

**Cadette aMAZE Journey
Activity Plan 2**

Purpose: When girls have earned this award, they will know how to use their relationship skills to make a difference in the world.

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:
 - o 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.
 - o 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:
 - o 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 each understand their role in making a difference in relationships
- They have the tools to take action on a topic that impacts interpersonal relationships

Moving to Take Action: To complete the aMAZE Journey, girls plan and carry out a Take Action project that addresses the root cause of a community issue in a sustainable way. During the process, here are some things to keep in mind:

- Girls should play an active part in determining the "what, where, when, how and why" of their project, but they will need your support and guidance throughout the process.
- Help girls scale the project to a manageable size, so they can have a successful experience. Even if the project has a small scope, what they are doing is important.
- Take Action projects are different than community service projects. Take Action projects pick up where short-term community service projects end and are long-term solutions. Take Action Projects are also:
 - o Measurable (can be evaluated in a concrete way, such as through the number of people involved or number of recycling bins placed)
 - o Sustainable (continues after the girls' specific roles are complete)
 - o Developed to identify the root cause of a community issue (addresses the underlying problem(s) that cause an issue to occur)

Examples:

Community Service	Take Action
Take part in a park cleanup.	Organize a park clean up with your neighbors.
Assemble and give first-aid kits to flood victims.	Teach younger kids about severe weather procedures and work with them to make first aid kits to give to flood victims.
Plan a meeting for a younger troop.	Mentor younger girls on healthy friendships.
Make and donate blankets to an animal shelter.	Teach younger kids about the responsibilities of owning a pet and work with them to make blankets to donate to the animal shelter.

It's up to the girls to find a Take Action project that they are passionate about, but to get started, here are a few ideas:

- Family project: Girls and their families take deliberate notice of the things that they watch on TV and hear on the radio, and the messages that they receive—including messages about bullying. They document the types of messages, as well as their effects (positive and negative) on them personally. Girls and their families think of ways that they can combat bullying they see around them. They put these actions into practice for at least one month.
- School project: Girls develop a bullying awareness campaign for their school. They create informative posters and speak during their school announcements with tips and tools for their peers.
- Community project: Girls create a play or video about bullying and perform it at their community center, local event or fair. Or, they can play their video for classes at school. They ask their audiences to pledge to join them in stopping bullying.

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: 5 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>



Activity #1: Stick Bullies

Award Connection: Diplomat Award

Time Allotment: 15 minutes Prep

Needed:

- Gather materials and supplies.
- Make an example bully stick figure. Draw a stick figure and include imagery around the figure that represents bullying characteristics.

Materials Needed:

- Paper
- Writing or drawing utensils

Steps:

1. Brainstorm a list of bully characteristics with the girls.
2. Instruct girls to create a picture that represents bullying using stick figures.
3. Ask the girls to draw a large stick figure on a sheet of paper. Then have them select characteristics from the board and decorate the stick figure to convey those characteristics. Girls can draw clothing or expressions onto their figure, or they can write the characteristics around the figure. Show them your stick figure as an example.
4. After girls have completed their drawing, have the group share their drawing with the group. Ask the following questions:
 - What similarities do your stick bullies have?
 - Do all bullies look the same?
 - How are they different?
 - If they look differently, could they act differently? How do they act differently?
5. Set drawings aside to be used in a later activity.

Activity #2: Bullying Bingo

Award Connection: Diplomat Award

Time Allotment: 15 minutes Prep

Needed:

- Make copies of Bully Bingo cards and cut out phrases for the bingo caller.
- Optional: Write out phrases on bingo cards ahead of time.

Materials Needed:

- Paper
- Writing utensils
- Counter
- Container to draw phrases out of
- Optional: Prizes if desired.

Steps:

1. Have girls fill in cards or give them pre-prepared cards.
2. Draw bullying phrases out of the container and have girls place counters over them until someone gets bingo.
3. Take opportunities to talk about the words as they are drawn, and discuss whether girls have experienced, participated in or witnessed bullying.

Activity #3: Anti-Bully Snack Chat

Badge Connection: Questions link to multiple award steps

Time Allotment: 15 minutes Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Paper
- Writing or drawing utensils
- Stick bullies from Activity #1

Steps:

1. While enjoying snack, ask the girls what they think are some characteristics of an anti-bully.
2. Brainstorm and compile a list of anti-bully characteristics. Characteristics that might be included are self-esteem, being friendly, standing up for oneself, standing up for others and asks for help.
3. Using the other side of their Stick Bully drawings, have girls draw another stick figure.
4. Instruct girls to use this stick figure to draw their anti-bully.

Activity #4: Take Action My Friends!

Award Connection: Diplomat Award

Time Allotment: 35 minutes Prep

Needed:

- It is helpful to have a few ideas of workable projects or contacts in mind, even if they are just illustrations to help the girls understand what they should be working toward.

Materials Needed:

- Notebook paper
- Writing utensils

Steps:

1. Work on steps 1-2 of the Diplomat Award by brainstorming with the girls to identify an issue about which they want to take action. For example, bullying in school.
2. Now that the girls have identified potential take action issues, have them think about possible actions and solutions they can take to make a change for each issue. For example, they could sponsor an anti-bullying poster contest at a local elementary school.
3. Instruct girls to assess the resources they could engage in helping them with their project (i.e. guidance counselors, teachers, etc.) and think of ways they can spread the word about their project, such as making commercials, writing letters to newspaper editors and talking to students.
4. Assist the girls in organizing a plan to divide necessary tasks to be complete. Create a timeline and help them carry out their Take Action projects.

Wrapping Up

Time Allotment: 5 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:
 - o Visit a school guidance counselor and learn what they do in their job.
 - o Contact an organization that works with anti-bullying or the Take Action project issue in your community, such as a children's theater group.
 - o Visit an elementary school or other playground and observe how children interact.
- Speaker Ideas:
 - o Invite a guidance counselor, psychologist or teacher to speak about interpersonal relationships.
 - o Invite a police officer or other professional who deals with interpersonal conflict.
 - o Invite someone to your meeting who teaches team-building exercises.

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 make a difference by taking action in relationships and are on our way to earning the *It's Your World Change It!—aMAZE* Journey award.

We had fun:

- Drawing stick bullies to learn about what makes a bully
- Playing bully Bingo
- Creating stick anti-bullies
- Starting to plan our Take Action project to work on our Diplomat Award

Continue the fun at home:

- Draw more anti-bullies with your Girl Scout.
- Modify games hopscotch or Chutes and Ladders to include an anti-bullying theme.
- Do additional research into the issue your Girl Scout is working on for her Take Action project.
- Get involved and help your Girl Scout with her Take Action project.
- Learn more about anti-bullying by visiting websites like:
 - o stopbullying.gov/kids
 - o pbskids.org/itsmylife/games/bullies_flash.html
 - o pacerkidsagainstbullying.org
- Look through the *It's Your World Change It!—aMAZE* Journey book with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!

Bully Bingo

		FREE		

instructions:

Write one of the following words or phrases in each box. Cover the box when the word or phrase is called, then discuss its meaning in regards to bullying.

bully
walk away

stand up for yourself
ignore the bully

bystander

cyber bullying

victim
tell staff member

avoid bullies

aggressor
act confident

believe in yourself

self-esteem

stay with friends

don't be a bully

- do something about bullying

- stick up for your friends

- talk with parents

- talk with your counselor

- be friendly

- don't be a bully

- bullies tease

- bullies hurt feelings

- bullies leave out

- bullies don't like

themselves • bullies want to

Feel better

- cyber bully

- report the bully

- use friendly words
- smile at people

- invite people to play

- invite others to events

- help someone

- text message

- social media website

