

Special  
Bonus!

## A YEARS WORTH of Meeting Plans for GS Juniors

To *thank you* for your demonstration of commitment to making the girls' year an exciting **ADVENTURE**, we have packed your suitcase with an entire years worth of meeting plans and activities for the **AMUSE JOURNEY**.



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 Juniors on **aMUSE**



This is a helpful guide  
with suggestions on  
how to extend The  
Junior Girl Scout 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 Junior Journey for Series 3 *“It’s Your Story, Tell It”*. Adjustments may be needed to fit around your GS Troop Year to ensure that the girls understand the Journey’s Leadership Benefits. Additional meetings, Field Trips, and Girl Scout Days to Celebrate such as Founder’s Day, World Thinking Day, and Girl Scout Birthday may be added into your GS Troop Year as well.

DISCOVER	GB= Girls Book GS Guide= Your Book	AT THE JUNIOR LEVERL girls...	RELATED ACTIVITIES
	<b>Girls develop a strong sense of self.</b>	Are better able to recognize how situations, attitudes, and the behaviors of others affect their sense of self.	S2: Opening Ceremony, In the Classroom; S5: First, the Stereotypes; S10: Sharing our accessories; GB: Act 2: Josephine Baker and the Giant Tortilla, What's Your Giant Tortilla; Act 3: Confident, Stylish and Goofy, Head First
		Gain a clearer sense of their individual identities in relation to and apart from outside influences.	S1 & S2: Opening Ceremony, Closing Ceremony; S4: Ads Assume; S9: Picture This, Mirror, Mirror; S10: Sharing Accessories; Final Celebration; Earning the Try It! Award; GB: Act 1: Your Favorite Roles
	<b>Girls gain practical life skills –girls practice healthy living.</b>	Gain greater understanding of what it means to be emotionally and physically healthy.	S10: A Show of Hands; Dance Party, Closing Ceremony; GB Act 1: Acting Tip-Breathe, Acting Tip-Go Loosey-Goosey; GB Act 2: Josefina and the Giant Tortilla, Green Goddess Dip, Listening to Your Inner Circle
		Are more aware of family, cultural, and media influences on making healthy choices.	S2: Opening Ceremony; S4: Ads Assume; S9: Defining Real Beauty, Mirror, Mirror; GB Act 2: Josefina and the Giant Tortilla
<b>Girls seek challenges in the world.</b>	Increasingly recognize that positive risk-taking is important to personal growth and leadership.	S8: Showtime, Closing Ceremony; Final Celebration: Earning the Try Out! Award; GB Act 1: New Roles, New Records; Act 2: Your Heart, Your Art, Your Part	

<b>CONNECT</b>	<b>Girls seek challenges in the world.</b>	Are better at exploring new skills and ideas.	S2: Closing Ceremony; S3: Opening Ceremony, Casting Call Check-In; GB Act 1: New Roles, New Records; Act 2: Your Heart, Your Art, Your Part; Act 3: Trading Places
	<b>Girls develop critical thinking skills.</b>	Show greater skill in gathering and evaluating information.	S2: Logs and Leaders; S4: Ads Assume; S9: Defining Real Beauty; S10: A Show of Hands; GB Act 1: Your Favorite Roles, Keeping a Casting Call Log, Stereotype Tracker, Talk About Roles; Act 3: My Role Call Log, Trading Roles
		Are better able to consider multiple perspectives on issues.	S2: Quick Draw, Quick Draw Part II; S4: Ads Assume; S5: First, the Stereotypes; S9: Defining Real Beauty; GB Act 1: Think Again, Talk About Roles; Act 2: Josefina and the Giant Tortilla
	<b>Girls develop healthy relationships.</b>	Strengthen communication skills for maintaining healthy relationships.	S3: Closing Ceremony; S5: Agree to Disagree; GB Act 1: Talk About Roles, Keep a Casting Call Log
	<b>Girls promote cooperation and team-building</b>	Are better able to initiate and maintain cooperation on their teams.	S6 & 7: Opening Ceremony, What's My Role; S8: Showtime; S9: Opening Ceremony; S10: Planning the Final Celebration
	<b>Girls can resolve conflicts.</b>	Are better able to select conflict-resolution strategies to fit the situation.	S5: Agree to Disagree

	<b>Girls advance diversity in a multicultural world.</b>	Recognize the value of promoting diversity in the world.	S9: Defining Real Beauty; GB Act 1: Breaking the Mold
		Develop a greater awareness of various forms of discrimination in the world.	S2: In the Classroom; S5: First, the Stereotype; GB Act 2: Josefina and the Giant Tortilla, What's Your Giant Tortilla
<b>TAKE ACTION</b>	<b>Girls can identify community needs.</b>	Strengthen their ability to decide which community issue deserves action.	S5: First, the Stereotype; GB Act 1: Stereotype Tracker, Think Again; GB Act 3: Award Tracker
		Begin to address deeper causes of issues in their communities.	GB Act 3: Award Tracker
	<b>Girls are resourceful problem solvers.</b>	Are able to create and implement detailed action plans for their projects.	S3: Planning Our Panel Discussion; S5: First, the Stereotype, Next, the Story Line, Tips for Creating a Story Line, Choosing Our Audience, Capturing Our Audience, Deciding How to Tell Our Story; S6&7: What's My Role; GB Act 2: Think Like a Storyteller, Choosing Your Audience; Act 3: Award Tracker
		Increasingly seek out community support and resources to help achieve their goal.	S3: Reaching Out; GB Act 1: Talk About Roles; Act2: Project Toolbox; Act 3: Award Tracker

	<p><b>Girls advocate for themselves and others.</b></p>	<p>Strengthen their abilities to effectively speak out or act for themselves or others.</p>	<p>S5: Choosing Our Audience, Capturing Our Audience, Deciding How to Tell Our Story; S6&amp;7: What's My Role; S8: Showtime; Final Celebration: Opening Ceremony, Earning the Try Out! Award; GB Act 2: Storytelling with a Purpose , Josefina and the Giant Tortilla, What's Your Giant Tortilla, Choosing Your Audience</p>
	<p><b>Girls educate and inspire others to act.</b></p>	<p>Learn various strategies to communicate and share Take Action Projects with others.</p>	<p>S5: Next, the Story Line, Tips for Creating a Story Line, Deciding How to Tell Our Story; GB Act 2: Storytelling with a Purpose, Your Heart, Your Art, Your Part, Think Like a Storyteller, Choosing Your Audience, Getting Your Audience on Its Feet</p>
	<p><b>Girls feel empowered to make a difference.</b></p>	<p>Are more confident in their power to effect positive change.</p>	<p>S8: Showtime, Closing Ceremony, Final Celebration: Earning the Tryout! Award; GB Act 2: Give a Picture a New Story, Josefina and the Giant Tortilla, What's Your Giant Tortilla; Act 3: Award Tracker</p>

# Session 1: Casting Call

Goal: The Juniors have fun getting to know all the roles available in the world for women and girls.

## Meeting 1:

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girl Scout Junior *aMUSE* (Girls Book)
  - ✓ Pre-Prepared slips of paper (page 29 *Adult Guide* sidebar)
  - ✓ Hat or bag, pre-prepared slips of paper
  - ✓ *aMUSE-ing Snacks* (page 32 of *Adult Guide*)
- 
- Opening Ceremony: Flurry of Roles
    - Gather the Juniors around the table with sticky notes and explain the each note names one of the many roles girls and women can play in life
    - When time is up have girls look at all the roles that are stuck to them
    - For role ideas and more details to activity refer to page 29 of *Adult Guide*
  - Introducing the Journey's Themes
    - Explain to the girls the three awards they will be earning along this Journey. Briefly explain the Award Tracker and inform them of where it can be found (pages 8-9 of the GB)
      - For more information refer to page 30 of the *Adult Guide*
  - Take the Stage
    - Page 31 of the *Adult Guide*
    - Introduce the girls to “active” roles of women through role-playing
      - Have each girl choose a role, act the role out in 5 to 10 seconds and have other girls try to guess what role she’s playing. Continue game until all the girls have had 2 or more turns at playing a role
  - *aMUSEing* Snack
    - Refer to page 33 in the *Adult Guide*
    - You can discuss healthy snack options for future meetings and discuss food allergies to find out about any allergies the member of your troop or group may have.

- Serve the girls their snack
- Clean Up!
- Closing Ceremony: Roles and more roles
  - Follow the prompt on page 33 of the *Adult Guide* for this ceremony

## **Meeting 2:**

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
- ✓ Girl Scout Junior *aMUSE*(Girls Book)
- ✓ Art stations (as needed)
- ✓ Large box
- ✓ Art Supplies (magazine, craft paper, fabric, beads, yarns, acrylic or any quick-drying paint, craft glue, markers)
- ✓ Snack
  
- Opening Ceremony
  - Invite the girls to choose an opening ceremony to begin the day's meeting
- Artists Presentations
  - Ask girls to visit various "stations". See page 31 in your *Adult Guide*
- Inside the Prop Box
  - Introduce this activity by letting girls know that theater companies keep prop boxes backstage to hold all the props they use in their productions. See instructions for this activity on page 32 of the *Adult Guide*
- Customize the Journey
  - Have a discussion with the girls about creating their own journey. Keep these ideas in mind and add to them as you and the girls explore the journey's themes.
- Snack Time!!
- Clean Up!
- Closing Ceremony
  - Invite the girls to choose a closing ceremony to end the day's meeting

## **Meeting 3:**

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*



- ✓ Girl Scout Junior *BADGEBOOK*
- ✓ Girl Scout Junior *aMUSE* (Girls Book)
- ✓ Slips of paper prepared (roles already listed)
- ✓ Bowl, Bag, Hat (something for the girls to pull out of)
- ✓ Healthy Snack
  
- Opening Ceremony
  - Invite girls to come up with their own ceremony to begin day meeting
- “A Cheerleader for Actions”
  - Have girls to follow script on pages 14-15 of GB
  - Have small discussion once finished with reading
- Word Play
  - Have Juniors practice activity located on page 18 of GB
    - This activity gets the girls to practice “cold reading” and “sight-reading”
- Character Charades
  - Invite the girls to pull a slip of paper out of a bowl and act out the character on the slip of paper. See the activity details on page 171 of the *Junior Girl Scout Badge Book* for more information
- Snack Time!!
- Clean Up!
- Closing Ceremony
  - Invite Juniors to come up with ceremony to close days’ meeting
- Looking Ahead to Session Two
  - Ask the girls to be on the lookout for all of the roles they see girls and women take on all around them and inform them they will be discussing it in the next session
  - Also contact your Network to gather a range of props to start off the Juniors’ Team Prop Box. Remember, you’ll want enough items so all the girls have several to choose from for the next session’s closing ceremony.
  - Also let the girls know that next time, they’ll make a fun snack together (see page 39 of your Adult Guide , but don’t spoil the surprise by going too much into detail)

## Session 2: Girls Can Be Anything!

Goal: The Juniors continue to explore the many roles available to them and start to learn about stereotypes.

### Meeting 4:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Drawing paper
  - ✓ Pencils and Erasers
  - ✓ Sticky Notes (each with large red or blue dot, one for each girl)
  - ✓ Team Prop Box
  - ✓ Healthy Snack
- 
- Opening Ceremony: Girls Are Supposed to Be...
    - Girls will gather in a circle and take turns naming one thing they believe girls are expected to be in life. See page 35 in *Adult Guide* for instructions and more information.
  - Time to Mingle
    - Girls learn more about one another and their roles in daily life. Refer to page 36 in your *Adult Guide* for more information.
  - Quick Draw
    - Girls will test their drawing skills in a neat way to picture various roles in life. See page 38 of your *Adult Guide* for more information.
  - Role –Play Switcheroo
    - Discuss and engage girls in role-playing girls and boys in a classroom situation. Invite girls to act out a typical class scenario, with the “teacher” standing in front, asking questions and encouraging discussion. For more information on activity, refer to page 39 of the *Adult Guide*.
    - Also discussion stereotypes with girls. Use the Stereotypes- Limited Roles for guidance, which is located on page 38 (sidebar) of your *Adult Guide*.
  - Snack Time!
    - Since the girls have learned about quick-draw, invite them to have fun “drawing” creatively. Refer to page 39 of *Adult Guide*.
  - Clean Up!
  - Closing Ceremony: A New Role to Try

- Gather girls around Team Prop Box, inviting them to take turns choosing a prop that looks interesting to them.
- Have girls to name a role they might use it in and inform the group of whether or not it's a role they already play or might be interested in trying out.

## **Meeting 5:**

### SUPPLIES & RESOURCES

- ✓ Girl Scout Junior *Adult Guide*
- ✓ Girl Scout Junior aMUSE (Girl Book)
- ✓ Pens and Pencils
- ✓ Drawing Paper
- ✓ Pencils and Erasers
- ✓ Healthy Snack
  
- Opening Ceremony
- Logs and Leaders
  - Have girls turn to the Casting Call Log on page 16 of their book, inform them that they will be filling it out to get a step closer towards their Reach Out! For further instructions, refer to page 37 of *Adult Guide*.
- Quick Draw, Part 2: Quick- Change Artist!
  - For information on this activity look to page 38 of the *Adult Guide*.
- Crafty Option: Reminders to Wear or use
  - Encourage girls to make their own bracelet, pocket card or book marks. This activity helps serves as a reminder about avoiding stereotypes.
  - Towards end of discussion, point out to girls that page 27 in their book talks about a "Stereotype Tracker". Encourage them to write down the stereotypes they notice in their daily lives. Refer to page 40 in your *Adult Guide*.
- Snack Time!
- Clean up Time!
- Closing Ceremony
  - Invite girls to come up with closing ceremony to end meeting

## **Meeting 6:**

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girl Scout Junior *BADGEBOOK*
  - ✓ Girl Scout Junior *aMUSE* (Girls Book)
  - ✓ Healthy Snack
- 
- “A Dancer who Dazzles” and “Think Again: Take 2!”
    - Scripts on pages 24-26 of the Girl Scout Junior *aMUSE* book
    - Discuss with the girls stereotypes they may face
  - Stereotype Tracker
    - Have girls fill out there tracker that is located on page 27 of the GB.
  - Moods and Moves
    - Invite the girls to show mood through movement. Have each girl choose a mood and then express the mood without saying a word and using body language. Have the others try and figure out which mood each girl is portraying. Do this until each girl has had a chance.
      - See the activity details on page 147 of the *Junior Girl Scout Badge Book* for more information.
  - Option: More Gender Scenarios to Try
    - If Juniors enjoyed the Role-Play Switcheroo is previous meeting, offer one or more of the boy-girl scenarios. Explain to girls there is no right or wrong way to be, that they are just acting what they have seen in their own lives.
    - For more details of this activity refer to page 41 of *Adult Guide*.
  - Snack Time!!
  - Clean Up!
  - Closing Ceremony
  - Looking Ahead to Session 3
    - Ask girls to bring a new prop for their Team Prop Box that signifies one of their roles in life.
    - Reach out to your Network for photos of women and girls in a variety of real-life roles for “I Wonder...” (Page 43) and for snack foods (see page 47).

# Session 3: Callbacks

Goal: The Juniors reach out to women in their community to explore all the roles available to them.

## Meeting 7:

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girl Scout Junior *aMUSE* (Girls Book)
  - ✓ Team Prop Box (props brought by girls)
  - ✓ Photos of women in real-life roles
  - ✓ Healthy Snack
  - ✓ Copies of planning sheet and invitation
- 
- ✓ Opening Ceremony: I Can, I Am
    - Gather the girls in a circle and have them take turns sharing their new props with the group. As each girl places their prop in the Team Prop Box have her introduce her prop and the role it represents.
  - ✓ Casting Call Check-in and “I Wonder...”
    - Check on the girls to see how they are coming along with their Casting Call Logs.
    - Then gather girls around to show them photos of various girls and women in real-life roles. Have girls choose one or more images they are curious about and have them take turns completing the sentence that is on page 43 of your *Adult Guide*.
  - ✓ Reaching Out: Planning the Team “Callback”
    - This is the second step for girls to earn their Reach Out! Award. The girls were asked to do a Callback with one of the women on their Casting Call Log. Tell girls to refer to their GB pages 28-31 for some helpful questions to ask. For more information on this activity refer to page 43-44 in your *Adult Guide*.
    - Girls will decide whether they want to do a panel discussion or individually. If girls decide on panel discussion refer to page 45-46 of the *Adult Guide*.
  - ✓ Snack Time!
  - ✓ Clean up!
  - ✓ Closing Ceremony: Admire, Inspire

- Invite girls to close their eyes and envision a role they admire or that inspires them. Have them think about the role and how it makes them feel. Refer to page 47 of the *Adult Guide* for more information.

## **Meeting 8:**

### **SUPPLIES & RESOURCES**

- ✓ Girls Scout Junior *Adult Guide*
- ✓ Girl Scout Junior *Agent of Change* (Girls Book)
- ✓ aMUSE-ing snack (see page 55 in *Adult Guide* for recipe)
  
- Opening Ceremony
  - Invite girls to choose their own opening ceremony
- Girls will finish the planning their panel discussion
- Fast Note Taking
  - Introduce the girls to note-taking tricks! These helpful tips for note-taking can help them rather they have chosen panel discussion or Callbacks on their own! Check out the sidebar on page 47 of the *Adult Guide* for more tips.
- aMUSE-ing Snacks: Green Goddess Dip and Veggies
  - When Juniors are ready to enjoy the dip and veggies based on the recipe in the girls' book, let them know that this snack is in honor of the muses featured throughout the journey
  - For more information refer to page 47 of the *Adult Guide*
- Clean Up
- Closing Ceremony
  - Invite girls to come up with activity to end meeting
- Looking Ahead to Session 4
  - Check in with all invited panelists to be sure they can attend and know the correct date, time and place of the discussion. Reach out to your Network, in case you need a backup panelist or two.
  - If Juniors are not hosting a panel discussion, start the session with a simple Opening Ceremony that makes use of the Team Prop Box and then skip right to "Ads Assume..." Ask the girls and your Network to bring old magazines with ads for products aimed at children the girls' age, which they can tear or cut up for this activity. Aim to have extras on hand.

- Also, ask your Network for volunteers to prepare the mini popcorn balls (see page 52 for recipe) for the next session's snack, with some Juniors if possible.

## Session 4: Tell Us Your Story

Goal: The Juniors learn more about the roles women play in real life and in the media.

### Meeting 9:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
- ✓ Invited Panel
- ✓ Healthy Snack
- Opening Ceremony: Welcoming Our Guests
  - Gather the Juniors in a circle around their guests and ask the girls to take turns stating their names and saying why they appreciate their visitors coming to their gathering today.
- The Panel Discussion
  - This is the time for the panel discussion to get under way according to the girls' plan.
- Snack Time!!
- Clean Up!
- Closing Ceremony

### Meeting 10:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
- ✓ 10-20 ads and/or packaging for products marketed to children ages 9 to 12 (i.e. toys, video or computer games, sports equipment; all materials should include photographs of children)
- ✓ Drawing paper
- ✓ Scissors
- ✓ Glue
- ✓ Pens or markers
- ✓ Popcorn Snack (see page 52)

- Opening Ceremony
- Ads Assume
  - Explain to girls that advertising experts have the job of selecting pictures or photos to place in ads and on packaging for products the girls see every day, such as toys, games, and sports equipment
  - Place the ads that you and the girls have collected in the center of a table. Ask the girls to take turns choosing an item and placing it in one of three piles
  - Ask girls whether they agree with the choices of the pile and if not, explain why.
  - For more details of this activity refer to pages 50-52 of the *Adult Guide*.
- aMUSE-ing Snacks: Mini Popcorn balls
  - Refer to page 52 of *Adult Guide* for recipe

## Meeting 11:

### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Resources to get to Library
  - ✓ Awards for each Junior
  - ✓ Healthy Snack
- 
- Opening Ceremony
  - Your Library's Treasures
    - Explore your local library's resources. Prepare a poster to encourage greater use of the library, or an advertising flyer to let the community know about all the library's treasures.
      - See the activity details on page 137 of the *Junior Girl Scout Badge Book* for more information.
  - Reach Out! Award Ceremony and Closing
    - Gather Juniors together and ask each one to say one thing she learned while earning the Reach Out! Award. Then honor each girl with her award, and let them all know they can feel proud of having reached out into the community and found themselves a great group of muses.
    - Refer to page 53 of *Adult Guide* for more information.
  - Snack Time!!



- Clean Up!!
- Looking Ahead to Session 5
  - In the next session, the girls start to focus on creating their own story about stereotypes.
  - They will decide to whom to tell the story to, so they can inspire others to avoid stereotyping.
  - Look to pages 54-55 in the Adult Guide for more information and details of what's to come.

## Session 5: A Gathering of Storytellers

Goal: The Juniors team up to create an educational and inspiring story about stereotypes that sends others a call to action-to stop stereotyping.

### Meeting 12:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girl Scout Junior *aMUSE* (Girls Book)
  - ✓ Ball of yarn
  - ✓ Chart paper
  - ✓ Whiteboard or chalkboard
  - ✓ Marker or chalk
- Opening Ceremony: A Good Yarn
    - Invite girls to join in a circle. Hand the ball of yarn to one girl and ask her to begin a tale with one sentence.
      - Her sentence can be humorous or as outrageous as she likes
    - Once the first girl has spoken, she holds onto the thread end of the yarn, tosses the ball to another girl so the yarn unwinds, and calls out, "What happens next?"
      - Allowing the second girl to add a sentence to the story.
      - This will continue until each girl has added a sentence
    - Once story has finished, point out that the yarn has formed a web, connecting all the girls and symbolizing that the story they told belongs to them all.
    - For more details of activity refer to page 57 of *Adult Guide*.

- First, the Stereotype
  - Remind the girls that they've learned about stereotypes so far
  - Then invite the girls to name any stereotypes they've noticed, especially since they've been asked to be on the lookout for them , in books, TV shows, movies, advertisements, real life.
  - Once everyone has had a chance to name a stereotype, get discussions going.
  - Refer to page 58 of the *Adult Guide* for more information on activity.
- A Stereotype to Take Action On!
  - Guide girls to select a stereotype to focus their Speak Out! Story on. Point them to the section in their book about "Josefina and the Giant Tortilla" (page 50 GB)
  - For more information go to page 59 of the *Adult Guide*.
- Snack Time!!
- Clean Up!!
- Closing Ceremony

### Meeting 13:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Paper
  - ✓ Pens or pencils
  - ✓ Healthy Snack
- Opening Ceremony
  - Next, the Story Line
    - Have girls begin creating story from stereotypes they picked in last meeting.
    - Start by reviewing together the tips for creating a story line (page 61 *Adult Guide*) and share some of the examples.
    - Pass out paper and pencils, and get the girls talking and sharing ideas.
    - More information for this activity can be found on pages 60-61 of the *Adult Guide*.
  - Snack Time!!
  - Clean Up!!
  - Closing Ceremony

**Take Home Assignment:** Have girls go home and think of who they would like to tell their stories to. Be prepared to discuss next meeting.

## Meeting 14: SUPPLIES & RESOURCES

- ✓ Girl Scout Junior *Adult Guide*
  - ✓ Girl Scout Junior *aMUSE* (Girls Book)
  - ✓ Ingredients for S'mores and an oven, toaster oven or campfire
- 
- Opening Ceremony
  - Choosing our Audience
    - Have girls discuss their ideas of people they would like to share their stories to and what they want their audiences to do once they've heard the stories.
    - Refer to page 62 of the *Adult Guide* for more information.
  - Project Coaching Tip
    - See page 62 of the *Adult Guide* for more information.
  - Deciding How to Tell Our Story
    - Let the Junior team know that their strengths and interests as a group will come into play when they decide how to tell their story to their chosen audience
    - Refer girls to "Your Heart, Your Art, Your Part" (pages 44-45 of the GB)
    - For more information for activity refer to pages 63-64 of the *Adult Guide*.
  - aMUSE-ing snack: S'mores
  - Clean Up!!
  - Closing Ceremony: Celebrating our Decisions
    - To Celebrate all the big decisions made in this session on the girls' Speak Out! Project, make and enjoy long-standing Girl Scout favorites, S'mores!
      - If unsure how to make them indoor, just look up Indoor S'mores on the Web.
  - Looking Ahead to Sessions 6-7
    - Session 6-7 are grouped together as time for the Juniors to get creative with their stereotype-busting story, so they can inspire their audience. These two combined session will be used to transform their story, so remind girls to bring any notes that they may have jotted down
    - This will also be the time to invite any artists from the kickoff, who can provide expertise and inspiration on the art form the girls have

chosen. If possible, ask the artist about art materials and equipment to have on hand.

- The local library will have how-to books with detailed instructions to help you step the girls through creating stories in various mediums.
- Look ahead to the next sessions, and call on your Network to help gather any needed materials.

## Session 6 & 7: Our Muse, Your Project

Goal: The Juniors turn their story into a form of creative expression that will educate and inspire others to stand up to stereotypes.

### Meeting 15:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Art supplies (whatever materials you desire)
  - ✓ Copies of the storyboard form (page 70 *Adult Guide*)
  - ✓ Guest artist (if invited)
  - ✓ Healthy Snack
- 
- Opening Ceremony: The Blob
    - Let the girls know that actors sometimes use an exercise called “The Blob” to practice working well as a team.
    - Explain that they will huddle together, shoulder to shoulder, facing any direction. The team becomes one creature, the Blob.
    - Have girls stand quietly, without speaking, and sense how the Blob wants to move.
    - Invite everyone to move together, going with the movement, with no one actually leading
  - Time to Create!
    - Gather Junior sisters around the materials they will use to tell their story and inform them that it is time for them to bring out their creativity, energy and teamwork to turn their stereotype-busting story into a work of art.

- Refer to page 67 of the *Adult Guide* for more information on this activity.
- Snack Time!!
- Clean Up!!
- Closing Ceremony

### **Meeting 16:**

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
- ✓ Computer (if showing storytelling video)
- ✓ Paper and pencil
- ✓ aMUSE-ing Snacks (see page 74 in *Adult Guide*)
  
- Opening Ceremony
  - In this meetings you will inform girls that they will continue with storytelling
- Secrets of Storytelling
  - Juniors pick up as many techniques as they can just by seeing and listening to other storytellers.
  - Refer to page 68 in the *Adult Guide* for more information.
- Another Option: Story Dance
  - Refer to page 69 sidebar in the *Adult Guide* for more information.
- aMUSE-ing Snacks: MUSIE SMOOTHIE
  - Refer to page 74 for recipe
- Clean Up!!
- Closing Ceremony

### **Meeting 17:**

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
- ✓ Copy of Speak Out! Project Planner
- ✓ Sign up sheet; copies of invitation
- ✓ Any art supplies already on hand
- ✓ aMUSE-ing Snacks (see page 74 of *Adult Guide*)

- Opening Ceremony
- What's My Role?
  - Get the girls thinking about how they will present their story to their audience, and the roles they'd like to play when they present it.
  - They'll also want to plan out how they will invite their audience, who will send the initiations (if using), how they will greet their audience on the day of the performance and how they want to ask their audience to commit to their call to action.
  - Once girls have decided who to present story and what they'll need, pass around a planning and sign-up sheet, and have each girl write her name next to a role. Suggest that girls can take more than one role.
  - For more information refer to page 73 of the *Adult Guide*.
- Bringing a Muse to Life
  - Follow the directions on page 73 of *Adult Guide*.
- aMUSE-ing Snack: "Break A Banana" Split
  - Refer to page 74 of the *Adult Guide*
- Clean Up
- Closing Ceremony: Crazy Curtain Calls
  - Curtain calls usually come at the end of a performance. It is tradition for all the cast to take a bow at the end.
  - Have girls line up and take turns in a fun and crazy curtain call
    - One girl steps forward, turns to face the line of girls and makes a playful curtain call by taking a bow and then by being silly as she likes
    - She might throw kisses to crowd, jump up and down, do a dance, or anything of her choice
    - Then the next girl steps forward to do her crazy curtain call, and so on, until all the Juniors have had a turn
- Looking Ahead to Session 8
  - In the next session girls will present their Speak Out! Project and earn their Speak Out! Award. So guide them to confirm the date, time and location of their presentation, be sure they have chosen their audience.
  - For a smooth presentation, you might add in some additional rehearsal time for the girls, ahead of the big day.
  - Also call on your Network for any needed materials or snack ingredients.

## Session 8: Showtime!

Goal: The Juniors tell their story to educate and inspire others about the importance of stopping stereotypes.

### Meeting 18:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Whatever items girls will need for performance
  - ✓ Earning the Speak Out! Award: awards for each Junior
  - ✓ Healthy Snack
- 
- Opening Ceremony: Wacky Warm-up
    - Girls do silly shout outs to get ready
    - Refer to page 76 in *Adult Guide* for more information
  - Showtime!
    - The girls present their story and then deliver their message to their audience, asking them to join with the Juniors to bust stereotypes and support women and girls in whatever roles they choose in life.
    - For more details refer to page 77 in the *Adult Guide*.
  - Award Presentation and Closing Ceremony: Earning the Speak Out! Award
    - Look to page 77 in the *Adult Guide* for more information.
  - Looking Ahead to Session 9
    - Explain that the “last act” of the journey begins next session. Tell girls they will need to bring their books with their filled-in Role Call Logs to the next gathering.
    - For more information on looking ahead turn to page 77 of the *Adult Guide*.

## Session 9: Who I Am Now

Goal: The Juniors explore what beauty means to them, how they see it themselves, and how it informs their story.

### Meeting 19:

## SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girls Scout Junior *aMUSE* (Girls Book)
  - ✓ Art books offering a range of images
  - ✓ Pad of stick notes
  - ✓ Chalkboard, whiteboard or large sheets of paper
  - ✓ Writing implements
  - ✓ Art supplies (color pencils, paints, paper, construction paper, bits of fabric, foil, wrapping paper, buttons, found objects)
  - ✓ Healthy Snack
- 
- Opening Ceremony: Me and You
    - Ask one girl to start off by naming something she likes about herself and then asking the girl next to her “what do you like about yourself?”
    - The girls should continue around the circle numerous times
  - Defining Real Beauty
    - Remind the girl that they have just told a story to an audience about the importance of steering clear of stereotypes and not letting someone else’s ideas limit what women and girls can do.
    - Now it is time to explore their own thoughts and feelings about beauty and the importance of not getting “typed” into someone else’s definition of beauty.
    - For more information refer to page 79 of the *Adult Guide*.
  - Chat time
    - Follow script on page 80 of the *Adult Guide*.
  - Snack Time!!
  - Clean Up!!
  - Closing Ceremony

### **Meeting 20:**

## SUPPLIES & RESOURCES

- ✓ Girl Scout Junior *Adult Guide*
- ✓ Selection of portraits of women and girls in any medium (books, magazine, or photos you have)
- ✓ Hand mirrors(one per girl)



- ✓ Variety of art materials (drawing paper, pens, markers, paint, clay, digital camera, found materials)
- ✓ Healthy Snack
  
- Opening Ceremony
- Picture This
  - Inform the girls that portraits show more than what a person looks like on the outside. The best portraits might even reveal how someone thinks and feels.
  - Then share portraits of women and girls you've brought in to show the Juniors, and the self-portrait of Margaret Bourke-White
  - For more information and portrait of Margaret Bourke-White refer to page 81 of the *Adult Guide*.
- Mirror, Mirror
  - Follow the directions on page 82 of the *Adult Guide* for this activity.
- Snack Time!!
- Clean Up!!
- Closing Ceremony

**Meeting 21:**  
**SUPPLIES & RESOURCES**

- ✓ Girl Scout Junior *Adult Guide*
  
- Opening Ceremony
- Arty Party
  - Suggest that girls turn the meeting space into an art gallery by taping their completed self-portraits to the walls or displaying them on tables around the room, and then hold an arty exhibit-opening party.
  - They girls have fun playing the roles of both artists and gallery visitors. They can walk around and view, compliment, and discuss each other's work, all while nibbling on an "Arty Party Snack" (see sidebar on page 83 of *Adult Guide*)
- Closing Ceremony: This Is My Story
  - Gather girls around in a circle and pass out small slips of lined paper.
  - For more details of this activity refer to page 83 of the *Adult Guide*.
- Looking Ahead to Session10

- Ask the girls to try out the “Now, Head Out in a Hat or Scarf or...” activity in their book (page 69), which invites them to wear something a little different than what they would normally wear.
- Also let the girls know that they’ll enjoy a Dance Party at their next session, so talk a few minutes about what kind of music the girls want to do to. The girls and the Network might round up the music and any equipment needed to play it.
- Reach out to the Network for ingredients for the Get-Up-and-Go Gorp snack and for photos of active women for “Our Bodies: Beautiful and Strong.” You might ask the girls to bring photos, too.
- Refer to page 83 of the *Adult Guide* for more details.

## Session 10: Who I Might Be

Goal: The Juniors explore how healthy bodies support them in taking on roles, and how they can support and appreciate their bodies.

### Meeting 22:

#### SUPPLIES & RESOURCES

- ✓ Girls Scout Junior *Adult Guide*
  - ✓ Girls Scout Junior *aMUSE* (Girls Book)
  - ✓ 10-20 photos (from Web, magazine, etc.) of girls and women, not models, of varying sizes, shapes, ethnicities and ages doing something active
- Opening Ceremony: Follow This Tune!
    - Invite girls to choose a song (or a verse of a song) they all know, and take turns conducting or leading it. The first conductor moves her arms up and down as the other girls sing.
    - The other girls watch her closely. When her arms are up, they sing fast. When her arms are down, they sing slowly. The conductor may signal to half the group to sing slowly while the other half sings fast.
  - Sharing Our Accessories

- Gather girls together and suggest that they strut down the runway with confidence, showing off the special accessory they are wearing.
- Then get a discussion going about their experiences trying the “Now, Head Out in a Hat or Scarf or...” activity in their books (page 69).
- For more information on this activity refer to page 85 in the *Adult Guide*.
- Our Bodies: Beautiful and Strong
  - Remind the girls of all that they’ve learned on this journey and the discussion wrap it up by letting the girls know that it’s nice to be attractive, but most roles in life call for bodies that are healthy and skilled.
  - Follow the script on page 86 of the *Adult Guide*.
- Snack Time!!
- Clean Up!!
- Closing Ceremony

### **Meeting 23:**

#### **SUPPLIES & RESOURCES**

- ✓ Girl Scout Junior *Adult Guide*

- Opening Ceremony
- Dancing Hands
  - Invite girls to line up one behind the other, facing a large mirror. Have the girl in front hold her arms out to her sides, waving them up and down and moving her hands in various patterns, while holding the rest of her body still.
  - The girls being her hide their bodies behind hers, so only their arms and hands show. They wave their arms in patterns similar to the leader’s to create a dance of gracefully moving arms and hands. The girls can take turns being first in line for this “hand dance.”
- aMUSE-ing Snack: Get-Up-and-Go Gorp
  - See page 87 in the *Adult Guide* for recipe.
- Dance Party
  - Get out the music selections the girls decided on and get their Dance Party started
  - Follow the script, for more assistance, on page 87 of the *Adult Guide*.

- Planning the Final Celebration
  - Let the girls know that the next time they get together will be a special celebration of all they've done along this journey.
  - Take some time now for the girls to plan what they want to do and decide what role they will each play in executing the final celebration.
  - Suggest that the girls first brainstorm together exactly what they would like this final journey celebration to be. This will also be the time to set the date, time, and place and create a guest list, if needed.
  - For more information on this activity refer to page 88 of the *Adult Guide*.
- Closing Ceremony: Thanking our Bodies
  - Gather the girls and say, *we just joined together to thank our bodies with a big Dance Party and a healthy snack. Now let's take turns saying one thing we will each do this week to show appreciation for our body.*
- Looking Ahead to the Final Celebration
  - Check with the girls and your Network to make sure all plans are on track. Remind the girls to bring their books because, at the Closing Ceremony, they'll double as autograph books that the girls will sign for one another.

## **Final Celebration: Celebrating Me/ Celebrating Us**

- Opening ceremony: Roles We've Discovered for Ourselves
  - Gather girls together ask them to take turns naming a role they now see for themselves that they never would have considered before this *aMUSE* journey they are now celebrating.
- Earning the Try Out! Award
  - The girls will receive their awards, according to the plans they've created. They start off by reaching into the Team Prop Box to select a prop at random to symbolize their promise and their courage to continue trying on new roles.
  - For more information refer to page 91 of the *Adult Guide*.
- An *aMUSE*-ing Feast
  - Serve the *amuse-bouche* snacks or any other snack the girls have decided on, and celebrate!!

- Looking Ahead: My Dream Role, My Story
  - As the girls celebrate and enjoy their snacks, invite them to look ahead to new roles they might try in life and how these new roles will shape their life story.
  - Ask the girls the questions listed on page 92 in the *Adult Guide*.
- Closing Ceremony: Autographs All Around
  - Gather the girls together one last time
  - Follow script on page 92 of the *Adult Guide*
- Now, Give Yourself a Round of Applause
  - Refer to page 93 in the *Adult Guide* for more details!