

Get Moving



A Girl Scout Junior Year Outline

National Leadership Outcomes

Discover

GB= Girls Book GS Guide= Your Book	AT THE JUNIOR LEVERL girls...	RELATED ACTIVITIES	SAMPLE "SIGN" When the outcome is achieved, girls might...
Girls develop a strong sense of self.	Gain a clearer sense of their individual identities.	S1: Personal Energy	Report increased confidence in dealing with outside pressures.
Girls develop positive values.	Gain greater understanding of ethical decision- making in their lives.	S1: Making Recycled Paper; GB: Energy- Saving Adventure, p.21, Recycled Paper, pp. 36-39	Give examples of using the Girl Scout Promise and Law in deciding to "do what's right."
	Have increased commitment to engage in sustainable community service and action.	S2 and S4: Opening Ceremonies; Carbon Footprint, pp. 16-17; Energy Pledge, pp. 18-20; Weighing Waste, p. 32; Energy Award, p. 106; Moving Right Along, pp. 111- 112.	Feel it's important to help people and the environment in ways that will have a long-term positive impact.
Girls gain practical life skills.	Gain greater understanding of what it means to be emotionally and physically healthy.	Energy Snacks, adult guide, p.30; GB: Any Bean Soup, p. 23; Walking Salad, p. 31	Describe how being stressed can affect physical health.

National Leadership Outcomes

Discover

GB= Girls Book GS Guide= Your Book	AT THE JUNIOR LEVERL girls...	RELATED ACTIVITIES	SAMPLE "SIGN" When the outcome is achieved, girls might...
Girls seek challenges in the world.	Increasingly recognize that positive risk-taking is important to personal growth and leadership.	S2: Energy Pledge; S4: Opening Ceremony; S5 & S6: Communicate with style; S7: Lightbulbs	When asked to identify attitudes important to accomplishing goals, mention risk-taking and give examples from their own lives.
	Are better at exploring new skills and ideas.	S1: Recycled Paper; S2: Plants, Light; S3: Observing Animals, Animal Energy Movement; S4; S5 & S^: Energy Audit; GB: Kinetic and Potential Energy, pp. 10-12; You Unplugged, p. 14-17; Wasted Energy, pp. 44-49; Energy Insights, pp. 52-59; Recycled Paper, pp. 36-39; Energy Audit, pp. 68-75; On the Move, pp. 76-79; Investigate Award, p. 107.	Report using a variety of resources to pursue topics of interest.

National Leadership Outcomes

Connect

Take Action

	GB= Girls Book GS Guide= Your Book	AT THE JUNIOR LEVERL girls...	RELATED ACTIVITIES	SAMPLE "SIGN" When the outcome is achieved, girls might...
Girls promote cooperation and team-building.		Increasingly recognize how cooperation contributes to a project's success.	S5 and S6: Communication Maze; S7: Thinking About a Team Choice	Consistently prefer solving problems in teams or as a group and explain why this can be more effective than working alone.
Girls feel connected to their communities.		Begin to feel a part of a larger community of girls/women.	GB: Profiles of women/girls, pp. 22, 24-25, 34-35, 40, 41, 42-43, 50, 51, 67, 83, 84	Enjoy connecting with girls/women locally, nationally, or globally.
Girls develop healthy relationships.		Strengthen communication skills for maintaining healthy relationships.	S3: Relate and Communicate!; S5 & S6: Relate and Communicate: Favorite Tips	Name communication strategies that help them in their relationships.
Girls can identify community needs.		Learn to use strategies to determine issues that deserve action.	S8: Walkability/Biking Checklist	Use community asset mapping to identify opportunities to better their communities.
Girls are resourceful problem solvers.		Are better able to create an "action plan" for their projects.	S5: and S6: How Does Your Building Stack Up?; S8: Innovate Project; S9 & S10: Planning Time: Innovate; GB: An Innovative Idea, p. 35; Innovate Award, pp. 108-109	Outline steps, resources, and time lines and assign responsibilities for their project with minimal adult guidance.

Take Action

Girls are resourceful problem solvers.	Gain a greater ability to locate and use resources that will help accomplish their project goals.	S5 and S6: Energy Audit; S7: How to Conduct an Interview; GB: An Innovative Idea, p. 35; Innovate Award, pp. 108-109.	Feel confident contacting community partners who can help them achieve their goals.
Girls advocate for themselves and others.	Strengthen their abilities to effectively speak out or act for themselves and others.	S4-S10: Investigate and Innovate projects; S5 & S6: Speak Up for Change; GB: Investigate, p. 107	Identify concrete steps they can take to effect desired changes.
Girls educate and inspire others to act.	Learn various strategies to communicate and share Take Action Projects with others.	S2: How Leaders Energize; S5 & S6: Speak Up for Change; S11: Celebrate	Use various ways to tell others about their Take Action Projects.
		S2: Team Strand of Beads; S3: Communication Dos and Don'ts; S5 & S6: Communicate with Style	Explain what makes a successful persuasive message/action for various audiences.
Girls feel empowered to make a difference.	Are more confident in their power to effect positive change.	S7: Lightbulbs	Describe various expressions of power around them.
	Feel they have greater opportunities for involvement in the decision-making of their communities.	S11 Reflecting on the Journey; GB: Innovate Award, pp. 107-108; Celebrate, p. 112	Explain how shared power helped them create better or longer-lasting changes.

About the Girl Scout Journey

Journeys provide opportunities for Girl Scouts of every age level to provide services to their community and gain leadership skills through activities that are fun and educational. Girl Scouts will also learn about women in various career fields who are making a difference in the world. Completion of each Journey earns girls of every age level awards which represent the knowledge they have gained throughout the Journey.

About this Year Outline

This Girl Scout Journey year outline is meant to supplement the “Adult How- To Guide” and create an outline for specific meetings throughout the year. Each meeting outline provides a detailed description of the activities to be completed during the meeting, as well as any preparation notes and supplies needed for each meeting. The activities in the guide have also been supplemented with badge activities to maximize meeting times and add to the Journey experience. Each Journey also includes suggestions for field trip sites and a reference section with web addresses for each site. The reference section includes important dates for which you might plan special celebrations with your troop or group. This year outline is meant to provide ideas for meetings, and it is only an option for how your troop might complete the Journeys appropriate for their age level. Encourage the girls in your troop or group to plan their own meetings and include or exclude activities as they see fit.



Earning the “Eco Action” Badge

The requirements to earn a badge are to complete at least six of the activities provided for each badge. The following are activities that should blend well with this Journey with few extra activities, but they are only suggestions and your troop or group may choose different activities to fulfill the requirements. You may also choose to focus solely on the Journey and earning the Energize, Investigate, and Innovate Awards, and not complete this additional badge.

Activity 1 – “Green Team”

- This activity will be completed during meeting three in session two and throughout the Journey.

Activity 4 – “What’s Watt”

- This activity will be completed as a take home activity after meeting six in session four.

Activity 5 – “Start the Presses!”

- This activity will be completed during meeting seven in session four.

Activity 6 – “Trashy Art”

- This activity will be completed during meeting two in session one.

Activity 7 – “Paper Rules”

- This activity will be completed during meeting thirteen in session nine.

Activity 10 – “Women’s Work”

- This activity will be completed by reading about women throughout the Journey and by completing an activity during meeting ten in session seven.



Supplies and Resources for Meetings

Enlist the parents of the girls in your troop, and even the girls themselves, to bring supplies to your meeting place that can be used for the Journey activities. Since the focus of this Journey series is on the environment, try to find as many recycled supplies as possible, even using supplies the girls already have at home is better than buying new ones.

Listed in the Supplies and Resources section of every meeting you will see “Recurring Supplies” rather than a list of common supplies that are needed for the day’s activities. Below is a list of the Recurring Supplies you might like to keep grouped together at your meeting place or somewhere easy to find before meetings.

- How to Guide Girl Scout Juniors through Get Moving!*
- Get Moving!* Girl Scout Juniors Journey book
- Junior Girl Scout Badge Book*
- Crayons
- Markers
- Pens
- Pencils
- Paper

“It” and “Other” Cans

A good way to designate meeting helpers without designating specific jobs is to use “It” and “Other” cans. Each girl is chosen randomly and every girl gets a chance to be a helper once before anyone is chosen a second time.

Supplies

- Two large coffee cans
- Wide craft sticks
- Markers

Give each girl one wide craft stick to decorate and put her name on. Label one coffee can with “It” and the other can with “Other”, then you can invite the girls to decorate the cans as they like. When a helper is needed during a meeting, a stick is drawn from the “It” can, and the name drawn is the helper. After the task is finished, the stick goes into the “Other” can, until all sticks have been drawn from the “It” can.

Clean Up!

During the first meeting, discuss the importance of “Leave a place cleaner than you found it.” Explain to the girls that it is always important to leave a place cleaner than you found it; whether that is your regular meeting place or a place you are visiting. After snack time during every meeting there is time set aside for cleaning up, each Girl Scout should clean up her own mess but you may designate one girl to lead the cleanup effort. Helpers can be designated by using a kaper chart, or by using the “It” and “Other” cans which are explained above.

Session One: Start Your Engines

Goal: Juniors begin to experience the various forms of energy and how they can make the most of their own energy to conserve Earth’s energy.

Meeting 1:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Healthy snacks
- Poster board or chalk board for closing ceremony

Meeting Outline

- Opening Ceremony: Energy is Everywhere
 - Introduce the theme of this Journey by using the activity prompts on page 33 of the adult guide.
- “It” and “Other” Cans and Clean Up
 - Refer to page 8 of this guide for more information about the cans and for information you can share with the girls about clean p time.
- Awards Along the Journey
 - Show the girls the awards they will be earning throughout the Journey, and briefly explain what each award represents. Invite them to look at page 7 and pages 106-109 of their book for more information. See page 34 of the adult guide for explanation suggestions.
 - This might also be a good time to introduce the Eco Action badge and decide if your troop or group would like to complete this badge in addition to their Journey.
- Energizing Guests
 - Discuss any guests your group may want to invite along the Journey. They could be friends and family they would like to

celebrate the completion of this Journey with, or special guest speakers who can share their knowledge about energy.

- Energizing Snacks
 - Complete the activity on page 36 of the adult guide with your troop or group. Then, discuss healthy snack options for future meetings. Encourage the girls to look at the recipes throughout their Journey book, or the list on page 31 of the adult guide. You might ask for volunteers to bring specific snacks to various meetings.
 - Snack time! After discussing future snack options, serve a healthy snack for your troop or group.
 - This will also be a good time to discuss food allergies and find out about any allergies the members of your troop or group may have.
- Clean Up!
- Closing Ceremony: Personal Energy
 - Follow the prompts on page 37 of the adult guide for this ceremony.

Meeting 2:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Supplies for “Making Recycled Paper” activity, see page 35 of the adult guide
- Supplies for “Trashy Art” activity, see page 97 of the *Junior Girl Scout Badge Book*
- Healthy snacks

Meeting Outline

- Opening Ceremony
 - Invite the girls to choose an opening ceremony to begin the day’s meeting.
- Making Recycled Paper
 - The girls will make recycled paper that they can use for some of their future Journey activities. See the instructions for this activity on page 35 of the adult guide.
- Trashy Art
 - Invite the girls to make art out of used materials. See the activity details on page 97 of the *Junior Girl Scout Badge Book* for more information.
- Snack Time!

- Clean Up!
- Closing Ceremony
 - Invite the girls to choose a closing ceremony to end the day's meeting.
- Looking Ahead to Session Two
 - Ask the girls to bring a piece or packaging, possibly from the list on page 32 of their book, to the next meeting. See page 37 for more details about the upcoming meeting.

Session Two: Pledging to Save Energy

Goal: The Juniors commit to an energy pledge, take a look at how plants use energy, and sort through some of the wasted energy around them.

Meeting 3:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Extra packaging items
- Any items you will need to demonstrate Furoshiki
- Healthy snacks

Meeting Outline

- Opening Ceremony: Good for Us, Good for the Planet
 - The girls will decide on their personal Energy Pledge and write it on the poster board to create a collage of pledges. See page 39 of the adult guide for more information about this ceremony.
- Green Team
 - Form a Green Team eco-action club and share the things you are doing to improve the environment. See activity 1 on page 97 of the *Junior Girl Scout Badge Book* for more information.
- How About a Team Energy Pledge
 - Invite the girls to make a Team Energy Pledge. Refer to page 40 of the adult guide for questions you can use to get their ideas flowing.
- The Packaging Puzzle
 - The girls will sit in a circle and share the packaging items they brought from home and the group will have three chances to guess what product came in the packaging. See page 40 of the adult guide for more information about this activity.

- Recycled Wraps: The Fun of Furoshiki
 - Discuss the custom of carrying items in Furoshiki and its low impact on the environment. You might even make a Furoshiki to bring to the meeting and demonstrate some of the ways it can be used to carry various items. See the additional resources at the end of this guide for web sites that can teach you more about Furoshiki, and you might also refer to the green box on page 40 of the adult guide.
- Snack Time!
 - Since the girls have learned about Furoshiki, you might bring a sampling of Japanese foods for the girls to try during their snack time.
- Clean Up!
- Closing Ceremony
 - Invite the girls to choose a closing ceremony to end the day's meeting.
- Looking Ahead to Meeting Four
 - Ask the girls to bring old magazines or other types of colored paper for the bead making activity.

Meeting 4:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- 2 or 3 house plants
- Paper bags
- Paper from magazines or wrapping paper
- Rulers, scissors, glue, thread or other type of string for beads
- Healthy snacks

Meeting Outline

- Opening Ceremony
 - Invite the girls to choose an opening ceremony to begin the day's meeting.
- Plants, Light, and Energy: An Ongoing Experiment
 - The girls will learn about plants and what they need to survive over the next few weeks. See page 41 of the adult guide for activity instructions.
- Beads of Recycled Paper

- The girls will create beads from triangles of paper from magazines and other sources. You might also bring other types of beads the girls can combine with their paper beads to make a colorful necklace. See the instructions on pages 41 and 42 of the adult guide for this activity.
- How Leaders Energize
 - Use the questions on pages 42 and 43 to help the girls revisit their Energy Pledges and discuss how teamwork and leadership can impact the environment.
- Snack Time!
- Clean Up!
- Closing Ceremony: Waste No More!
 - Invite the girls to look at the stories on pages 41-42 of their books and start a discussion using the prompts on page 43 of the adult guide.
- Looking Ahead to Session 3
 - Discuss the plans for the next meeting and how they would like to spend their time outdoors. Use page 43 of the adult guide to help the girls decide on a place to go and plan some of the details.

Session Three: Get Wild about Energy (and How to Conserve It)

Goal: Girls investigate how animals use energy according to their needs and consider what humans might learn from them. They also compare and contrast animal and human communication strategies.

Meeting 5:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Healthy snack

Meeting Outline

- Opening Ceremony
 - Invite the girls to form a circle and share one hope for their outing today.

- Observing Animals in their Natural Setting
 - This meeting focuses on observing animals in their natural setting. Be sure to consult *Safety Wise* and your council before planning any outings away from your normal meeting place.
 - If it is not possible to go on a field trip, bring videos of animals in nature for the girls to watch and discuss in the following activities.
- Animals, Energy, and Movement
 - Guide the girls in a discussion about what they have observed using the questions on pages 45 and 46 of the adult guide.
- Relate and Communicate
 - Encourage the girls to think about how animals get along and discuss what they noticed during their observations. See pages 46 and 47 of the adult guide for more information about this activity.
- Snack Time!
 - Since the girls are out in nature, a portable snack such as homemade trail mix would be perfect for this meeting.
- Clean Up!
- Closing Ceremony
 - In a circle, invite the girls to revisit their Energy Pledges using the questions on page 47 of the adult guide.

Session Four: Investigating Buildings

Goal: Juniors begin to explore energy use in buildings as they delve deeper into the science of energy and get ready to conduct an energy audit of a community building.

Meeting 6:

Supplies and Resources

- Recurring Supplies (see page eight of this guide)
- Copies of page 52 of the adult guide, one for each girl
- Copies of page 56 of the adult guide, one for each girl
- Healthy snack

Meeting Outline

- Opening Ceremony: Energy Pledges

- In a circle, invite the girls to share how they are doing on their energy pledges. See pages 49 and 50 of the adult guide for some discussion ideas.
- Plants and Energy Update
 - Check in on the plant experiment set up in meeting four. Use the questions on page 50 to help the Juniors observe the changes in the plants.
- Shining a Light on Light Bulbs
 - Start a discussion about lighting and how much energy different types of bulbs use, then help the girls conduct experiments. See pages 50-52 for more information about this activity.
- *Brr*, That's Cold: Checking For Drafts
 - Invite the girls to explore your meeting space and check it for drafts using the chart on the top of page 56 of the adult guide. For more information about this activity, see page 53 of the adult guide.
- Snack Time!
- Clean Up!
- Closing Ceremony
 - In a circle, invite the girls to name one thing about energy they are curious about and would like to investigate. Use the script on page 55 of the adult guide for this ceremony.
- **Take Home Activity**
 - **The girls will complete the What's Watt activity found on page 97 of the *Junior Girl Scout Badge Book* at home by observing their family's electricity usage. Invite them to bring the results to the next meeting and discuss them.**

Meeting 7:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Copies of page 56 of the adult guide from the previous meeting
- Healthy snack

Meeting Outline

- Opening Ceremony: Sharing What's Watt
 - In a circle, invite the girls to share the results of their explorations at home.

- Bundle Up for Comfort: The Value of Insulation
 - The Juniors will learn about the effectiveness of insulation by predicting what materials will best insulate jars of hot water. The chart for recording the outcomes of this activity can be found on the bottom half of page 56 of the adult guide. See page 54 of the adult guide for more information about this activity.
- Start the Presses!
 - Invite the girls to work together and create a newspaper about environmental issues in their neighborhood. See activity 5 on page 97 of the *Junior Girl Scout Badgebook* for more information about this activity.
- Snack Time!
- Clean Up!
- Closing Ceremony
 - Invite the girls to choose a closing ceremony to end the day's meeting.

Sessions 5 & 6: The Energy Audit

Goal: The Juniors conduct an energy audit of a community building in order to educate and inspire on the importance of energy efficiency.

Meeting 8:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Copies of pages 62-75 of the adult guide for each girl
- Healthy snack

Meeting Outline

These sessions are set aside to conduct an energy audit of a community building. Be sure to contact your council and consult *Safety Wise* before planning any activities outside your normal meeting place.

- Opening Ceremony
 - Discuss the building audit with the girls and what kinds of questions they might like to ask.
- The Energy Audit
 - See pages 57-61 for information about this activity and tips for planning the energy audit for your troop or group.

- Discuss the energy audit and what the Juniors will do, as well as invite them to help plan the outing.
- Snack Time!
- Clean Up!
- Closing Ceremony
 - Invite the girls to choose a quick ceremony to close the day's meeting.

Meeting 9:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Copies of pages 66 and 67 of the adult guide for each girl
- A ball of yarn for the closing ceremony

Meeting Outline

- Opening Ceremony
 - Invite the girls to choose an opening ceremony to begin the day's meeting.
- Communication Maze
 - In pairs the girls will complete the communication mazes on pages 66 and 67 of the adult guide. See page 62 of the adult guide for questions you can ask to encourage the girls to think more about communicating.
- Relate and Communicate
 - Add to the list of Do's and Don'ts your troop started in Session 3 by asking the questions on page 62 of the adult guide.
- Green Team Check In
 - Discuss the things each girl has done to help the environment and work towards your troop's eco- action pledge. Discuss any additional things your Green Team can do to help the environment.
- Snack Time!
- Clean Up!
- Closing Ceremony: The Web of Life
 - Ask the girls what they know about the food chain and give them a brief overview of what the food chain is and how inhabitants of an ecosystem depend on one another. Use the handout at the end of this guide to help explain the food chain to the girls, then invite them to make a list of living things in one ecosystem that create various food chains.

- Assign one organism to each girl, making sure to designate one girl as the sun and one as water. Invite the girls to form a circle, without any particular order, and choose one girl to stand in the center and give that girl the ball of yarn. Each girl will name the organism they are and name an organism they depend on for survival, see the handout for examples. The girl then tosses the ball of yarn to the girl with the organism they depend on, while holding a piece of the yarn. Once the yarn comes to water or the sun, that girl will pass it on to an organism she supports. It is okay if a student gets the ball of yarn more than once, the goal is to have a large web that is interconnected among organisms.
- Once each girl has at least one piece of yarn, you will state a man made change to the environment, such as global warming or deforestation. Any organism affected by this change will drop their string, and any organism dependent on one of the affected organisms will also drop their yarn.
- Discuss what the girls learned about how entire ecosystems can be affected by what may seem like a small change. Ask questions such as:
 - How can the interconnections of living things ensure survival and also put organisms at risk?
 - Why should we care rather species survive or not?
 - How does this affect humans?

Session 7: Gearing Up to Go

Goal: The girls brainstorm for their Innovate project.

Meeting 10:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Investigate awards, one for each girl
- Copy of page 79 in the adult guide
- Healthy snack

Meeting Outline

- Opening Ceremony: Risk and Impact
 - Invite the girls to look over page 107 of their books, and fill it out. If they have completed the requirements, they can earn their Investigate awards. Use the questions on pages 77 and 78 to help the girls think about and discuss what they have learned so far.
- Light bulbs!
 - Discuss what being innovative means, make sure the girls understand the meaning of the word, then use the light bulbs to help the girls think about their innovate project. See page 78 of the adult guide for more information about this activity.
- Thinking about a Team Choice
 - The girls will now brainstorm about possible Innovate projects, and make a list of possible project ideas. Refer to pages 78 and 80 of the adult guide for more information and some ideas.
 - You might also discuss inviting energy experts to future meetings, and decide who the girls would like to contact.
- Women's Work
 - The girls will review the stories of women throughout the Journey and choose one to do extra research on. If possible, the girls will conduct their research at the meeting place. If this is not possible, it can be completed as a Take Home Activity and shared in meeting eleven.
- Snack Time!
- Clean Up!
- Closing Ceremony
 - Invite the girls to choose a ceremony to close the day's meeting.

Meeting 11:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Light with a bright bulb (for silhouette activity)
- White paper, black paper
- Scissors, glue
- Portable stereo for closing ceremony
- Healthy snack

Meeting Outline

- Opening Ceremony
 - Invite the girls to choose an opening ceremony to begin the day's meeting.
- Old Fashioned Silhouettes
 - Discuss what a silhouette is and help the girls create silhouettes of each other. See page 80 of the adult guide for more information and directions to complete this activity.
- How to Conduct an Interview
 - Go over the sheet found on page 81 of the adult guide to help the girls prepare to interview any energy experts you may have joining your group for a later meeting.
- Energizing Food Check In
 - Check in with the girls to find out what changes they have made to their diets to include more energizing foods. Use the questions on page 82 of the adult guide to help the girls think more about their food choices and how that makes a difference in their lives.
- Snack Time!
- Clean Up!
- Closing Ceremony
 - Follow the instructions on page 82 of the adult guide for this ceremony.
- Looking Ahead to Session 8
 - Invite the girls to help map out and plan details of the walkability or bikeability activity for the next meeting. Be sure to consult *Safety Wise* before planning any outings from your normal meeting place. You might also send a note home with the girls to gather any needed adult volunteers.

Session 8: Moving in New Directions

Goal: The girls explore the energy spent and saved in getting from here to there as they continue to move toward a team decision on an Innovate project.

Meeting 12:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Copies of pages 86-87, one for each girl or group of girls
- Copy of page 83, 90, and 91 of the adult guide
- Healthy snack

Meeting Outline

- Opening Ceremony
 - The girls will discuss the stars and constellations in a circle. See page 84 of the adult guide for more information about this ceremony
- Walkability/Bikeability
 - The team will determine the bikeability or walkability of a previously chosen route, Before everyone splits up, discuss safety and suggest the girls choose two person teams to conduct the survey. You might also pass out the surveys in teams to save paper. Use the questions on pages 84 and 85 to engage the girls in a discussion before setting out.
- Making a Team Decision
 - After the outing is complete, discuss the Innovate project using the list of ideas the girls created during meeting ten. Each girl will talk about her favorite ideas and narrow down the list by discussing the pros and cons of various ideas. Use the questions on page 85 of the adult guide to help the girls come to a decision about the focus of their Innovate project.
- Next Steps
 - Once the girls have come to a decision about their project, use the worksheet on page 83 and the checklist on pages 90 and 91 of the adult guide to help the girls plan the details of their project. You can give one copy of the worksheet to each girl, or decide to fill it out as a group to save paper.

- Snack time!
- Clean Up!
- Closing Ceremony
 - Each girl will share their wish for the team's Innovate project and one way they can help make that wish come true. See page 85 of the adult guide for more information about this ceremony.
 - **Take Home Activity**
 - **Ask the girls to collect one or two paper bags from home and bring them to the next meeting.**

Sessions 9 & 10: Innovate!

Goal: The girls plan and carry out their Innovate project, taking action to create changes in energy use on Earth and educating and inspiring others along the way.

Meeting 13:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Any materials the girls need to plan their Innovate project
- Any materials needed to make invitations for their guests
- Healthy snack

Meeting Outline

- Opening Ceremony
 - Invite the girls to choose a ceremony to open the day's meeting, see pages 88 and 89 of the adult guide for ceremony suggestions.
- Teamwork and Conflicts
 - Discuss the meaning of team work, and use the suggestions on page 89 of the adult guide to talk about conflict with the girls. If time allows, invite the girls to play-act scenarios to use some of the conflict resolution methods found on page 89.
- Innovate Project
 - Use this time to finalize any plans and work on any materials needed to carry out the Innovate project.
- Paper Rules!
 - Invite the girls to decorate paper bags to donate to a local grocery store. Be sure to contact local stores beforehand to work out any

necessary details. See the activity information on page 97 of the *Junior Girl Scout Badgebook*.

- Snack Time!
- Clean Up!
- Thinking Ahead to Session Eleven
 - Invite the girls to start thinking about people they would like to attend their award ceremony in Session 11, and prepare invitations for their guests. They can plan any additional details of this ceremony during this time.
- Closing Ceremony
 - Invite the girls to choose a ceremony to close the day's meeting.

Meeting 14:

This meeting is set aside for the Innovate project. If your troop or group requires more time to complete their project, you may take a few more meetings. Be sure to consult *Safety Wise* before going outside your normal meeting place. Don't forget to "leave a place cleaner than you found it!"

Session 11: Crossing the Finish Line

Goal: Girls reflect on and celebrate their accomplishments along the journey.

Meeting 15:

Supplies and Resources

- Recurring supplies (see page eight of this guide)
- Index cards and string, or name tags, for the opening ceremony
- Innovate Awards, one for each girl
- Eco Action Badges, one for each girl
- Team strand of paper beads
- Boom box for freeze dance
- Healthy snack

Meeting Outline

- Opening Ceremony: Reflecting on the Journey as a Perpetual Motion Machine
 - See pages 92-94 for instructions and discussion questions to use during this activity.
- Innovate Award Ceremony
 - The girls can plan a special awards ceremony to receive their Innovate awards. If your troop or group chose to complete the Eco Action badge, you can award those as well.
- Celebrate!
 - See pages 94 and 95 for celebration suggestions, or choose a celebration the girls planned.
- Clean Up!

Additional Resources

Furoshiki Techniques - <http://furoshiki.com/techniques>

How to Make a Furoshiki - <http://justbento.com/forum/how-make-furoshiki-and-matching-bento-belt>

Dallas Museum of Nature and Science – www.natureandscience.org

Heard Natural Science Museum – www.heardmuseum.org

The Discovery Science Place – www.discoveryscienceplace.org

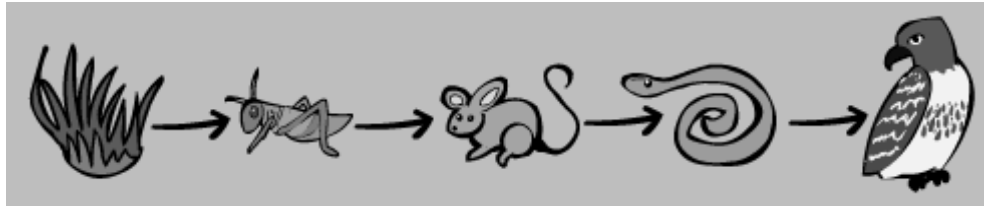
Sci-Tech Discovery Center – www.mindstretchingfun.org

Important Dates

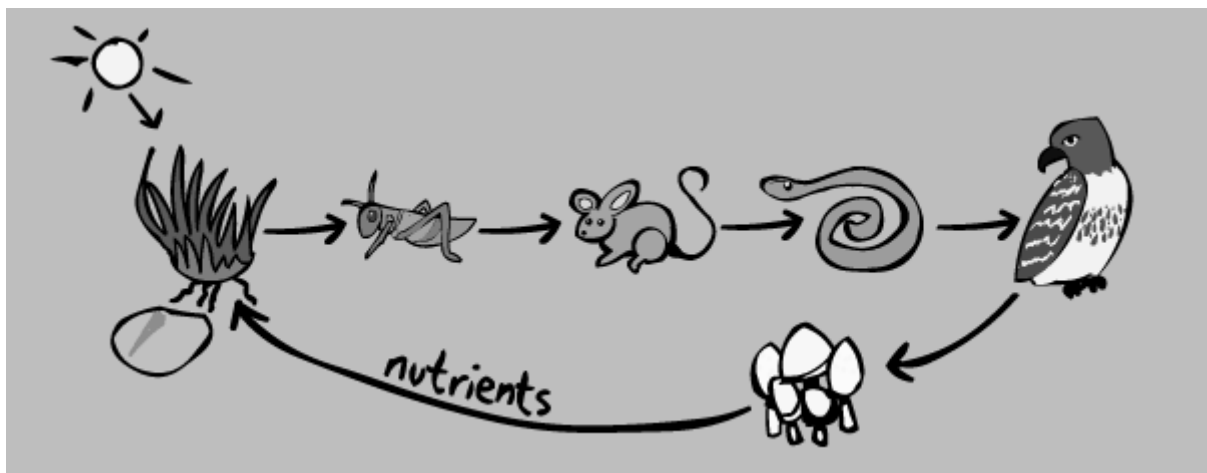
You might try to incorporate these dates into your Journey by doing special activities to commemorate the day's importance:

- February 22 – Thinking Day
- March 12 – Girl Scout Birthday
- April 22 – Earth Day & Girl Scout Leaders' Day
- October 31 – Juliette Low's Birthday
- November 15 – America Recycles Day

The Food Chain



Grass is eaten by the grasshopper, the grasshopper is eaten by the mouse, the mouse is eaten by the snake, and the snake is eaten by the hawk.



This food chain shows that after the hawk dies it is broken down into nutrients, which are released into the soil. With the help of these nutrients, the sun and water cause the grass to grow and the cycle begins again.

Eco Puzzle

Across

3. If you buy one large bag of potato chips instead of five small bags, you are buying in ____.
5. Come in disposable and rechargeable varieties.
6. Fossil fuels, such as coal, oil, and natural gas that are used to manufacture products and heat our homes, come from the ____.
8. To decrease the amount of trash you throw away.
9. What a pile of decayed food scraps, leaves, and grass turn into.
10. Your world, surroundings, and source of life and health.

Down

1. You can ____ old toys to needy children instead of throwing them away.
2. A product can be considered ____ when it lasts a long time.
4. Many items found in your ____ can be recycled into valuable new products.
7. To collect used materials to make into new products rather than throwing them away.
11. To use something again for the same purpose or a new purpose.

