



Year Outline on How to Guide Girl Scout Cadettes Through aMAZE!

This is a helpful guide with suggestions on how to extend the Girl Scout Cadette 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 Cadette Journey for Series 1 *It's Your World, Love It*. Adjustments may be needed to fit around your Girl Scout 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 Girl Scout GS Troop year as well. Take note that this Journey is mostly girl lead, so a lot of how the Girl Scout GS Troop year goes depends on how the girls would like for it to be run and which awards they would like to work towards.

National Leadership Outcomes

GB= Girls Book
GS Guide= Your Book

AT THE CADETTE LEVEL
girls...

SAMPLE "SIGN"
When the outcome is
achieved, girls
might...

**EXAMPLES of
the outcome
plays out in this
journey**

Discover

**Girls develop a
strong sense of
self.**

Are better able to negotiate the effects of socio-cultural factors, gender issues, and stereotyping/bias on their sense of self

Make use of strategies to resist peer pressure (e.g. communicate with confidence).

"Team Agreement" (S1 Pg 35) "Beneath the Surface" (S1 Pg 36). All of Session 2. "Break Down Those Stereotypes!" (GB pg 23).

**Girls develop
critical thinking
skills.**

Are better able to examine issues and ideas from various perspectives.

Debate or discuss various perspectives on an issue they are concerned about (e.g., women's rights)

All activities in Session 1-3

**Girls develop
healthy
relationships.**

Are able to use positive communication and relationship building skills.

Give examples of behaviors they use to promote mutual respect, trust, and understanding.

The entire journey!

Connect

**Girls can resolve
conflicts.**

Strengthen their conflict resolution and prevention strategies.

Say how they manage their emotions (e.g., anger, hurt).

"Flip the Script" (S4 Pg 63). "Toward Peace: Ideas for Taking Action" (S4 Pg69). All of Session 6 activities.

**Girls feel
connected to their
communities
locally and
globally.**

Strengthen existing relationships and seek to create new connection with others in their communities.

Use various ways to connect with others, locally, globally (e.g., the internet)

All steps to the *Interact Award*

Take Action

**Girls are
resourceful
problem solvers.**

Increasingly seek out community support and resources to help achieve goals.

Identify people/organizations in their communities to help on some aspect of their project (e.g., obtain guidance for media project).

All Steps to the Diplomat Award

**Girls educate and
inspire others to
act.**

Show increased commitment to educate others on how to better their communities.

Organize a show and tell for younger girls scouts to educate them about how to be more active in community affairs.

All steps to the Peacemaker Award

Session 1: First Impressions in the Maze

Meeting 1:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
 - Pencils & Pens
 - Girls Book
 - Beach ball

 - In this meeting girls are introduced to the aMAZE Journey and explore relationship obstacles.
 - Start the meeting off by doing an Ice Breaker “What’s In Your Maze” (Script on page 33 of the Girl Scout Cadette *Adult Guide*).
 - “Choices For The Journey”
 - Since Awards and Ceremonies are optional, this is the time to see if your GS Troop will be interested in completing some or all of the Awards present on this Journey. For the sake of this outline this will incorporate one of the Awards the *Interact* award (Script on page 34-35 of the Girl Scout Cadette *Adult Guide*).
 - Team Activity “Beneath the Surface”
 - Get the girls back together to discover their similarities and difference (Script on page 36 of the Girl Scout Cadette *Adult Guide*).
 - Closing Ceremony (Script on page 37 of the Girl Scout Cadette *Adult Guide*).
- **Take Home Assignment**
 - “For The Next Session” at the bottom of page 37 of the Girl Scout Cadette *Adult Guide*.

Meeting 2:

- Start on an IP that pertains to what the girls are engaging in so far
 - i.e. GS Interest Project *Understanding Yourself and Others*

Meeting 3:

- Use this meeting to finish up the IP from the previous meeting.

Session 2: Navigating Friendships

Meeting 4:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- GS *aMAZE* (Girls Book)
- Markers
- Recycled materials to use similar to that of a scrap book
- Glue

- In this meeting girls will explore the quality of friendships while developing a strong sense of self and critical thinking skills.
 - Opening Ceremony (Script on page 41 of the Girl Scout Cadette *Adult Guide*).
 - Peacemaker Kits
 - With the supplies that the girls bought have them start putting together the box for their peace Maker Kits (Script on page 41 of the Girl Scout Cadette *Adult Guide*).
 - “How Do You Know”
 - Girls explore how stereotypes have negative impact on first impressions (Script on page 41 of the Girl Scout Cadette *Adult Guide*).
 - “Stereotypes and You”
 - This activity gets the girl thinking critically about the harmful effect of stereotypes (Script on page 43 of the Girl Scout Cadette *Adult Guide*).
 - You can be creative and even have the girls decorate one big board dealing with stereotypes that they would like to do away with.

Meeting 5:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- GS *aMAZE* (Girls Book)
- Markers
- Recycled materials to use similar to that of a scrap book
- Glue

- In this meeting girls will look at the qualities they bring into and seek from a friendship
 - “Circle of Friends” (Script on page 33 of the Girl Scout Cadette *Adult Guide*).
 - “Talk Show: Ask the Expert” (Script on page 47 of the Girl Scout Cadette *Adult Guide*).
 - “For Peacemaker Kits” (Script on page 45 of the Girl Scout Cadette *Adult Guide*).
 - Extra: Celeb Pals (Script at the bottom of page 47 of the (Script on page 45 of the Girl Scout Cadette *Adult Guide*).
 - Take Home Assignment
 - Get the girls started on the *Interact Award* (“Identify a Stereotype.....” challenge may be useful).

Session 3: Cliques and Conflicts

Meeting 6:

Supplies & Resources

- Movie
 - Start session 3 of with a movie night pertaining to Cliques and Conflicts e.g. *Mean Girls*.

Meeting 7:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book

- In this meeting girls will identify various types of peer pressures and explore ways to manage peer pressure.
 - Opening Ceremony (page 51 of the Girl Scout Cadette *Adult Guide*).
 - Friendship Games
 - Allow the girls to choose which one they would most likely be interested in doing (Script on page 45 of the Girl Scout Cadette *Adult Guide*).
 - “Where Do You Stand” (Script on page 52-53 of the Girl Scout Cadette *Adult Guide*).
 - When finishing activity have the girls’ share how their first challenge went for the *Interact Award*.
 - Have the girls in the GS Troop fill out the “I Thought, You Thought” of each other on page 21 of their GS *Amaze Journey* book.

Meeting 8:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book
- Markers and scraps
- Glue

- In this meeting girls discover damaging clique behaviors and practice ways to resolve conflict
 - Opening Ceremony (Optional)
 - “Cliquish?” (Script on page 54 of the Girl Scout Cadette *Adult Guide*).
 - “I-Statements”: The Key to Resolving Conflicts” (Script on page 55-56 of the Girl Scout Cadette *Adult Guide*).
 - “For Peacemaker Kits” (Script on page 57 of the Girl Scout Cadette *Adult Guide*).
 - Take Home Assignment
 - Have the girls choose a second *Interact Award* of their choice to complete.

Session 4: Caution: Bullies Straight Ahead

Meeting 9:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book

- In this meeting girls will identify and address bullying behavior
 - Open with reviewing what has been being discussed so far in the meetings and see if any of the girls have applied any of what they have learned to their own reality.
 - “Interact Challenge Check In” (Script on page 60 of the Girl Scout Cadette *Adult Guide*).
 - “Definitions, Please” (Script on page 60 of the Girl Scout Cadette *Adult Guide*).
 - “Take Back the Power” (Script on page 61-62 of the Girl Scout Cadette *Adult Guide*).
 - “Flip the Script” (Script on page 63 of the Girl Scout Cadette *Adult Guide*).

Meeting 10:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book

- In this meeting girls will build strategies for safe online relationships.
 - Before the girls begin the meeting, have them do the “How Safe Is Cyberspace” Quiz on page 102-103 of their book.
 - When done have the girls check of the list on page 106 of their book and as a cool project have them do the activity on page 107 of their book to see how many times a week to a year they use the 3 listed communication tools.
 - “Surfing through cyber relationships”
 - “The Girl Scout Law Meets the Virtual World”
 - “Toward Peace”

Meeting 11:
Supplies & Resources

- Fun
- For this meeting have a retreat or a girls day out for ice cream and laughs. Give the girls a break from the usual meeting.

Session 5: Let Peace Begin with You

Meeting 11:
Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book
- Girls explore the Girl Scout definition of Leadership and find ways to apply it to their lives as well as continuing on with the *Interact* Award.
 - Opening Ceremony
 - “How Do Relationship Skills Impact The World”
 - Open discussion. (Script on page 72 of the Girl Scout Cadette *Adult Guide*).
 - “Who Is a Real Leader” (Script on page 73 of the Girl Scout Cadette *Adult Guide*).
 - When done have the girls share
 - When finished get the girls to one last Challenge form the *Interact* Award amongst the GS Troops.

****If your girls decided not to do a Take Action Project you can carry out the rest of the GS Troop year doing Interest Projects, earn the Peacemaker Award, go over extra activities in the girls books, or ask the girls to say what they would like to focus on or learn more about and plan for a big end of the year party so the girls can earn the awards that they did choose to do. If your GS Troop did choose a Take Action Project, continue on to Meeting 12’s outline. Remember that the Take Action Award earns the girls their Diplomat Award (Page 112 of girls’ book).*

Meeting 12:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book
- In this meeting girls will take their first step to creating a Take Action Project.
 - Opening ceremony
 - Review what has been learned so far see if girls went out and did anything on their own and ask them to share.
 - “Taking Action on Relationships”
 - Have girls share what they came up with in the quiet time for “Who Is a Real Leader”. To continue on with this activity the script can be found on page 73-74 of the Girl Scout Cadette *Adult Guide*.
 - “Reaching A Decision”
 - This can take up the rest of the meeting time. For brainstorming ideas the script for this activity can be found on page 75 of the Girl Scout Cadette *Adult Guide*.

Meeting 13:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book
- Markers and scraps
- Glue
- Girls will continue to use their relationship skills to further their planning for the Take Action Project.
 - “Planning the Take Action Project”
 - Script on page 75 of the Girl Scout Cadette *Adult Guide*.
 - This may take the whole meeting time. Provide girls with additional resources outside of their books
 - If time see if the girls need a slogan for their Take Action Project or anything else that can bring their take Action Project to life. (Script on the bottom of page 74 of the Girl Scout Cadette *Adult Guide*.

Session 6: Improving Relationships in the World

Meeting 14:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Girls Book
- Markers and scraps
- Glue

- In this meeting girls continue to connect by carrying out their Take Action Project.
 - Depending on the project this meeting can be used to put together materials, (Script can be found on page 77 of the Girl Scout Cadette *Adult Guide Book*).

Meeting 15:

- Girls continue to work on their Take Action Project

Session 7: Toward Peace: Take Action!

Meeting 16:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens

- In this meeting Girls will wrap up their Take Action Project and start planning for the Closing Ceremony and Celebration.
 - “Thinking About the Journey’s End”
 - Check in on those who decided to do the *Interact* Challenges.
 - Remind the girls about their personal goals.
 - “Wrapping up the Take Action Project” (Script on page 80 of the Girl Scout Cadette *Adult Guide Book*).
 - Plan for the closing celebration

- Ideas and script on page 81 of the Girl Scout Cadette *Adult Guide* and page 112 of the Girls book.

Session 8: Pass It Forward

Meeting 17:

Supplies & Resources

- Girl Scout Cadette *Adult Guide*
- Pencils & Pens
- Food
- Awards

- In this final meeting girls will reflect and celebrate.
 - For this meeting it can be carried out following the scripts on pages 84-86.
 - Remember keep it girl lead and have fun!