision Time1 S6-8: Stepping Toward a Goal, Step by Step; S9: Opening Ceremony, Moving the Dreamer Forward; S9: Planning the Bliss Bas; GB- Give It! Ch4: Give It! Gift It!
		Recognize the value of cooperation and team building for effective leadership and for their future careers.	S1: Personal Dreams, Personal Contributions, Make It Your Own! S2: Opening Ceremony, Curtain of Dreams, Closing Ceremony; S9: Dream Maker Award Ceremony; S10: All activities; GB-Give It! Ch1: Networking for Dream Stories; Ch4: Give It! Gift It!
	Girls can resolve conflicts.	Are better able to develop their own approaches to conflict resolution and prevention in their lives and communities.	S5: Let's Make a Deal! Closing Ceremony; GB-Live It! Ch1: If...; Superstar on Wheels; Ch2: When Double Doesn't Mean More or Better; Ch3: Powered by Passion; GB-Give It! Gift It!
	Girls advance diversity in a multicultural world.	Are actively engaged in promoting diversity and tolerance, locally and globally.	S4: Coaching Tips; S6-8: What's Your Label? GB-Give It! Ch2: Seek and Select a Dreamer
		Are increasingly able to address challenges to promoting inclusive attitudes and diversity locally or globally.	S3: Create a PSA (option); S4: Coaching Tips; S6-8: What's Your Label? GB-Live It! Ch1: Superstar on Wheels; Ch2: Who Sets Your Standards for Beauty? When Double Doesn't Mean More or Better; GB-Give It! Ch2: Seek and Select a Dreamer
Girls can identify community needs.	Are more skilled in identifying issues that balance feasibility with achieving long-term changes in their local or global communities.	S2: Curtain of Dreams, Closing Ceremony; S3: Dipping Further into Dreams; S4: Coaching Tips, Starting to Seek and Select Dreamers; S5: Decision Time! S6-8: Stepping Toward a Goal, Step by Step; S9: Opening Ceremony, Moving the Dreamer Forward; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch3: Define the Dream; Ch4: Give It! Gift It!	

		Choose Take Action Projects that aim to address deeper causes of issues in their communities.	S4: Coaching Tips; S5: Decision Time! S6-8: Stepping Toward a Goal, Step by Step; S9: Opening Ceremony, Moving the Dreamer Forward; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch3: Define the Dream; Ch4: Give It! Gift It!
	<b>Girls are resourceful problem solvers.</b>	Are better able to independently plan, organize, and manage Take Action Projects.	S2: Closing Ceremony; S3: Dipping Further into Dreams; S4: Coaching Tips, Starting to Seek and Select Dreamers; S5: Decision Time! S6-8: Stepping Toward a Goal, Step by Step; S9: Opening Ceremony, Moving the Dreamer Forward; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch3: Define the Dreamer; Ch4: Give It! Gift It!
		Actively seek partnerships to achieve greater community participation and impact for their Take Action Project.	S2: Opening Ceremony, Curtain of Dreams, Closing Ceremony; S4: Coaching Tips, Starting to Seek and Select Dreamers; S5: Decision Time! S6-8: Stepping Toward a Goal, Step by Step; S9: Opening Ceremony, Moving the Dreamer Forward; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch3: Define the Dream; Ch4: Give It! Gift It!
<b>Girls advocate for themselves and others.</b>	Recognize that they have the rights and abilities to participate in the development of public policy that affects their lives and the lives of others.	S3: Create a PSA (option); S4: Coaching Tips; S5: Let's Make a Deal; S6-8: Stepping Toward a Goal, Step by Step' S9: Opening Ceremony, Moving the Dreamer Forward; GB-Live It! Ch1: Superstar on Wheels; Ch2: When Double Doesn't Mean More or Better; Ch3: Powered by Passion; GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch3: Define the Dream; Ch4: Give It! Gift It!	
	Are better able to consider that community/global impact of their advocacy efforts.	S9: Dream Maker Award Ceremony; GB-Live It! Ch1: Superstar on Wheels; GB-Give It! Ch3: Define the Dream; Ch4: Give It! Gift It!	
	Actively seek partnerships with other organizations that provide support and	S4: Coaching Tips; GB-Give It! Ch3: Define the Dream	

		resources for their advocacy efforts.	
	<b>Girls educate and inspire others to act.</b>	Are better able to evaluate the effectiveness of their efforts to reach/educate diverse audiences and can adjust their communication strategies accordingly.	S4: Coaching Tips; S9: Dream Maker Award Ceremony; GB-Give It! Ch4: Give It! Gift It!
	<b>Girls feel empowered to make a difference.</b>	Feel capable of using their skills to better the functioning and governance of communities, locally or globally.	S4: Flip It! Random Acts of Inspiration; S5: Decision Time! S6-8: Stepping Toward a Goal, Step by Step; S9: Dream Maker Award Ceremony; S10: All activities; GB-Live It! Ch1: Superstar on Wheels; GB-Give It! Wanted: Dream Makers, Boost a Dream, Earn an Award; Ch3: Define the Dream; GB-Give It! Ch3: Define the Dream; Ch4: Give It! Gift It!
		Feel their projects and ideas are valued/respected by stakeholders in their local and/or global communities.	S5: Decision Time! Let's Make a Deal! S9: Opening Ceremony, Moving the Dreamer Forward, Dream Maker Award Ceremony; S10: All activities; GB-Give It! Wanted, Dream Makers, Boost a Dream, Earn an Award, Going for Gold? GB-Give It! Ch1: Networking for Dream Stories; Ch2: Seek and Select a Dreamer; Ch4: Give It! Gift It!

# Session 1: Dreaming Along the Road to Bliss

GOAL: The Ambassadors explore how wide-ranging dreams can be and how they can shape one's life story.

## Meeting 1:

### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It* (Girls Book)
  - ✓ Cotton dream cloud
- 
- Opening Ceremony: Your Wildest Dream!
    - Introduce yourself and this journey to the Ambassadors (Script on page 29 in the *Adult Guide*).
    - And Now, A Journey of Dreams...
      - Remind the girls of their journey's theme and continue by following the script on page 29 of the *Adult Guide*.
  - Introducing the Dream Maker Award
    - Give an overview of the Dream Maker Award. Inform them, that they can seek the award individually, as a small team, or as one big team. For more details, refer to page 30 in the *Adult Guide*.
  - Have girls decide how meeting will be run...
    - In person? Telephone? Computer? Bi-Weekly? Monthly?
    - Since this is built on being Girl Led, Cooperative Learning, and Learning by doing. Make sure the girls have as much input as possible.
    - Have girls fill out page 8 in their book.
  - Closing Ceremony: Dreams Encouraged
    - Inform the girls that they support we receive in our dreams is sometimes the determining factor in whether we achieve our dreams. Then have them take turns answering the following two questions:
      - *When was the last time you encouraged a dream or had a dream of yours encouraged?*
      - *How did that make you feel?*



## Meeting 2:

### Supplies and Resources

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
  - ✓ Index cards (10-20, or at least two for each girl in the group)
  - ✓ Pens
  - ✓ Whiteboard or chalkboard, writing implement
- 
- Opening Ceremony
  - Personal Dreams, Personal Contributions: Customizing the Journey
    - Remind the Ambassadors they will have ample opportunity to tailor this journey to their interests and needs.
    - Pass out the copies of the planning sheets for the girls to customize their journey. Then ask the girls to create a list of possible contributions they could make personally.
    - For more information, refer to page 30 in the *Adult Guide*.
  - Of Needs and Dreams
    - Pass out pens and index cards and ask Ambassadors to brainstorm and write down things they need to survive on a daily basis (one need per card).
    - The girls will mix the cards and each girl will pick two. Depending on size, suggest that the girls break into pairs or work all together to decide to order of importance of the needs.
    - For more details, refer to page 34 in the *Adult Guide*.
  - Defining Dreams
    - Using a whiteboard, have girls create a list of all the kinds of dreams that exist in the world. Then get a discussion going about the dreams on the girls' list. Wrap up by pointing out that on this journey, the Ambassadors are going to see some of these types of dreams fall away as they zero in on dreams that can really bring them bliss (see script on page 36 in the *Adult Guide*).
  - Closing Ceremony
  - Looking Ahead to Session 2
    - Have girls think of all the women and girls in their lives who may have dreams. Next, ask the girls to invite two women and/or girls she knows to the next session to discuss dreams. One of the girls will need to lead the ceremony, so they shall choose.
    - For more details, refer to page 37 in the *Adult Guide*.

## Sample Session 2: More Women, More Dreams

GOAL: The Ambassadors gain a greater understanding of the diversity of dreams and dreamers in the world.

### Meeting 3:

#### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
  - ✓ Cotton cloud from the first gathering's Opening Ceremony
  - ✓ Paper (any kind)
  - ✓ Scissors
  - ✓ Glue or tape
  - ✓ Curtain rod or similar device
- 
- Opening Ceremony: More Wildest Dream!
    - Have Ambassadors and guests gather in a circle. Have each girl introduce her guests to the group. Bring out the cotton cloud and ask volunteer to lead the full group
  - Get Creative: Curtain of Dreams
    - The Ambassadors will now use the dreams they just talked about to create a symbolic "Curtain of Dreams" that they can hang at each gathering or divvy up as individual chains to take home.
    - To create the curtain, the Ambassadors will ask their guests a few questions. Also, encourage the girls to think up new dreams for themselves as they go!
    - For more details, refer to page 40 in the *Adult Guide*.
  - A Dream Come True
    - Gather everyone together and follow script on page 42 in the *Adult Guide*.
  - Looking Ahead to Session 3
    - Have girls bring copies of Elle, Marie Claire, Glamour, Vogue, InStyle, Lucky, Cosmopolitan, or whatever magazines they look at regularly, if possible from the same month.
    - You may want to bring back ups. Also, make copies of the magazine survey on page 48 so that each girl has one.
    - For more information, refer to page 43 in the *Adult Guide*.

# Sample Session 3: Walking the Line

GOAL: The Ambassadors explore their core values and how those values inform their lives and their dreams.

## Meeting 4:

### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassadors *Adult Guide*
  - ✓ Girl Scout Ambassadors *Bliss Live It!* (Girls Book)
  - ✓ Slips of paper
  - ✓ Pens
  - ✓ Bowl or container
  - ✓ String, colored tape or chalk
- 
- Opening Ceremony: When Values Collide
    - Gather the girls together and begin by looking at your outfit and follow the script on page 45 in the *Adult Guide*.
  - Valuing Values
    - Invite Ambassadors to write the names of values on pieces of paper, folding each in half and placing it in a bowl. Have girls pick two values from the bowl, read them aloud and then state the one she feels is more important to her.
    - For more details refer to page 46 in the *Adult Guide*.
  - Line in the Sand
    - Invite Ambassadors to place a string or piece of colored tape down the middle of an area where they will sit or stand. One side should represent “Agree” while the other side represents “Disagree.” Inform the girls that the line itself represents “Undecided.”
    - The girls will be asked to respond to a number of statements by physically moving themselves to one side of the line or to the other.
    - For more details, refer to page 46 in the *Adult Guide*.
  - Closing Ceremony

## Meeting 5:

### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
- ✓ Fashion magazines (one per girl)
- ✓ Copies of magazine survey (page 48)

- ✓ Materials and equipment of girls' choosing
  - ✓ Paper
  - ✓ Markers or pencils
  - ✓ Envelops
  - ✓ Craft supplies of the girls' choosing
- 
- Opening Ceremony
  - The Power of the Media
    - Invite Ambassadors to look at messages about values and standards found in one form of media. Next, have girls choose a magazine and suggest that they each pick as many different magazines as possible within the group.
    - Once girls have finished surveys, encourage them to have fun sharing and comparing their findings.
    - Follow script on page 49 in the *Adult Guide*.
  - Create a Public Service Announcement
    - Explain to girls that PSA (Public Service Announcements) are positive advertisements meant to effect change by raising awareness about a certain issue.
    - The Ambassadors will make their PSA in the form of a magazine cover, print ad, radio spot, or another medium of their choice
    - For more information, refer to page 50 in the *Adult Guide*.
  - Dipping Further into Dreams
    - Ask Ambassadors about the results of their "Dream Quests." Ask them to share their dreamers and their ideas. Let the girls take lead on sorting out how their interviews will be conducted.
    - For more information, refer to page 51 in the *Adult Guide*.
  - Closing Ceremony: A Symbol of Bliss
    - Give Ambassadors the opportunity to create a symbol that represents their hopes for the world. Also get girls talking about all the ways people have found to symbolize important dreams in the past.
  - Looking Ahead to Session 4
    - Look over the "Dreams on a Wire" activity (page 56) and decide if your group will do it indoors or out, so you can select a good location and, if necessary, reach out to your Network for a long enough wire.
    - If Ambassadors decide to do some team interviews of successful dreamers, guide them on any further logistics needed for the next

gathering. If they're doing individual interviews, check in on what kind of guidance each girl might need or desire.

## Sample Session 4: Dream Catcher

GOAL: The Ambassadors strengthen their understanding of dreams and what it takes to achieve them.

### Meeting 6:

#### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador Bliss Live It! (Girls Book)
  - ✓ Small ball
  - ✓ Wire or string
  - ✓ Clothespin or paper clips
  - ✓ Sealed dream envelopes from last session
- 
- Opening Ceremony: Dream Questions, Dream Answers
    - Ask girls to recall the dreams they heard their sister Ambassadors mention in their past gatherings.
    - Toss ball around asking questions, make sure each Ambassador has asked and answered a question.
    - Follow script on page 55 in the *Adult Guide*.
  - Group Interview of Dreamers (optional)
    - If the girls planned for a group interview of successful dreamers, now's the time to get it going.
  - Dreams on a Wire
    - Invite girls to make a circle and sit inside the wire frame hanging above them. Have girls take turns standing and unhooking what she thinks is the envelope containing her dream. Once each girl has found her dreams, ask them to open their envelopes
    - Later get a discussion going.
    - Follow the script on page 56 in the *Adult Guide*.
  - Closing Ceremony

### Meeting 7:

#### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador Bliss Live It! (Girls Book)
  - ✓ Materials and supplies of the girls' choosing
- Get Creative: Random Acts of Inspiration
    - The girls will create something and leave it behind as a gift of inspiration for a stranger to find. Then encourage them to think of brief inspirational quotes or messages that can fit on the found objects. Once girls have finished, invite them to get up and out for a brisk walk through the neighborhood.
    - For more information, refer to page 57 in the *Adult Guide*.
  - Starting to Seek and Select Dreamers
    - If girls have decided to conduct individual interviews of successful dreamer, check in on how their doing. Also get a discussion started about Step 2 toward the Dream Maker Award.
    - For more information, refer to page 59 in the *Adult Guide*.
  - Closing Ceremony: Dream Surprises!
    - If girls have conducted a group interview, suggest that they include their guest(s) in today's special closing. Then bring back the ball from the Opening Ceremony and gather everyone in a circle. Follow script on page 59 in the *Adult Guide*.

## Sample Session 5: Fashion Some Passion

GOAL: The Ambassadors gain an understanding of how passions and interests drive dreams and fuel their bliss.

### Meeting 8:

#### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Girl Scout Ambassador Bliss Live It! (Girls Book)
- ✓ Sheets of paper cut into puzzle pieces (each one marked indicating the "up" side)
- ✓ Colored pencils or markers

- Opening Ceremony: Passion Statement
  - Gather Ambassadors in circle and ask them to name the thing they feel most passionate about right now in their lives. After all girls have answered, have them to link that passion to a dream they have for the future.
- Passion Puzzle
  - Ask Ambassadors to decorate the top side of their puzzle pieces to represent the passion and dream they just shared in their Opening Ceremony.
  - Once girls have finished puzzle pieces, have Ambassadors pass her piece to her sister on the right. The girls will borrow her piece until the next meeting, in the mean time each girl will draw or write something on the reverse side of the puzzle.
  - For more information, refer to page 61 in the *Adult Guide*.
- Decision Time!
  - Have girls share places or people they've come up with since their last meeting. Encourage the girls to discuss which dreams seem most suited to their award project, and then come to a team decision about where to find their dreamer.
- Closing Ceremony

## **Meeting 9:**

### **SUPPLIES & RESOURCES**

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)

- Opening Ceremony
- Let's Make a Deal!
  - Have a small discussion on equal pay and women in the work field. Explain to Ambassadors that salary talks are a specific type of negotiating situation but many of the skills used for salary negotiations can be applied to other bargaining situations.
  - For more information, refer to page 63 in the *Adult Guide*.
- Closing Ceremony: Putting Passion Busters in their Place
  - Gather girls and direct them to page 37 of the *Live It!* Side of their book, which offers tips on how to spot and stop something else that can spoil dreams.
  - For more information, refer to page 65 in the *Adult Guide*.

# Sample Session 6-8: Stepping Out the Dream

GOAL: The Ambassadors work through Step 3 of the Dream Maker Award (Define the Dream) by finalizing their Mission Statement and planning out the steps that move their “adopted dream” forward.

## Meeting 10:

### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
- ✓ Girls puzzle pieces
- ✓ Stacks of paper
- ✓ Pens or pencil

- Opening Ceremony: Pieces of a Puzzle
  - Bring the girls together to return each puzzle piece to the Ambassador who created it. Ask them to each share what they chose to do on the back of the puzzle piece to honor their sister Ambassador’s passions or dreams. Have the girls fit the pieces together to create one puzzle. Ask something like”
    - How do your passions and dreams fit into a larger picture (After this Opening Ceremony, the puzzle pieces are the girls’ to keep.)
- First, the Mission Statement
  - Check in with girls to see where they are with their mission statements for their dreamers.
  - Refer them to pages 24-25 of the *Give It!* side and 59 in the *Live It!* side of their book for the how and why of mission statements.
- Step by Step
  - Gather girls in a circle with stacks of paper placed in front of them, let them know they need to think about the final step they want their “adopted dreamer” to achieve, and to write it on one sheet of paper.
  - Once final steps are in order, have girls work backward to come up with all the steps necessary to reach that final goal. Ask the girls questions about being on the staircase and a small discussion. Wrap up by suggesting that the girls consider this activity as a way to start moving their own dreams forward.
  - For more information, refer to page 69 in the *Adult Guide*.
- Closing Ceremony



## **Meeting 11:**

### **SUPPLIES & RESOURCES**

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
  - ✓ Scissors
  - ✓ Glue
  - ✓ Hot-glue gun
  - ✓ Stapler or safety pins
  - ✓ Cloth of the girls' choice
- 
- Opening Ceremony
  - Get Creative: What's Your Label?
    - Get Ambassadors started with a discussion on labels (what kind we give ourselves and others). If any girls have any trouble deciding on their own personal label, have the full group help her out by offering their own positive labels of the girl.
    - After each girl has decided her label, let the full group of girls know that now they will develop their label by putting their ideas into a fashion statement.
    - Once girls are ready to show off their labels, have them strut down the runway.
    - For more information, refer to page 70 in the *Adult Guide*.
  - Closing Ceremony

## **Meeting 12:**

### **SUPPLIES & RESOURCES**

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
  - ✓ Small-wood framed mirrors (one for each girl)
  - ✓ Sponges, wire wool or sandpaper
  - ✓ Blue and white paints
  - ✓ Small plates or bowls (for holding paint)
  - ✓ Old newspaper or recycled brown craft paper
- 
- Opening Ceremony: Stepping Toward a Goal
    - Gather Ambassadors in a circle and ask each one to think about the last time she set an important goal for herself. Then ask:
      - *What was the goal? How did you start off trying to accomplish it?*
  - Get Creative: Mirrors for Dreaming

- Start activity off with a small discussion on how often the girls daydream. Then invite the girls to get started sponge-painting fluffy white clouds affixing the masking tape to the mirror face inside the frame.
- For more details, refer to page 72 in the *Adult Guide*.
- Closing Ceremony: Step It Up!
  - Have girls gather in a circle and take a moment to relax and step it up (with some dance steps). Turn on some music and ask each girl to take a turn inside the circle leading the others in some favorite moves.
- Looking Ahead to Session 9
  - Ask the girls and your Network to gather used or vintage maps; pieces of cardboard or other backing materials, such as old Scrabble tiles or small bathroom tiles; leather or twine; glue; thin, flexible wire for creating pendant loops (or craft-store purchased bails); and lacquer and brushes.

## Session 9: Moving Dreams Forward

### Meeting 13:

#### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
  - ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)
  - ✓ Used or vintage maps
  - ✓ Pieces or cardboards or other backing material
  - ✓ Leather or twine
  - ✓ Glue
  - ✓ Thin, flexible wire for pendant loots (or bails)
  - ✓ Lacquer and brushes
- 
- Opening Ceremony: Many Dreams, Many Paths, One Step Forward
    - Gather Ambassadors in circle and ask each one to think about the last time she set an important goal for herself. Then ask:
      - *What was the goal? How did you start off trying to accomplish it? What was your first step?*
  - Moving the Dreamer Forward

- Check in on the girls on their progress in moving their dreamer(s) through a step of their plan. If girls are stuck at a particular step, work together to try to figure out how to push through. Follow script on page 75 in *Adult Guide*.
- Get Creative: Vintage-Map Pendants
  - Start activity by talking about helping others achieve their dreams. Follow script on page 76 in the *Adult Guide*. After discussion, girls will make “map pendants” with the materials you’ve gathered. Refer to your book for more details.
- Closing Ceremony

### **Meeting 14:**

#### **SUPPLIES & RESOURCES**

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Girl Scout Ambassador *Bliss Live It!* (Girls Book)

- Opening Ceremony
- Planning the *BLISS* Bash
  - Remind Ambassadors that at the final gathering, they will have the chance to celebrate their journey and all the bliss it has given them. Ask them how they would like to honor one another and their collective accomplishments.
  - For more details, refer to pages 78-81 in the *Adult Guide*.
- Closing Ceremony: Our Dream Places
  - Ask the girls to close their eyes for 30 seconds and focus on the place that inspires their map pendants. When they open their eyes, have them share what images or images came into their minds and how they felt when imagining that place.
- Looking Ahead to the *BLISS* Bash
  - Check in with the girls to be sure all celebration plans are moving forward.
  - Remind the girls to bring any creative versions of their dream plan(s) to the final celebration for gifting to their “adopted dreamers.”
  - Secure any special celebration site and reach out to your Network for any needed assistance with refreshments.

## Session 10: BLISS Bash

**GOAL:** The Ambassadors celebrate their BLISS journey by assessing what they've learned and connecting with those they've assisted and all who have assisted them.

### SUPPLIES & RESOURCES

- ✓ Girl Scout Ambassador *Adult Guide*
- ✓ Dream Maker Awards (one for each girl)
- ✓ Bubble blowers for each girl (optional)

- Opening Ceremony: Ambassadors' Choice
  - Gather girls together for the ceremony they've chosen. Have girls briefly reflect on the journey's themes.
  - For more information, refer to page 82 in the *Adult Guide*.
- And Now Presenting...
  - In preparation for the Dream Maker Award presentations, the girls may have chosen to offer brief explanations about how they earned their awards and to introduce any "adopted dreamers" who are in attendance at the celebration. The "adopted dreamers" might wish to share what effect the Dream Maker project has had on them personally.
  - Hand out the Dream Maker awards, with the reminder that the girls are now official Dream Makers!
  - The girls may then wish to gift the dream plan to their "adopted dreamers!" They may also wish to hand out bubble blowers at this time, so everyone can celebrate with a round of blissful bubble blowing.
- Closing Ceremony
  - End any award ceremony decided upon by the Ambassadors by asking each girl to offer her own definition of bliss (living it and giving it).