

## **Cadette aMAZE Journey Activity Plan 1**

**Purpose:** When girls have earned this award, they will better understand the complexities of friendship and getting along with others.

**Planning Guides Link:** Leadership

**Activity Plan Length:** 90 minutes

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Journey Buddies:
  - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different. o Buddies can assist adults with prep needed for activities.
  - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends:
  - Talk to girls about what the snack will be and how they can help with it.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Journeys or the *Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can think of ways to improve the world one relationship at a time
- They have tried different approaches to improve their relationships
- They have the tools to plan their take action project for the Diplomat award

### **Tips and Tools**

- Check out ways to stay safe using Safety-Wise at **GirlScouts-Gateway.org**.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact Gateway Council at 904-388-4653 or 877-764-5237.

### **Resources**

- This activity plan has been adapted from the *It's Your World-Change It!* aMAZE Journey, which can be used for additional information and activities.

### **Getting Started**

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<p><i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</p>	<p><i>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.</i></p>

3. Play a game so girls get to know each other better. Use the example below if needed.
  - Give each girl six to eight buttons, or other small items they can swap. Each girl should introduce herself to another girl, say one fact about herself, and then guess the other girl's fact. For example, "Hi, I'm Amy and my favorite color is pink. I think yours is blue." If the real answer matches the guess, the answering-girl gives the guesser one item. If not, the guesser gives one item. Each girl must ask six to eight questions, and whomever has the most items at the end wins.

### Activity #1: Appreciation Cards

Award Connection: Interact Award

Time Allotment: 20 minutes Prep

Needed:

- Gather materials and supplies.

Materials Needed:

- Blank notecards or paper
- Envelopes
- Coloring and writing utensils

Steps:

1. Each girl should create and decorate three notecards to describe how it feels when someone expresses their appreciation for something the girl has done. Have the girls share with each other.
2. Once the cards are created, instruct the girls to think of three people they could give their cards to. Girls should write a message to the people they selected, expressing why they value their friendship.
3. Tell the girls to deliver the cards to the three people they chose after the meeting.

### Activity #2: Friendship Drama

Award Connection: Interact Award

Time Allotment: 25 minutes Prep

Needed:

- Have Journey Buddies suggest five examples of conflict among friends to use in the activity. For example, a friend:
  - Spends a lot on her clothes and mentions it often, but you can't afford to spend as much.
  - Teases you for making a mistake, and when you get upset she says you can't take a joke.
  - Calls you and tells you all her problems, but never has time to listen to yours.
  - Treats you differently when you are alone together than when you are with other people.
  - Doesn't include you in an activity you had planned to do together.

**Materials Needed:**

- Whiteboard or paper
- Writing utensils

**Steps:**

1. For each of the conflict examples the Journey Buddies suggested, have girls complete this sentence:  
"I feel \_\_\_\_\_ when you \_\_\_\_\_ because \_\_\_\_\_."
2. Girls should pair up with a partner to act out the situations and practice an appropriate response. Discuss why direct communication is a good way to deal with frustration among friends and avoid the harmful effects of gossip.
3. Read and sign the anti-gossip pledge on page 62 of the *aMAZE* Journey book or have the girls create an anti-gossip pledge of their own.

**Activity #3: Snack Chat**

Badge Connection: Questions link to multiple award steps

Time Allotment: 15 minutes Prep Needed:

- Gather materials and supplies.
- Prepare some ideas for anti-bullying message tag lines like:
  - "Just kidding just hurts."
  - "Be a friend not a fiend."
  - "Don't be mean behind the screen."

**Materials Needed:**

- Food and beverages

**Steps:**

1. Brainstorm ideas for anti-bullying message tag lines like:
  - "Just kidding just hurts."
  - "Be a friend not a fiend."
  - "Don't be mean behind the screen."
2. While enjoying snack, here are some things for girls to talk about:
  - Think about simple ways you can influence others to be good friends, such as putting a tagline on your emails.
  - What would your email tagline say?
  - Is it hard to think of something that is simple but effective?
3. Instruct girls to use one of the anti-bullying taglines either by writing it on one of their notebooks, at the end of their emails or in other social media forums to complete the Interact Award.

**Wrapping Up**

Time Allotment: 15 minutes

**Materials Needed:**

- Optional: Make New Friends printed on poster board

**Steps:**

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. One of today's Badge Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Badge Buddy who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze so that everyone can see it travel along the circle.

### More to Explore

- Field Trip Ideas:
  - Visit a transitional living facility for the homeless to see how people are helped there.
  - Visit a women's shelter to learn how they help women build their confidence.
  - Visit an elementary school or younger troop to talk about friendship issues.
- Speaker Ideas:
  - Karate/self-defense teacher
  - School guidance counselor

### Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning how to get along with others and are on our way to earning the *It's Your World Change It!*—aMAZE Journey award.

We had fun:

- Learning about each other
- Making notecards to express our appreciation to friends
- Trying out constructive ways to deal with conflict among friends
- Making an anti-bullying pledge

Continue the fun at home:

- Watch a TV show or movie with cliques, bullying or friendship issues and discuss. Movies such as *Bratz*, *Diary of a Wimpy Kid* and Disney's *Ice Princess* are examples.
- Visit [www.girlscouts.org/help/internet\\_safety\\_pledge.asp](http://www.girlscouts.org/help/internet_safety_pledge.asp) or take another Internet safety pledge with your Girl Scout.

- Talk with your Girl Scout about your experiences with friendship issues. Discuss whether or not you have ended an unhealthy relationship, have had to resolve conflict with a friend, been mistaken about a first impression, or had experiences with cliques or bullies.
- Try out other Interact Award challenges. Have a "no-gossip" week, call a friend you haven't talked to for a while and "reconnect", identify a negative stereotype in a TV show you watch and consider writing a letter or boycotting the show for a time, or talk to someone you don't know well and try to get to know them with your Girl Scout.
- Look through the *It's Your World Change It!*—aMAZE Journey girl book with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!