

Junior Handbook

Welcome to Girl Scout Juniors

Think of what it means to be a star - it's more than acting in movies or singing onstage.

Centuries ago, people depended on stars to keep from getting lost. They navigated across the seas and through wilderness using the constellations as their guide. The most important star was the North Star because it doesn't seem to move. Once people found it, they could be sure they were going in the right direction.

The North Star became a symbol for finding your way home safe and sound. After awhile, it began to mean finding your way in life, too.

As a Girl Scout Junior, you're finding out who you are and which path is right for you. That's what makes you a leader, whether you're bold and adventurous or quiet and thoughtful. Or maybe you're all of those things, depending on the day.

In fact, now that you're a Junior, you're probably starting to feel like a shooting star blazing across the sky. And, just like a shooting star, you have the power to inspire others and light up their lives. That can be part of being a leader, too.

So, welcome to Girl Scout Juniors. In your own special way, you're making the world a better place - wherever your adventures take you.

The Girl Scout Promise and Law

Every Girl Scout makes the Girl Scout Promise and takes pride in doing her best to live by the Girl Scout Law – that's what people count on Girl Scouts to do.

The Girl Scout Promise

On my honor, I will try:

To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be

honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,

and to

respect myself and others
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

When you're a Girl Scout you . . .

- . . . know in what you believe and for what you stand
- . . . dream big dreams and are confident you can make them come true
- . . . take on challenges, even when you need to stretch a little to do so
- . . . team up with others from all different cultures and countries
- . . . inspire others to help their communities
- . . . can change the world!

When you and your Junior friends get together, you can each do your part so everybody will have a happy time together.

Ways to Belong

You get to choose how to be a Girl Scout! You can join a group that meets regularly if that's what you want. You can decide to focus on one aspect of Girl Scouting, like camping or attending a series with your friends. You can, also, choose special events to attend throughout the year. No matter who you are, where you live, or what kinds of fun you choose to have - you can belong to a sisterhood that lives its dreams.

Start Your Junior Adventure!

So what will you do in Girl Scouting?

To start, you and your Junior friends will choose a big leadership adventure called a Journey. On your Journey, you'll find out more about Girl Scouting's Three Keys to Leadership. There are three Journeys from which to choose.

Agent of Change,

GET MOVING! and

aMUSE.

Girl Scouts is all about leadership, which we define in a special way. Leadership doesn't always mean being the head of a company or the mayor of a town. It means knowing who you are and for what you stand. It means making decisions every day that inspire others to make a positive change in the world.

When you stand up for someone who's being bullied, you're a leader. When you call attention to an issue in your community and suggest ways to solve it, you're a leader. When you take the time to help someone who's feeling left out or lonely, you're a leader. There are a million ways to show your leadership. And, when you do, your actions blaze a path that people are inspired to follow – just like a shooting star.

The Three Keys to Leadership

All Girl Scouts use the Three Keys to Leadership as a way to live the Girl Scout law and make a difference in the world. It's another part of Girl Scouting that unites all girls – and helps them do extraordinary things.

Discover your own values and what's important to you. That's part of being leader – using your talents to make a difference in an area that means something to you.

Connect with other Juniors, your family, your older and younger Girl Scout sisters, caring adults, and people in the community. Team members help and trust each other. You can often get more done working as a team than on your own – and you can have more fun, too.

Take Action to make the world a better place.

On Your Junior Adventure

Junior Journey map is located at <http://www.girlscouts.org/program/journeys/maps.asp>

So much excitement awaits!

On your Junior adventure, you'll visit new places, make new friends, and learn new things that will keep your Junior star shining bright.

Outdoors Get on an outdoor adventure (maybe an overnight camping trip)

Badges Earn badges while learning how to make jewelry, going geocaching, or making simple meals

Cookies Run your own business as part of the Girl Scout Cookie program

Trips

Have a party or two to celebrate what you've accomplished or mark a special Occasion

Traditions

Have tons of fun with your Girl Scout friends

Make Your Plans

Use this space to imagine all the amazing things you'll do as a Girl Scout Junior. You can write all your ideas on your own, or fill it out with your Junior friends.

Outdoors

Trips

Badges

Cookies

Traditions

Girl Scout Traditions

Traditions have brought Girl Scouts together for over a century. Now, they're our traditions, too. Here are some to enjoy.

Girl Scouts make the **Girl Scout sign** when they say the Girl Scout Promise, when they are welcomed into Girl Scouting at an investiture ceremony, or when they greet other Girl Scouts or Girl Guides. The three fingers represent the three parts of the Promise.

When you meet another Girl Scout, you can greet her with the **Girl Scout handshake**. Shake hands with your left hand and make the Girl Scout sign with your right. It's a special way to remind us that we are all sisters because we belong to Girl Scouts!

The **Girl Scout motto** is "Be Prepared." Girl Scouts learn to do things well, so they're prepared to do them the right way at the right time.

The **Girl Scout slogan** is "Do a Good Turn Daily." This means doing something for somebody else without being asked. It is fun to brighten someone's day by doing a good turn - and when you make other people happier, they often pass it on by doing a good turn for someone else.

The **friendship circle** stands for an unbroken chain of friendship with Girl Scouts and Girl Guides around the world. Everyone stands in a circle, crosses their right arms over the left, and clasps hands with her friends on both sides. Everyone makes a silent wish as a **friendship squeeze** is passed from hand to hand.

Girl Scouts use the quiet sign to let people know it's time to stop talking. Someone raises her right hand high and stops talking. As other see her hand in the air, they raise their right hands and stop talking, too.

Girl Scouts make a kaper chart to list jobs that need to be done and who will do them. You might have a kaper chart for when you get together with your Junior friends. The jobs might be getting the room ready for the meeting, passing out supplies for an art activity, and cleaning the room before leaving. You might, also, have a kaper chart for special Junior events, like parties or cookie-booth sales.

Read about the history of Girl Scouts and our founder, Juliette Gordon Low, at any of these websites.

http://www.girlscouts.org/who_we_are/history/

http://www.girlscouts.org/who_we_are/history/timeline/

<http://www.main.org/gsusahistory.htm>

Learn about Our Girl Scout/Girl Guide World at

<http://www.waggggs.org>

The Secret of SWAPS

When Girl Scouts travel to other places, they often make small tokens of friendship to exchange with the Girl Scouts they meet. These little gifts are called SWAPS – Special Whatchamacallits Affectionately Pinned Somewhere or Shared With A Pal.

A SWAP can be anything that shares who you are or where you're from with the person you give it to. If you live in Vermont, you might bake maple syrup squares for a SWAP. If you love to kayak, you might make a paddle out of toothpicks and art foam. If you love reading detective stories, you could decorate a bookmark with some fun puzzles for a new friend to solve.

Ceremonies and Celebrations

Why do we celebrate?

There are many reasons: It's the last day of school, it's my birthday, my team won, it's the first day of spring, I aced my math test.

As a Junior, you'll have fun holding ceremonies with your friends. Ceremonies make us feel connected – so you and other Junior stars know you're a part of the same constellation.

A ceremony can, also, celebrate an accomplishment, such as earning your leadership Journey awards. You may want to create your own ceremony to celebrate the Girl Scout Birthday or Juliette Gordon Low's birthday.

Remember that what you do every day all through the year is what makes Girl Scouting special. You and your constellation of Junior friends will change the world day by day.

Making Ceremonies

You've probably celebrated countless holiday and birthday celebrations, but they may have been planned by others. So, where do you start planning your own? Right here.

Most of the time, a ceremony has three parts – the opening, the middle, and the closing.

The **opening** can be used to welcome guests, tell the purpose of the ceremony, and set the mood for the occasion. It might be quiet, festive, or serious.

The **middle** of the ceremony focuses on the reason you have gathered people together. This part might include singing, reading poems, performing skits, or sharing candle lighting.

The **closing** may summarize the ceremony. It might include forming a friendship circle, saying good-bye or thank you to special guests, or singing a closing song.

Special Girl Scout Ceremonies

The ceremony ideas and examples in your Leadership Journeys can help you make every gathering with your Girl Scout friends special! There are, also, ideas for holding celebrations each time you earn your Journey awards. Here are some other great Girl Scout ceremonies.

- An **investiture ceremony** welcomes someone into Girl Scouting for the first time.
- A **bridging ceremony** is held when you “cross the bridge” to the next level in Girl Scouting
- A **rededication ceremony** is held when you want to renew your Girl Scout Promise and review what the Girl Scout Law means to you.
- A **Court of Awards ceremony** is where you receive awards you've earned, and celebrate your accomplishments.

**“She carried that through like a Girl Scout”
ought to become a common saying** -*Scouting for Girls*, 1920

A **Scouts' Own** is a special ceremony where Girl Scouts get together to share inspiration and celebration around a theme, like friendship, service, honor, or respect for the planet. The Scouts' Own might take place indoors or outdoors, at a group meeting, at camp, or during any gathering with other Girl Scouts. It's called a Scouts' Own because it's all yours – you choose a theme and decide how to share in the most meaningful way!

A **flag ceremony** may be used for opening or closing meetings or special events, honoring a special occasion or special person, or retiring a worn flag. Flag ceremonies may take place in meeting rooms, in outdoor settings, in large auditoriums, onstage, even on horseback. All flag ceremonies share one thing in common – respect for the flag as a symbol of our country and all the hopes, dreams, and accomplishments of the people who make it up.

Special Girl Scout Days

Girl Scouts have special days that they celebrate with activities and parties. It's fun to share in the celebrations girls have been having for years and years.

February 22 – World Thinking Day

February 22 was chosen as World Thinking Day because it is the birthday of Robert Baden-Powell and his wife, Olave. Baden-Powell started the Scouting movement. Every year on this day, Girl Scouts and Girl Guides do activities and projects to celebrate world friendship and honor their sisters in other countries.

March 12 – The Girl Scout Birthday

On this date in 1912, the first 18 girls gathered to hold their first meeting as Girl Scouts in the United States. Some Girl Scouts wear their uniform to school on this day. You can celebrate by throwing a birthday party or by doing something Juliette Gordon Low loved to do – like making the world better for girls. Maybe you can give a special presentation on March 12 to tell your family and friends about how you took action to make a difference.

Girl Scout Week

The week in which March 12 falls is called Girl Scout Week. Some Brownies wear their uniforms when they go to a service on Girl Scout Sunday or Girl Scout Sabbath. If your family belongs to a place of worship, you may, also, decide to do something helpful there during this week.

April 22 – Girl Scout Volunteer Day

This is a day when you can say thank-you to your Girl Scout grown-ups for all the hard work they do for you. You may want to make a card or gift, write a poem, or sing a special song.

October 31 – Founder's Day

Juliette Gordon Low was born on October 31, so Girl Scouts honor her birthday as Founder's Day. She said she was glad she was born on Halloween, when everybody has fun. Girl Scouts honor her birthday every year with parties and special projects to help others.

You might want to write a letter to yourself about what you're looking forward to doing as a Junior. There's a special page in the My Girl Scouts section to help you do this.

Then, when you get ready to become a Girl Scout Cadette, you can open the envelope and read what you wrote to yourself at the very beginning of your Junior adventure.

If you really want to think ahead, write a letter to yourself that you'll open when you're 18 years old and ready to bridge from Girl Scout Ambassador to Adult Girl Scout. If you do this every time you move to a new level, you'll have a record of everything you hoped to do as a Girl Scout. When you write down your dreams, you're more likely to make them happen.

Showing you're a Junior

See the pictures on this website for correct placement of all your Junior pins, badges, and awards.

http://www.girlscouts.org/program/basics/for_volunteers/where_to_place/

The official Girl Scout uniform is a white shirt, khaki pants, and a vest or sash. You can, also, wear a full Junior uniform if you want. Wear your uniform at special times, like when you attend a flag ceremony or walk in a parade.

Everyone knows you're a Junior when you wear your uniform.

Show you belong:

Girl Scout Brownie membership pin

This pin tells others you are a Girl Scout Brownie. You earn it by learning the Promise and Law and by being invested. It's shaped like a trefoil. Each leaf stands for one part of the Girl Scout Promise. In the middle of the pin is a Brownie elf. You can wear your pin even when you're not wearing your uniform, just to show you're a Brownie.

GSUSA strip

You can wear this strip to show that you're a member of Girl Scouts of the USA.

Council ID strip or USA Girl Scouts Overseas strip

This strip shows the name of your Girl Scout council, or that you are a member of USA Girl Scouts Overseas.

USA Girl Overseas pin

Girls who belong to USA Girl Scouts Overseas wear this pin.

Membership stars

Each star represents one year as a Girl Scout and is pinned on a disc. The color of the disc shows your level. Girl Scout Brownies get a green disc. The number of stars shows how many years you've been a member at each level.

World Trefoil pin

This pin shows that you are part of the World Association of Girl Guides and Girl Scouts (also known as WAGGS). The golden trefoil on a blue background represents the sun shining over all the children of the world.

American Flag patch

This patch shows that you're an American Girl Scout.

Brownie wings

If you were a Girl Scout Brownie, you got your Brownie Wings when you "flew up" and became a Girl Scout Junior. You wear the wings to show everyone you were once a Brownie - which means you know a lot about Girl Scouts that you can share with girls who are Brownies right now.

Bridge to Girl Scout Junior Award

You can wear this award to show you bridge from Girl Scout Brownie.

Troop numbers

Many Girl Scouts belong to troops, and wear their troop numbers.

Troop crest

Some families have crests that show for what they stand. Girl Scouts is like a family, too. You and your Junior friends can choose a crest to wear on your uniform. Talk about the symbols on each one. Which one best shows the world for what you want to stand? Go to <http://www.fortunecity.com/millennium/puppet/989/crests/index.html> for a list of crests and their meanings.

Awards that Show What You've Learned

One of the best things about Girl Scouts is learning all kinds of new things! When you earn awards, you can put them on your uniform to show what you know.

Keep track of when you earn each on pages 26 - 27.

The Girl Scout Bronze Award

This is the highest award a Girl Scout Junior can achieve. To earn the award, you'll team up with your Junior friends. Together, you'll pick a project that you care about and that will make a difference in the world. As you complete the project, you'll meet new people, develop more confidence and, also, have a lot of fun. Find everything you need to know to get started on your Bronze Award project at the end of your handbook.

Junior Leadership Journey Awards

There are three Journeys for Juniors:

Agent of Change, *GET MOVING!* and *aMUSE*.

You and your Junior friends can choose to do them in any order you like.

It's Your World—Change It!

Introducing the First Series of Journeys

Agent of Change

As a Junior, you have the power to make change in the world. On the *Agent of Change* Journey, you'll meet new friends like Dez the spider, learn about teamwork and friendship, and earn awards along the way.

POWER: In this journey, there's a whole spiral of it waiting for Girl Scout Juniors. The journey is filled with ceremonies and circles, real-life heroines, and special new characters, including the fashion-savvy spider named Dez. Along the way, girls learn how their own power combines into team power and then moves out to become community power (kind of like how Dez weaves her web from the inside out). The journey's centerpiece is a comic story of girl heroines who will inspire the Juniors as they take action to improve their own community.

Journey Awards

This Junior journey is filled with fun and friendship. From its start to its closing celebration, the girls will move from a deeper understanding of themselves to exploring how powerful they are as a team, to realizing the added strength they gain by reaching out in the wider community to take action with its members. *Agent of Change* offers girls a chance to earn three awards and record progress throughout the journey in their own "Award Tracker."

- To earn The Power of One Award, girls will discover and share the powerful story of a forgotten woman or girl from around the world who mobilized others and made a difference, discover all the ways their own strengths and powers help them create change in the world, and discover what the Girl Scout Law and true "heroines" have in common
- To earn The Power of Team Award, girls connect with their Girl Scout crew to create a "super girl" story in which the characters take one small situation they care about and strive for long-lasting community change. Girls will also make a team decision and write their team hopes for a Take Action Project that reaches into a community network to solve a problem together with community members
- To earn The Power of Community Award, girls take action on their plan, reach out, join others and get them involved, and start something that snowballs into a change in

their world. Girls join in their Girl Scout Junior circle to reflect on what they accomplished and celebrate it.

It's Your Planet—Love It!

Introducing the Second Series of Journeys *Get Moving!*

Juniors build their skills as leaders who Energize, Investigate, and Innovate.

They earn these three prestigious new leadership awards as they explore their own energy, the energy in their places and spaces (buildings), and the energy of getting from here to there (transportation)

Juniors have a new comic story, "Vamos Ya!" to inspire their action (walking school bus anyone?)

- Dez, the fashionista spider, is also back to add some wit to the journey as she tries to figure out life "off the grid." "How does this carbon footprint thing work?" she asks. "Do I get eight?"
- From their own paper-making experiment to making beads from newspapers and magazines to forming a "perpetual human motion machine," Juniors will find that GET MOVING! is crammed full of energizing stuff to make and do!

Journey Awards

This journey offers Juniors a chance to earn three Girl Scout leadership awards—Energize, Investigate, and Innovate. The girls can choose to earn one, two, or all three. If they earn all three, they'll see how the awards join together to create an energizing effect on their vest or sash.

To earn the Energize Award, girls:

- Make an Energy Pledge to reduce their energy use in one or more ways
- Try at least two other Energize activities suggested along the journey
- Check out how other people are tackling energy issues

To earn the Investigate Award, girls connect with their Girl Scout crew to:

- Learn about energy use in their buildings
- Work with their families to make an energy improvement at home
- Investigate energy use in a community building and suggest ways to make it more energy-efficient

To earn the Innovate Award, girls:

- Identify an energy issue in the community, research it, create a plan, and carry it out, all the while reaching out to others to join in, too
- Share the news, reflect on what they accomplished, and celebrate it



Introducing the Third Series of Journeys

aMUSE Journey

Juniors learn just how many roles are open to them in the world and the possibilities those roles open for them.

Whether they want to fly a plane, lead a rock band or win a gold medal, *aMUSE* helps girls take center stage and try out more roles than they ever thought possible, with a little help from Dez and the Muses.

As they find out there is more to their story, girls may feel stronger, walk taller and gain confidence!

Leadership Awards

- Reach Out! Award - Juniors understand the many roles women and girls play in the world around them and the leadership skills used to play them
- Speak Out! Award - Juniors are aware of how stereotypes could hold themselves, and others back from trying on roles, and they Take Action to help stop stereotypes
- Try Out! Award - Juniors have the courage, and confidence to try out new roles

Junior Journey Summit Award

If you complete all three Junior Journeys, you'll earn the Junior Journey Summit award. Earning this award is a very special achievement.

National Proficiency Badges

Being "proficient" at a skill means that you're good at it. So, after you earn your badge, you'll know enough to start giving service right away. (But you may want to continue practicing your new skills to keep getting better!)

When you add badges to your sash or vest, you're telling people the skills you've build as a Girl Scout. Every badge tells a story - in fact, you may find that people ask you what you did to earn your badges. When you can tell them what you learned and how much fun you had, you're letting people know what Girl Scouts is all about.

That's what Juliette Gordon Low, the founder of Girl Scouts, is reported to have said:

"A badge is a symbol that you have done the thing it stands for often enough, thoroughly enough, and well enough to BE PREPARED to give service in it."

Each badge ends with a few ideas about how you can help others using your new skill. You can try one of those ideas or come up with your own. You'll let everyone know that when a Brownie earns a badge, it means that she's ready to help others.

There are four kinds of National Proficiency badges. And, you can make your own badge, too.

Legacy

The Legacy badges are based on activities that Girl Scouts have been doing since 1912. There are seven categories of Legacy badges: Artist, Athlete, Citizen, Cook, First Aid, Girl Scout Way, and Naturalist. The Legacy badges give you all kinds of activities to do. Having a variety is fun, because you get to try different things. Now that you're a Junior, your world is getting bigger, so you may want to try a badge just to see where it might take you. If you do, prepare to be surprised! You never know when you'll find a new interest or talent that you never knew you had.

The Legacy badges are offered all the way up to Ambassador. That means that you can keep earning badges in these categories each year. Take a look at your Awards log to see all the badges you can earn as a Junior – and what excitement lies ahead as you move up the ladder in Girl Scouting.

Financial Literacy

Your *Girl's Guide*, also, includes Financial Literacy badges. These badges help you learn about money – how to make it, how to spend it, how to save it, and how to share it with others.

Cookie Business

You can take the skills you've learned doing the Financial Literacy badges and use them during the cookie sale to earn your Cookie Business badges. Each year that you're a Junior, you can earn one Financial Literacy Badge and one Cookie Business Badge.

Skill Building

You can add more badges to your *Girl's Guide*, depending on what topics interest you and your friends. These additional badges come packaged in Skill-Building badge activity sets. Each set tells you how to earn five different badges.

Make Your Own Badge

If you have always wanted to learn a particular skill or find out more about an interesting topic, you can make a badge to teach you that skill! .

Girl Scout Council Opportunities

Every Girl Scout around the country earns National leadership Journey awards and National Proficiency badges. That means that you have something in common with other Juniors, no matter where they live! Your council may, also, have special awards you can earn. Talk to your Girl Scout volunteer about what's going on in your council.

The Girl Scout Honor Code

It's great to earn awards and put them on your uniform. You deserve to feel a glow of accomplishment when you do that.

Awards mean so much more when you've earned them "on your honor." When you say those words from the Girl Scout Promise, you're acting in a way that makes you feel proud of yourself.

So, when you start out on your Girl Scout Junior adventures, from going on a Journey and earning leadership awards to building new skills by earning badges, you have a decision to make.

You might do the least amount possible to earn the award - doing the choices you find the easiest and fastest to complete. Or, you could explore new topics and ideas. You could work a little harder to meet a challenge (even when you think you can't) . . . go out and meet new people (even if you feel a little shy) . . . and open your mind to reach for the stars!

You might end up adding awards to your uniform more slowly this way, but you'll treasure your awards all the more - because you earned them on your honor.

"One thing is sure - you want to be proud of your badge and feel that you have accomplished something worthwhile."

-Girl Scout Handbook, 1940

Mentoring Awards

When you guide people or teach them something you know, you're acting as a mentor to them. Now that you're a Junior, you can help younger Girl Scouts by showing them what you've learned!

Junior Aide

Junior aide

What could be more fun than working with Daisies or Brownies? You can earn your Junior Aide award by making and completing a plan to guide Girl Scout Daisies or Brownies on one of their Journeys. Follow these three steps to earn this award.

1. **Get ready.** Talk with your adult volunteer or the person who is helping you in Girl Scouting about becoming a Junior Aide. With their help or with the help of your Girl Scout council, find a group of Girl Scout Daisies or Brownies with whom you can work.
2. **Get set.** Talk to the adult volunteer who guides the group of younger Girl Scouts. Find out what you can do to help out. Arrange with the adult volunteer the times, dates, and places that will get together with the younger girls. Discuss with her the activities you would like to help with for at least three meetings.
3. **Go! Meet with the younger girls. Partner with an adult volunteer to guide the activities you chose.**

Special Opportunity Awards

Here are some other Girl Scouting awards you may want to earn.

Cookie Activity pin: When you sell Girl Scout cookies, you'll get better at all the skills involved in running a business. To earn this award, take part in the cookie sale – then, wear the pin to remind you of all you've learned.

When you sell cookies, you're part of the largest girl-run business in the world. And, you're helping to support Girl Scouting for you and millions of other girls.

World Thinking Day award: In honor of this day, Girl Scouts take part in special activities to honor their sisters around the world. Every year, girls think about something different. To find out what you need to do to earn this award, go to www.girlscouts.org/world_thinking_day.

Global Action award: When you earn this award, you'll learn more about how girls live around the world. You'll, also, do an activity to help girls who need it. To find out more, go to www.girlscouts.org/global_action_awards.

International Friendship Recognition pin: American Girl scouts who live overseas can earn this award by doing activities that encourage international friendships with girls in their host country.

Meritorious Service Awards

Every Girl Scout is prepared to do heroic things. When a girl receives one of these awards, she's being honored for doing something exceptional, like saving someone's life.

Medal of Honor: This award is given to a Girl Scout who has shown presence of mind and true Girl Scout spirit in an emergency.

Bronze Cross: This award is given to a girl who has shown extraordinary heroism or risked her life to save another's.

My Promise, My Faith

You can earn this pin each year that you're a Junior. You'll find that Girl Scouting and your faith have a lot in common.

Complete these five steps to earn the pin:

1. Choose one line from the Girl Scout Law. Find a story, song, or poem from your faith with the same ideas. Talk with your family or friends about what that line of the Law and the story, song, or poem have in common.
2. Find a woman in your own or another faith community. Ask her how she tries to use that line of the Law in her life.
3. Gather three inspirational quotes by women that fit with that line of the Girl Scout Law. Put them where you can see them every day.
4. Make something to remind you of what you've learned. It might be a drawing, painting, or poster. You could, also, make up a story or a skit.
5. Make a commitment to live what you've learned. You may want to talk to your friends, family, or a group in your faith community about how you plan to keep the connection between your faith and the Law strong. Maybe you'd enjoy performing your skit or showing them what you just made! Or, you can choose to make a personal commitment to yourself, by writing a commitment statement that you keep private.

Safety Award

Know how you and your friends can stay safe on your Junior adventures.

Complete these five steps to earn the pin:

1. Find out what the most common injuries are for kids your age. Make a list of how you can prevent them. Then, do a home safety audit to check for dangers around the house.
2. Conduct an emergency evacuation drill of our home or the place your Girl Scout group meets. In the case of fire, know where your main exit is located, and plan an alternate way to get out if the first exit is blocked.
3. Find out how to read weather signs so you know when to head indoors and get to safety.
4. Learn about bicycle safety. Research why bike helmets are important and how to check if a helmet fits you properly.
5. Go on a hazard-identification walk along a local hiking trail, bike trail, or horse trail.

Now you're ready to expand your horizons, take on new challenges, and change the world - and have lots of fun! Keep shining bright, and others will follow you.

Bridging to Girl Scout Cadette

As your years as a Girl Scout Junior come to a close, celebrate how you've learned and grown - by finding out what excitement is in store as a Girl Scout Cadette.

As a Girl Scout Cadette, you can lead in all kinds of fun ways. You'll have three different Journeys from which to choose: **amAZE! The Twists and Turns of Getting Along**, **Breathe**, and **Media**.

Once you've done a Journey, you can embrace an issue about which you care deeply and complete a project to earn your Girl Scout **Silver Award** - the highest award a Cadette can earn.

What else can you do to help others? You may want to organize a basketball league for girls in your community, help plan a Performance badge workshop for younger Girl Scouts, or volunteer with Habitat for Humanity. And, if you enjoy working with younger girls, you can help your Brownie sisters on Journeys and earn **LiA (Leadership in Action)** awards.

Plus, you'll have even more opportunities to travel as a Cadette. You could go on a *destinations* trip, explore a majestic national park, or hike the Appalachian Trail.

There's so much to look forward to!

Celebrate your Accomplishments: If you wrote a letter to yourself when you first became a Junior, you may want to open it now. What's it like to read those words? How have you learned and grown as a leader since you wrote that letter?

To earn your Bridging award, complete two bridging steps:

STEP 1 Pass it on!

Share your talents and skills by touching younger Girl Scouts something you learned to do as a Junior.

This list has a few ideas to get started. You only have to do one of these - or something like it - to complete the step.

IDEAS

- Invite Brownies to attend one of your meetings, and share something that will make them look forward to being a Girl Scout Junior. For example, you could show them photos from a mystery you went on for your Detective badge, demonstrate how to pack for an overnight camping trip, or show a video of everyone in your group talking about their favorite Junior memories.
- Invite girls your age who aren't Girl Scouts to join you in a fun activity - doing martial arts, learning sign language, or building a parade float. If you're doing a Take Action project, ask your buddies to tag along! Maybe you'll inspire them to pitch in.
- Team up with the girls in your group who earned a Bronze Award, and hold a question-and-answer session for interested Brownies. Describe how you chose your project, planned it, and overcame obstacles along the way. Inspire them to go for the Bronze, too.

STEP 2 Look Ahead

As a Cadette, you'll set your sights on the world outside your local area. There's no better way to find out what you have to look forward to than by talking with your Cadette sisters.

This list has a few ideas to get started. You only have to do one of these - or something like it - to complete the step.

IDEAS

- Ask a Girl Scout Cadette to talk to you about her experiences. What was her favorite activity as a Cadette? What new skills did she learn?
- Do you want to work on your Girl Scout Silver Award? Find Cadettes who have earned this honor, and ask them for tips. Find out how they formed their teams,

how they selected a project, and what they learned along the way. If you have some ideas for your own project, ask them for advice.

- Talk to Cadettes about the Journeys on which they went. What did they enjoy about the experience? How did they make their community better? Ask them to share their best moments from their Journey with you.

Congratulations!

You've earned your Bridge to Girl Scout Cadette award! Celebrate with a favorite ceremony you learned on your Junior adventure – or make up a new one. Then add your awards to your Cadette sash or vest.