

Welcome

to the Outdoor Journey for

Cadettes!

This document is a step-by-step guide for completing the Cadette Outdoor Journey—it includes detailed meeting outlines and all related resources. The Cadette Outdoor Journey consists of three badges: Night Owl, Trailblazing, and Primitive Camper. It also includes a Take Action project and award. You'll find that the Cadette Outdoor Journey is rich and robust because it covers a lot of essential skills that girls need in order to be successful in their outdoor pursuits. To complete the Journey, girls will complete these meetings in the following order:

- **Night Owl badge** (2 meetings)
- **Trailblazing badge** (2 meetings)
- **Primitive Camper badge** (2 meetings)
- **Take Action** (3 meetings)

In the descriptions for each meeting, you will find callouts to “meeting aids.” These meeting aids are grouped together, in the order in which they will appear, at the back of this document. The content found in this package can be downloaded and is identical to what is now available on the Volunteer Toolkit, which means it is written to the intended audience of an adult volunteer. We hope you will find everything you need to facilitate these programs—and just as importantly, we hope your Cadette Girl Scouts will find them exciting, challenging, and *fun*.

Questions? Please don't hesitate to reach out to the Girl Experience team at GSUSA at girlsexperience@girlscouts.org.

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OVERVIEW

Notes to Volunteers:

About the Cadette Outdoor Journey:

The Cadette Outdoor Journey consists of three badges: Night Owl, Trailblazing, Primitive Camper, and three Take Action meetings. To complete the Journey, have girls complete the meetings in the following order:

- Night Owl badge (2 meetings)
- Trailblazing badge (2 meetings)
- Primitive Camper badge (2 meetings)
- Take Action (3 meetings)

Night Owl Requirements: There are two meetings for Cadettes to earn their Night Owl Camper badge. Both meetings are designed for nighttime, so make sure to coordinate both meetings for after dark. The meeting can begin in a meeting room, but plan to take girls outdoors with adult volunteers to explore nighttime activities.

Add an Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside:

To earn the Night Owl badge, Cadettes will go outside to study the nighttime sky and go on a nighttime hike. Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

- Check Safety Activity Checkpoints guidelines before planning any outdoor activity.
- Explore **Venture Out!** <http://gsuniversity.girlscouts.org/resource/venture-out/>, an online resource that provides guidance to volunteers less familiar with taking girls outdoors.
- Read the book *Outdoor Education in Girl Scouting* for helpful tips.
- Read **Explaining Leave No Trace** in Meeting Aids: An important part of preparing girls for the outdoors is to help them understand and embrace the seven basic principles of Leave No Trace.

Make the Most of the Outdoor Journey: Use the Talking Points (But Make Them Your Own): In each session, you'll find suggested talking points under the heading "SAY." Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going, but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have

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learned. Research shows that when you use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning: these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. Make sure the meetings are “girl led” to help create an experience where girls can make choices and have their voices heard. “Learning by doing” and “cooperative learning” are built into this Journey, thanks to the hands-on activities and tips.

Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

If You Have a Multi-Level Troop: Read **Tips for Working with Multi-Level Groups for Older Girls** in Meeting Aids to get hands-on tips for how to deal with younger girl/older girl scenarios.

Prepare Ahead

- Recruit extra volunteers or older girls to accompany you during outdoor nighttime activities.
- Have enough flashlights or lanterns for each girl.
- For Activity 1: As Girls Arrive, borrow books about nocturnal animals from a library.
- Print out **Leave No Trace for Older Girls** in Meeting Aids, one for each girl, for Activity 2: Opening Ceremony
- Borrow astronomy books or constellation guides from the library and ask girls to bring any they might have to the meeting for Activity 3: Night Sky Observer.
- Gather supplies for Activity 4: Make a Galaxy Jar.
- Get chocolate sandwich cookies for Activity 6: Moon Phase Cookies.
- Print out **Moon Phases** in Meeting Aids, one for each girl.
- Print out **Say Goodnight Across the World** in Meeting Aids, one for each girl, for Activity 7: Closing Ceremony.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

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Ask your network to help:

- Bring art supplies and gear
- Bring a camera, smartphone, or video camera to document the meeting
- Assist with activities
- Volunteer to assist with nighttime activities

Award Connection

Cadettes will not earn a badge in this meeting. They will earn their Night Owl badge at the end of Meeting 2.

Note: You can buy the Night Owl badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time, so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Local Nocturnal Animals

- Paper
- Pens, pencils
- Computer to research or nocturnal animal books borrowed from a library

Activity 2: Opening Ceremony: Becoming A Night Owl

- Flag
- Flashlights or lanterns
- Poster board/whiteboard
- Print out Leave No Trace for Older Girls in Meeting Aids, one for each girl

Activity 3: Night Sky Observer

- Flashlights or lanterns
- Notebook, one for each girl

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- Constellation guides or astronomy books with the night sky from the library
- Pens, markers

Activity 4: Make Your Own Galaxy Jar

- Clear glass jars with a lid
- Cotton balls
- Glitter
- Acrylic paints in various blues and purples
- Wooden craft sticks or skewer sticks
- Water

Activity 5: Late Night Talk Show

- Index cards
- 2 chairs
- Something that resembles a microphone (could be a hairbrush, toilet paper roll, etc.)
- Poster board to make signs
- Markers
- Video camera with tripod (optional)

Activity 6: Snack Break: Moon Phase Cookies

- Chocolate sandwich cookies
- Wooden craft sticks
- Printout of **Moon Phases** in Meeting Aids

Activity 7: Closing Ceremony

- Copies of **Say Goodnight Across the World** in Meeting Aids, one for each girl

DETAILED ACTIVITY PLAN

(**Note to volunteer:** You can begin this meeting in a meeting room, but will have to go outside at night for part of the activities. If you have access to a zoo, park, or aquarium, you could also start the meeting with the girls finding examples and facts of nocturnal animals at one of those locations.)

Activity 1: As Girls Arrive: Local Nocturnal Animals

Time Allotment

10 minutes

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Materials

- Paper
- Pens, pencils
- Computer to research or nocturnal animal books borrowed from a library

Steps

Welcome Cadettes and have them research nocturnal animals that live in their area.

SAY:

(**Note to volunteer:** If you have a computer available, have girls do some quick research about nocturnal animals that live in their area. They can also do research from the library books you bring to the meeting.)

Make a list of animals that are nocturnal, or only come out at night. But make sure these are only animals that live in your area. It could be an owl, raccoon, deer, rabbit, opossum, coyote, skunk, a house cat, bat, fox, or anything you might see roaming at nighttime or that you find out lives in your area.

You can make your list alone or work together as a team.

Activity 2: Opening Ceremony: Becoming a Night Owl

Time Allotment

10 minutes

Materials

- Flag
- Flashlights or lanterns
- Poster board/whiteboard

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Turn off all the lights, and use flashlights and/or lanterns to create dim lighting.
- Talk to Cadettes about Leave No Trace and how the world may be different at night.

SAY:

Most of you try and get things done while it's light outside—you go to school during the day, do activities outdoors while it's light out, and begin to wind down as the sun sets.

But there's a whole world that comes alive after dark.

For this badge, you'll find out more about what happens when the stars come out, and how the world looks

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after dark.

Turn off the lights in the meeting room. Give each girl a flashlight or lantern.

SAY:

Before you begin, there are a few safety rules for this meeting since you'll be exploring outside at nighttime.

First, if anyone feels scared, please let an adult know immediately.

Second, each of you should carry a flashlight when you go outside so you can find your way.

Third, always use the buddy system or stick together as a group.

And finally, make sure to keep nature safe when you go outdoors.

Have girls take turns reading out loud the principles on the **Leave No Trace** handout.

SAY:

What are some of the things that you can see or do at night that you can't do during the day? Who has something they like to do at night? (Girls might say: stargaze, enjoy nature, listen to crickets, etc.)

As you arrived, you researched nocturnal animals that you may only see or hear at night that live in your area. These are nighttime animals you might see or have already seen. Share those.

Have girls share the animals they researched and write them on a poster board or white board. Save this list for Meeting 2.

SAY:

Are any of these animals endangered or in protected status?

What is being done to protect them?

(If girls aren't sure, have them do additional research and report back at the next meeting.)

Activity 3: Night Sky Observer

Time Allotment

20 minutes

Materials

- Flashlights or lanterns
- Notebook, one for each girl
- Constellation guides or astronomy books from the library
- Pens, markers

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Steps

- Go outside for a short night hike—can be a city or park, but girls should be able to see the stars.
- Girls try to find north, south, east or west by observing stars in the sky.
- Have girls write a quick story about a constellation in the nighttime sky.

SAY:

What do you think explorers thought when they first saw the stars?

To help make sense of what they saw, they created names for the stars and groupings of stars.

Show girls the different star formations for each hemisphere in a constellation guide before heading outside:

North Star - Polaris (Northern Hemisphere)

Constellation Orion (can usually see in winter and early spring—to find East and West)

Crux, the Southern Cross (South)

SAY:

First, you'll use the stars to navigate.

Before we had a GPS or compass, navigators used the stars to find their direction. You can find north, south, east or west by learning about a few stars and constellations. See if you can do it when you go outside.

The way the earth rotates makes the stars in the sky rotate from east to west. The way a star moves from its original position is how you know the direction you're facing.

Give each girl notebooks and markers. With the flashlights, walk to a nearby outdoor spot, and let girls observe the sky.

SAY:

Now that you've observed the night sky, did anyone find a star formation that indicated a location? What was it?

When you find a constellation, draw it and make a few notes about it. If you're not sure what the grouping is called, name it something and research later what it is.

Also, write down words or phrases saying how you feel about the nighttime. Write each thing on a separate page. You'll use it for your next activity. Write things like: What did you smell? What did you see? What word or words describes the experience for you?

Give girls a few minutes to write in their journal.

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Activity 4: Make Your Own Galaxy Jar

Time Allotment

15 minutes

Materials

- Clear glass jars with a lid
- Cotton balls
- Glitter
- Acrylic paints in various blues and purples
- Wooden craft sticks or skewer sticks
- Water
- Notebooks from previous activity
- Pens, pencils

Steps

- Cadettes make their own galaxy jar.

SAY:

You will now capture your feelings about nighttime by making galaxy jars. These can stay in your room to remind you of being outside at night.

From their notebooks, remove each page they wrote words or phrases on and fold each one.

Give each girl a glass jar. Have them fill it about $\frac{1}{4}$ full of water.

Tell them to add glitter, acrylic paint, and stir with a stick.

Then add a handful of cotton balls to absorb the liquid.

Have them add their folded-up papers into the jars.

Repeat the process with a different color, until the jar is full. It should look like a night sky when it is finished.

Activity 5: Late Night Talk Show

Time Allotment

20 minutes

Materials

- Index cards

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- 2 chairs
- Something that resembles a microphone (could be a hairbrush, toilet paper roll, etc.)
- Poster board to make signs
- Markers
- Video camera with tripod (optional)

Steps

Cadettes put on a late night talk show to interview someone who works late night hours.

SAY:

You've talked about nocturnal animals and have felt what it's like to be outside during late hours. Now think about people who work nighttime hours. Can you name some people who might have to work a night shift?

Possible answers:

- Doctors and nurses
- Police
- Firefighters
- Bakers
- All-night restaurant workers
- TV news anchor
- Airplane and airport staff
- Nighttime radio host
- Astronomer

Now you'll act out being a late night talk show host interviewing an astronomer!

Have Cadettes volunteer for each of these roles:

- 1-2 Cadettes to decide on the name of the talk show
- 2 Cadettes to be the "hosts" and ask the questions to the guest
- 1 Cadette to write and give an introduction to the talk show
- 1 Cadette to play the "producer" and signal the audience when they give applause
- (If using a video camera) 1 Cadette to record the show and work the camera
- Cadettes to be the "studio" audience

SAY:

Think about some questions your talk show host might have for the astronomer and write one question per index card.

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Then stage a late night talk show to interview her about what she does.

Sample interview questions to share with girls (but encourage them to do make up their own questions and answers):

What does an astronomer do?

Why did you want to be one?

What kind of classes did you take and degree did you need to get in order to become an astronomer?

Have you ever discovered anything or seen something unusual in the sky?

What's the most exciting thing about the night sky?

Do you work at night or during the day?

Have Cadettes decide on roles—help them put on the talk show, but let them direct and lead the activity. They can make signs and sets with the poster board, and use the “microphones” for the interview.

Time the interview so it's about seven minutes and have the “producer” wrap up the show.

Activity 6: Snack Break: Moon Phase Cookies

Time Allotment

10 minutes

Materials

- Chocolate sandwich cookies
- Wooden craft sticks
- Printout of **Moon Phases** in Meeting Aids, one for each girl

Steps

- Cadettes use snack time to learn the phases of the moon.

SAY:

Before you eat your snack, separate your cookies, and using the wooden stick, try to create each phase of the Moon on the poster/handout.

Try to make a:

- *New Moon*
- *Waning or Waxing Crescent*
- *Waning or Waxing Gibbous*
- *Half Moon*
- *Full Moon*

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Activity 7: Closing Ceremony

Time Allotment

5 minutes

Materials

- Printout of **Say Goodnight Across the World** in Meeting Aids, one for each girl

Steps

- Cadettes talk about nighttime activities, careers, and Take Action.

SAY:

As you earn badges this year, think about how you can use the skills you are learning to Take Action.

Can you think of ways to make sure that nocturnal animals remain safe?

Could you think of ways to promote safety during nighttime hours?

What about teaching others about nighttime activities?

Write down the girls' Take Action ideas throughout the year as they work on badges. You'll use this list later to remind them of their ideas and help them choose one to do.

SAY:

What did you like most about working on the Night Owl badge so far?

What kind of career could you have if you liked working at night? (Girls may say: Work in events, transportation, retail, hotels, firefighter or police, etc.)

In our next meeting you'll have a nighttime party, so come dressed in a white shirt! Or wear something white, like sneakers or a hat.

End the meeting by having girls say goodnight in a different language, using **Say Goodnight Across the World** from Meeting Aids.

(Note to volunteer: Remind adults during pick up that girls will need to come dressed in a white T-shirt or wear something white to the next meeting.)

Night Owl 2

OVERVIEW

Notes to Volunteers:

Night Owl Badge Requirements: There are two meetings for Cadettes to earn their Night Owl badge. Both meetings are designed for nighttime, so make sure to coordinate both meetings for after dark. The meeting can begin in a meeting room, but plan to take girls outdoors with adult volunteers to explore nighttime activities.

Add an Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside:

To earn the Night Owl badge, Cadettes will go outside to study the nighttime sky and go on a nighttime hike. Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

- Check Safety Activity Checkpoints guidelines before planning any outdoor activity.
- Explore **Venture Out!** <http://gsuniversity.girlscouts.org/resource/venture-out/>, an online resource that provides guidance to volunteers less familiar with taking girls outdoors.
- Read the book *Outdoor Education in Girl Scouting* for helpful tips.
- Read **Explaining Leave No Trace** in Meeting Aids: An important part of preparing girls for the outdoors is helping them understand and embrace the seven basic principles of Leave No Trace.

Make the Most of the Outdoor Journey: Use the Talking Points (But Make Them Your Own): In each session, you'll find suggested talking points under the heading "SAY." Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going, but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Research shows that when you use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning: these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. Make sure the meetings are "girl led" to help create an experience where girls can make choices and have their voices heard. "Learning by doing" and "cooperative learning" are built into this Journey, thanks to the hands-on activities and tips.

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Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

Prepare Ahead

- Recruit extra volunteers or older girls to accompany you during outdoor nighttime activities.
- Bring poster board of nocturnal animals girls researched from Meeting 1.
- Find photos showing the reflection in the eyes of nocturnal animals taken at night for Activity 2.
- Have enough flashlights or lanterns for each girl.
- Remind girls to wear white T-shirts or something white (shoes or hat) to the next meeting.
- Gather snacks and supplies for activities, including the party.
- Purchase Night Owl badges, one for each girl.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls’ parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Bring art supplies and gear
- Bring snacks and supplies for the nighttime party
- Bring a music source
- Bring a camera, smartphone, or video camera to document the meeting
- Volunteer to assist with nighttime party and activities

Award Connection

Cadettes will earn their Night Owl badge at the end of this meeting.

Note: You can buy the Night Owl badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.

Night Owl 2

- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time, so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Create Nocturnal Animals

- Small poster board, one for each girl
- Glow in the dark markers or paint
- Poster board of nocturnal animals girls researched in Meeting 1

Activity 2: Opening Ceremony: Nature at Night

- Flag
- Flashlights and/or lanterns
- Photo or photos of animals' eye at nighttime showing white reflective eyes (from a library book or online)

Activity 3: Night Eyes Trail

- Sheets of tinfoil, enough for each pair of girls
- Scissors, for each pair of girls
- Glue or tape
- Poster boards from Activity 1
- Light source: flashlight or smartphone light

Activity 4: Sweet Sky Snack

- Marshmallows
- Toothpicks or skewer sticks
- Healthy snacks for the party: trail mix, juice, fruit and vegetables

Activity 5: Have a Nighttime Party

- Glow-in-the-dark Animal Posters from Activity 1: As Girls Arrive
- Constellation tubes and flashlights
- Music
- Blacklight (so the paint and white shirts glow)
- Glow necklaces or sticks

Night Owl 2

Activity 6: Flashlight Tag

- Flashlights
- Music

Activity 7: Closing Ceremony and Badge Awards

- Night Owl badges, one for each girl

DETAILED ACTIVITY PLAN

(**Note to volunteers:** You can hold this meeting in a meeting room, but will need to go outside for the Night Eyes Trail in Activity 3. Try to hold your Nighttime Party outdoors, too.)

Activity 1: As Girls Arrive: Create Nocturnal Animals

Time Allotment

10 minutes

Materials

- Small poster board, one for pair of girls
- Glow in the dark markers or paint
- Poster board of nocturnal animals girls researched in Meeting 1

Steps

Welcome Cadettes and have them use glow in the dark markers or paint to create one of the nocturnal animals in the area.

SAY:

At our last meeting, you came up with a list of nocturnal animals that live in our area.

I'll assign each pair of you one of those animals to draw on a poster board.

Try to keep it true to size. If you can only do the head, say of a deer, then that's OK. If it's a mouse, draw the whole thing. What's important is we need to be able to see the eyes of the animal you're drawing.

Assign each pair of girls an animal to draw from the nocturnal animals list.

Activity 2: Opening Ceremony: Nature at Night

Time Allotment

5 minutes

Night Owl 2

Materials

- Photo or photos of animals' eye at nighttime showing white reflective eyes (from a library book or online)

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Talk to girls about how animals see in the dark.

SAY:

As we talked about last meeting, nocturnal animals only come out at night. They have to find food and hunt prey. But how do they see in the dark?

It's all in how their eyes are designed.

Our eyes are designed so that we can see color and function in bright light. Nocturnal animals have eyes designed for nighttime vision and they can barely see colors, if at all. Most nocturnal animals also have large eyes. For example, the giant squid can see pretty much everything in the pitch black of the ocean's depth out of an eye that's the size of a dinner plate.

Many nocturnal animals have something behind the retina of their eye called Tapetum Lucidum. This is highly reflective tissue, and acts like a mirror or tinfoil by bouncing light and creating what looks like a white reflection from the eyes of nocturnal animals.

Show girls a photo or photos of what this looks like.

Activity 3: Night Eyes Trail

Time Allotment

25 minutes

Materials

- Sheets of tinfoil, enough for each pair of girls
- Scissors, for each pair of girls
- Glue or tape
- Poster boards from Activity 1
- Light source: flashlight or smartphone light

Steps

- Girls cut out eyes from nocturnal animal posters and glue or tape tinfoil where the eyes were.

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- Girls go outdoors to create a Night Eyes Trail with their nocturnal animals and do a quick walk through the trail with their flashlights.

SAY:

Team up with your partner and cut the eyes out of the nocturnal animal on your poster board.

Replace what was your animal's eyes with tinfoil. Glue or tape the tinfoil to the back of your poster board.

When girls are done, have them go outside and place or prop their boards in places to create a trail with their animals. To prop or hang boards, use rope to tie them around an object, or chairs or trees to lean them on. You want girls to place the animals at a level where the animal would be seen.

For example, a deer's eyes would end up being about 4–5 five feet from the ground. A mouse—1 inch from the ground. A skunk or rabbit—6" from the ground. A raccoon—1 foot from the ground. An owl can be in a tree.

SAY:

Set up a nighttime trail with your nocturnal animals. Place your animal somewhere—and at a level—where you think it would be hanging out.

When girls have finished creating the Night Eyes Trail, have them walk through it in teams with their flashlights to spot the different animals and say what they are.

Make sure girls take poster boards back to meeting room or area where you'll hold your nighttime party.

Activity 4: Sweet Sky Snack

Time Allotment

10 minutes

Materials

- Marshmallows
- Toothpicks or skewer sticks
- Healthy snacks for the party: trail mix, juice, fruit and vegetables

Steps

Cadettes recreate constellations using marshmallows and toothpicks.

SAY:

Last meeting you drew a constellation. Try to recreate one for our Glow Party.

Night Owl 2

Cadettes link marshmallows (representing the stars) with toothpicks or skewers. Put them on plates and save to eat during the party.

Activity 5: Have a Nighttime Party

Time Allotment

25 minutes

Materials

- Glow-in-the-dark Nocturnal Animal posters (from Activity 3)
- Music
- Black light (so the paint and white shirts glow)
- Glow necklaces or sticks

Steps

- Cadettes have a glow party.

SAY:

Now that we have nocturnal animals watching us, let's get this party started! Feel free to mingle around, dance, have snacks, and check out everyone's amazing work today.

Activity 6: Flashlight Tag

Time Allotment

10 minutes

Materials

- Flashlights
- Music

Steps

Cadettes play flashlight tag.

One of you will keep your flashlight on while everyone else hides. When I start the music, the girl with the flashlight must find another girl, tag her as "it." Then the "it" girl turns on her flashlight and finds another girl to tag. And on it goes until I stop the music.

Make sure after the "it" girl tags another girl, she keeps her flashlight on so she doesn't get tagged again.

Night Owl 2

Activity 7: Closing Ceremony

Time Allotment

5 minutes

Materials

- Night Owl badges, one for each girl

Steps

- Cadettes get their Night Owl badges and brainstorm more Take Action project ideas.

SAY:

As you earn badges this year, think about how you can use the skills you are learning to Take Action.

For example, you could encourage people at home and in businesses to “power down” at nighttime by making sure everything is turned off and unplugged.

What did you learn from this badge?

What will you take away with you and use in your everyday life?

Write down any of the girls’ Take Action ideas. You’ll use this list later to remind them of their ideas and help them choose one to do.

End the meeting by giving each girl her Night Owl badge. Have girls do a high-five, cheer, or friendship squeeze.

Trailblazing 1

OVERVIEW

Notes to Volunteers:

Trailblazing Requirements: There are two meetings for Cadettes to earn their Trailblazing badge. Meeting 1 can be held in a meeting room, but girls must go outdoors for a 20-minute hike to test carrying their gear. Meeting 2 is designed to be held at a campsite location while girls are camping.

Add an Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside:

To earn the Trailblazing badge, Cadettes must go camping in a backcountry area. Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

- Check Safety Activity Checkpoints guidelines before planning any camping trip or outdoor activity.
- Look for camping videos and more in the “Outdoor Resources” on the GSUSA **website** <http://www.girlscouts.org/en/adults/volunteer/volunteer-resources/outdoor-resources.html>.
- Explore **Venture Out!** <http://gsuniversity.girlscouts.org/resource/venture-out/>, an online resource that provides guidance to volunteers less familiar with taking girls outdoors.
- Read the book *Outdoor Education in Girl Scouting* for helpful tips.
- Read **Girl Scout Readiness in Camping** in Meeting Aids to get progressive camping tips, from first-time campers to girls who are more experienced campers.
- Check out the **Outdoor Progression Chart here**. https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/for-adults/volunteer/GSUSA_OutdoorProgression.pdf
- Read **Explaining Leave No Trace** in Meeting Aids: An important part of preparing girls for the outdoors is to help them understand and embrace the seven basic principles of Leave No Trace.
- Go to the Leave No Trace **website** <https://lnt.org/teach/leave-no-trace-every-kid> to find teaching resources and fun nature camping activities.

Make the Most of the Outdoor Journey: Use the Talking Points (But Make Them Your Own): In each session, you'll find suggested talking points under the heading “SAY.” Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going—but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Research shows that when we use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during

Trailblazing 1

the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. “Learning by doing” and “cooperative learning” are built into this Journey, thanks to the hands-on activities and tips. You’ll also find specific “keep it girl-led” tips in the meeting plans. They’ll help you create an experience where girls know they can make choices and have their voices heard.

Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

If You Have a Multi-Level Troop: Read **Tips for Working with Multi-Level Groups for Older Girls in Meeting Aids** to get hands-on tips for how to deal with younger girl/older girl scenarios.

Prepare Ahead

- Create and print out the following questionnaire for Activity 1: As Girls Arrive, one for each Cadette:
Cadette Camper Experience
 - Have you ever been camping? If so, what kind?
 - What would you miss most on a backcountry camping trip without electricity and running water?
 - What excites you the most about going on a backcountry camping trip without electricity and running water?
- Print **Leave No Trace for Older Girls** handout from Meeting Aids, one for each Cadette, for Activity 3: Leave No Trace.
- For Activity 4: Trailblazing Trip Planning: Across the top of a white board or poster board, write: “Camp Questions” and “Camp Plan.” Under “Camp Questions” write: Where will you go? When will you go? How will you get there? What kind of gear will you bring? How will you wash and get water? What will you eat? How will you prepare your food? Are any permits needed? How much will the trip cost, and how will your group pay for it?
- Gather snack items for Activity 5: No-Bake Energy Snack. Check in advance for any food allergies girls might have.
- For Activity 6: Get Trailblazing Strong, girls will have to bring a backpack and gear to the meeting and go on a hike. Send an email out in advance to parents asking that girls make a trip to a gear supply store to find out about camping equipment before your first meeting. Then request Cadettes bring camp gear items to the meeting, such as:
 - Reusable water bottle

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- o Flashlight with extra batteries
- o Long-sleeved jacket
- o Poncho or raincoat
- o Closed-toe shoes
- o Sun protection: hat with a brim, sunscreen, lip balm, and sunglasses
- o First aid kit
- o Pocket potty (plastic sealable bags, trowel, toilet paper)
- o Toilet paper
- o Any medications you may need (inhaler, EpiPen)
- o Emergency food (such as trail mix or granola bars)
- o Whistle
- o Matches in a waterproof container
- o Rope
- o Bug spray
- o Sleeping bag/sleeping pad
- o Dutch oven or cook pots
- o Cooler to hold food
- o Cooking utensils
- o Mess kit/utensils/cup/dunk bag
- o Battery-operated or propane lantern
- o Socks
- o Backpack or duffel bag
- o Compass and map of the area

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting or camping trip

Ask your network to help:

- Bring art and camping supplies and gear for meetings
- Bring camping equipment and gear for a camp out
- Bring a camera, smartphone, or video camera to document the meetings and camp out
- Assist with camping activities in meetings

Trailblazing 1

- Help plan the menu for camping trip and do the shopping in advance
- Volunteer to go on troop campouts

Award Connection

Cadettes will not earn a badge in this meeting. They will earn their Trailblazing badge at the end of Meeting 2.

Note: You can buy the Trailblazing badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time, so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Cadette Camper Experience

- Printout of Cadette Camper Experience, one for each Cadette
- Pens, pencils

Activity 2: Opening Ceremony: Welcome to Trailblazing!

- Flag
- Girls' Cadette Camper Experience from Activity 1

Activity 3: Leave No Trace

- Leave No Trace handout, one for each Cadette

Activity 4: Trailblazing Trip Planning

- Paper
- Pencils
- White board or poster board with "camping questions" and "camping plan" written on top. Under camping questions, write: Where? When? Budget? Permits? Gear?

Activity 5: Snack Break: No-Bake Energy Snack

- This list suggests ingredients girls can use to make a No-Bake Energy snack. Make sure to be aware of

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any food allergies girls might have.

- o Rolled oats
- o Puffed brown rice cereal
- o Granola
- o Almond butter
- o Dried cranberries
- o Raisins
- o Slivered almonds
- o Shredded toasted coconut flakes
- o Maple syrup or honey
- o Chocolate chips
- o Sunflower or pumpkin seeds
- o Almond or vanilla extract
- o Wax paper
- o Bowls for mixing, enough for each girl
- Pen and paper for camp menu planning

Activity 6: Get Trailblazing Strong

- Backpack with gear that Cadettes brought to the meeting
- Hiking outfit including shoes

Activity 7: Closing Ceremony: Camp Character and Kapers

- Pen and paper to write down kapers.

DETAILED ACTIVITY PLAN

(**Note to volunteers:** You can hold this meeting in a meeting room or outdoors.)

Activity 1: As Girls Arrive: Cadette Camper Experience

Time Allotment

5 minutes

Materials

- Printout of Cadette Camper Experience, one for each Cadette
- Pens, pencils

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Steps

Welcome Cadettes and have them fill out the Cadette Camper Experience.

SAY:

Take a minute to fill out the Cadette Camper Experience and get ready to share some of your camp memories and skills.

Activity 2: Opening Ceremony: Welcome to Trailblazing!

Time Allotment

10 minutes

Materials

- Flag
- Girls' Cadette Camper Experience from Activity 1

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Cadettes share camping experiences and talk about what trailblazing means.

SAY:

You'll be earning your Trailblazing badge, which means you'll be planning and taking an overnight backpacking trip.

How often have you wanted to explore the woods, cook over an open fire, pitch a tent, sleep under stars and listen to the night sounds? Words like this were written in a Girl Scout handbook from 1963, which tells you that camping and outdoor adventures have part of the Girl Scout experience for a long time.

Share what you filled out when you arrived about your camping experience:

Have you ever been camping? If so, what kind?

(Possible answers: Backyard, at a campsite, backpacking, multi-day camping)

What would you miss most on an overnight backpacking trip without electricity and water?

(Possible answers: Cell phone service, a flush toilet, a shower, sleeping in a regular bed)

What excites you most about going on an overnight backpacking trip without electricity and water?

(Possible answers: Being in the wild, cooking meals, going backpacking, seeing things in nature)

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Activity 3: Leave No Trace

Time Allotment:

10 minutes

Materials:

- **Leave No Trace for Older Girls** handout, one for each Cadette

Steps:

- Have girls talk about ways they will protect nature while camping in the backcountry.

SAY:

When you went camping before, what do you remember about Leave No Trace? How did you practice the seven Leave No Trace principles during your trip?

Let's go over the Leave No Trace principles, which you'll be using on your Trailblazing trip.

I'll name the principle and you share what you think it means.

Plan Ahead.

(Answer: Plan ahead and be prepared so you leave nothing behind and protect nature. For example: You will store your food in containers and protect it from wildlife. You will find out about your campsite in advance, for example, where will you trash your trash? Get water? Build a fire? Go on a hike?)

Travel and Camp on Durable Surfaces.

(Answer: Walk only on paths and hard, compact surfaces. Be careful not to step on plants and flowers. Stay on established trails. Camp at established campsites whenever possible.)

Dispose of Waste Properly.

(Answer: Pack out what you carry in including all trash, leftover food and toilet paper, dig cat holes for waste.)

Leave What You Find.

(Answer: Leave nature as it is, which means leave rocks, plants and other natural objects as you find them. Don't build structures, dig ditches or cut healthy trees or bushes.)

Minimize Campfire Impacts.

(Answer: Campfires are a special part of a Girl Scout's outdoor experience. If you do build a campfire, keep it small and make sure it doesn't harm any plants or wildlife. Use an established fire ring, if available. Did you bring your permit, if needed? Keep your fire small, and put it out properly.)

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Respect Wildlife.

(**Answer:** Don't approach, feed, or follow any animals—watch them from a distance.)

Be Considerate of Other Visitors.

(**Answer:** Respect other visitors so they have a good experience in the outdoors, too. Yield to other users on the trail, camp away from trails and other visitors, keep your voice and noise level down.)

Activity 4: Trailblazing Trip Planning

Time Allotment

25 minutes

Materials

- Paper
- Pencils
- White board or poster board with “camping questions” and “camping plan” written on top. Under camping questions, write: Where? When? Budget? Permits or Reservations Needed? Gear?

Steps

- Show Cadettes the two columns on the board; explain they will break into teams to do some planning.
- Break Cadettes into teams of three to four each.
- Have them discuss and write up a plan for their camping trip using the questions as a guide.
- When they finish, gather girls to go over their camping trip goals and make a plan as a group.

SAY:

You will break up into teams and come up with answers to these items and share when you're done.

Your gear is part of camping planning. You'll talk more about gear later, so skip that question.

Here's what you'll figure out with your group:

- *Where do you want to go?*
- *When do you want to go?*
- *Will you need reservations? Permits? Are campfires allowed?*
- *What is your budget? What kind of money earning will you need to do? Do you want to use your troop's Girl Scout Cookie money?*

When the girls are done, write their answers on the board as they volunteer their suggestions.

Come up with a group decision about where to go, when, and what type of budget it will take. Don't worry

Trailblazing 1

about getting into details about a menu plan or about the campsite.

Give the girls a chance to talk about ideas they like (or don't like).

Activity 5: Snack Break: No-Bake Energy Snack

Time Allotment

25 minutes

Materials

- This list suggests ingredients girls can use to make a No-Bake Energy snack. Make sure to be aware of any food allergies girls might have.
 - Rolled oats
 - Puffed brown rice cereal
 - Granola
 - Almond butter
 - Dried cranberries
 - Raisins
 - Slivered almonds
 - Shredded toasted coconut flakes
 - Maple syrup or honey
 - Chocolate chips
 - Sunflower or pumpkin seeds
 - Almond or vanilla extract
 - Wax paper
 - Bowls for mixing, enough for each girl
- Pen and paper for camp menu planning

Steps

Cadettes learn how to make a no-bake energy snack.

SAY:

You'll need fast fuel when you're on your trip, especially when you're backpacking or on a hike. Energy bars are the best source for a quick pick-me-up.

Experiment with some of the ingredients here to make something you can roll into a snack and freeze (for up to seven days) in the fridge for your trip.

Trailblazing 1

Feel free to snack on what's here and do taste tests while you're working!

The honey, syrup and almond butter are a way to combine and make your bar's condiments stick together.

(Note to volunteer: Have girls take home their energy snack to put in a fridge or freezer or recreate something like it before their trip.)

SAY:

You'll need meals that are not only energy-packed but lightweight. You'll need to know which foods pack the best and which ones need to be repackaged.

Plan a menu based on what you need to eat to keep you energized and satisfied. Share some ideas!

Write down ideas for a quick meal, such as a one-pot meal.

SAY:

Before your trip, make sure to ask friends and family who are camping experts what meals they suggest, too!

Activity 6: Get Trailblazing Strong

Time Allotment

20 minutes

Materials

- Backpack with gear that Cadettes brought to the meeting
- Hiking outfit including shoes

Steps

- Cadettes pack their backpacks at home and bring to the meeting to carry and test their endurance on a short hike.

SAY:

Camping out can be hard work and you may need to hike to your campsite. Are you ready to carry your supplies over the distances and terrain you'll travel? Can you work with your trailblazing companions?

We're going to head outdoors and take a short hike with your camping gear.

Take girls outdoors for a 20-minute hike with their gear. When you're back, ask girls how they felt about their energy and what they plan to do before their trip.

Trailblazing 1

SAY:

How did everyone do? Did you get tired faster than you thought?

Is there anything you can plan to do to build stamina before your trip? (Possible answers: Take long walks. Build endurance with weights. Hike or jog with friends. Work out in a fitness center at a community center or at school.)

Exercise is important—but it's also important to know when to give your body a break. Practice listening to your body when it wants to slow down and conserve energy.

Activity 7: Closing Ceremony: Camp Character and Kapers

Time Allotment

5 minutes

Materials

- Pen and paper (or poster board) to write down kapers.

Steps

- Cadettes sit in a circle, talk about camp character and volunteer for kapers.

SAY:

One of the things you'll need to do on your camping trip is get along with others.

There are certain characteristics in a person that can help in a group setting. I'll name what it is and you tell me how it might help on a camp out:

- *Being open minded.*
- *Being flexible.*
- *Sharing hard work.*
- *Being able to admit when you're wrong.*
- *Respecting the rights of others.*
- *Being responsible.*
- *Being self-motivated.*

Now I'll read some campsite chores and write your name next to ones you want to do. You can volunteer for more than one thing!

- *Make snacks.*
- *Prepare meals.*
- *Clean up cooking area.*

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- *Fire builder.*
- *Fire extinguisher.*
- *Set table for meals.*
- *Clean up after meals.*
- *Fill pots for dishwashing.*
- *Clean and dry dishes.*
- *Help set up sleeping bags or tents.*
- *Help take down sleeping bags or tents.*
- *Pack up kitchen area before you leave.*
- *Clean up campsite area before you leave.*
- *Set up washing area with water and buckets.*

Can you think of more kapers?

End the meeting with a Friendship Squeeze.

Trailblazing 2

OVERVIEW

Notes to Volunteers:

Trailblazing Requirements: There are two meetings for Cadettes to earn their Trailblazing badge. Meeting 2 is designed to be held at a campsite location while girls are camping.

Add an Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside:

To earn the Trailblazing badge, Cadettes must go camping in a backcountry area. Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

- Check Safety Activity Checkpoints guidelines before planning any camping trip or outdoor activity.
- Look for camping videos and more in the “Outdoor Resources” on the GSUSA **website** <http://www.girlscouts.org/en/adults/volunteer/volunteer-resources/outdoor-resources.html>.
- Explore **Venture Out!** <http://gsuniversity.girlscouts.org/resource/venture-out/>, an online resource that provides guidance to volunteers less familiar with taking girls outdoors.
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Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going—but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Research shows that when we use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during

Trailblazing 2

the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. “Learning by doing” and “cooperative learning” are built into this Journey, thanks to the hands-on activities and tips. You’ll also find specific “keep it girl-led” tips in the meeting plans. They’ll help you create an experience where girls know they can make choices and have their voices heard.

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Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

If You Have a Multi-Level Troop: Read **Tips for Working with Multi-Level Groups for Older Girls in Meeting Aids** to get hands-on tips for how to deal with younger girl/older girl scenarios.

Prepare Ahead

- Print **Campsite Checklist** from **Meeting Aids**, handouts, one for each Cadette.
- Prepare a kaper chart on a poster board for Activity 2: Opening Ceremony. Insert girls’ names with chores they volunteered for in Meeting 1.
- Print **Leave No Trace for Older Girls** handout from **Meeting Aids**—one for each Cadette—for Activity 2: Opening Ceremony.
- Gather materials for Activity 3: compass or GPS, enough for each team of girls.
- Gather ingredients and supplies for Activity 4: One-Pot Meal.
- At a library or online, find (or print out) a constellation guide—from either a book or poster—to share with girls for Activity 5: See the Stars.
- Purchase Trailblazing badges, one for each Cadette.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls’ parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting or camping trip

Ask your network to help:

- Bring camping supplies and gear for the camping trip
- Bring a camera, smartphone, or video camera to document the meetings and camp out

Trailblazing 2

- Assist with camping activities in meetings
- Volunteer to go on troop camp out

Award Connection

Cadettes will earn their Trailblazing badge at the end of Meeting 2.

Note: You can buy the Trailblazing badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Campsite Checklist

- Campsite Checklist, one for each Cadette
- Pens, pencils

Activity 2: Opening Ceremony: Camp Set-Up, Safety, Leave No Trace and Kapers

- Flag
- **Leave No Trace** for Older Girls handout, one for each Cadette
- Kaper chart with enough kapers for each Cadette

Activity 3: Practice Using a Compass or GPS

- Compass or GPS, for each pair of girls
- Map of campsite and surrounding area, one for each girl
- Pens, pencils

Activity 4: Make a One-Pot Meal

- Supplies and ingredients for a one-pot meal

Trailblazing 2

Activity 5: See the Stars

- Constellation guide
- Blankets for star gazing (optional)
- Paper
- Pens, pencils for girls to draw the night sky

Activity 6: Tell a Progressive Story

- Campfire or lanterns

Activity 7: Closing Ceremony: Trailblazing Badge Award

- Trailblazing badge, one for each Cadette

DETAILED ACTIVITY PLAN

(**Note to volunteers:** This meeting is designed to be held while girls are camping out.)

Activity 1: As Girls Arrive: Campsite Checklist

Time Allotment

5 minutes

Materials

- Campsite Checklist, one for each Cadette
- Pens, pencils

SAY:

When you arrived, you set up the campsite. Use this Campsite Checklist to make sure your campsite is nature friendly and safe.

Activity 2: Opening Ceremony: Camp Set-Up, Safety, Leave No Trace and Kapers

Time Allotment

10 minutes

Materials

- Flag
- **Leave No Trace for Older Girls** handout, one for each Cadette
- Kaper chart with kapers for each Cadette

Trailblazing 2

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Go over **Campsite Checklist** handout and remind Cadettes about Leave No Trace.
- Go over camp safety and kaper chart.

SAY:

When you got to camp, you worked to set it up. Let's go down the items on the checklist to see how you did.

Is the area for your campsite flat and dry?

Were the sticks and stones cleared away?

Did you set up a separate area for sleeping, cooking and dishwashing?

For your cooking area:

Can animals get at your food?

Are your coolers stashed in animal-proof containers?

Are there two trees nearby where you can tie a rope between them to hang things?

For your sleeping area:

Are the tents spread out so there isn't too much traffic in one area?

Are the openings to your tents facing each other? (Suggest that girls arrange tents in a circle so all openings face each other.)

For your fire building area:

Are you using a fire ring that is already at the campsite?

What kind of sticks are you using to build your fire? (Remind girls that the wood they draw must be dead, fallen wood from the ground, not off live trees or plants.)

Are there any trees or plants near your fire ring?

What size fire will you make? (Remind girls that smaller fires are better for the environment.)

How will you extinguish your fire? (Remind girls they will need a large stick or shovel and bucket of water nearby.)

Have girls discuss solutions for anything that needs changing.

SAY:

When you leave a campsite, what do you do with your trash? (Answer: Take it out with you or dispose of it in approved trash bins on the campgrounds.)

Trailblazing 2

When you leave a campsite, what should it look like? (**Answer:** As good as or better than you found it.)

Let's go over the Leave No Trace principles.

SAY:

Have any of you practiced Leave No Trace since you arrived at camp? Explain how.

Now you know how to keep nature safe. Let's keep each other safe, too. Tell me what it means to:

Use the buddy system. (**Answer:** You are paired with another Cadette and you should stay together at all times. You can warn each other about danger or get assistance if something happens.)

Protect yourself from weather. (**Answer:** Wear sunscreen or a hat when it's sunny and hot. Wear a raincoat or jacket when it's cold and rainy.)

Be careful around a campfire. (**Answer:** Wear closed-toe shoes. Don't walk over a fire. When you are tending a fire, make sure to tie your hair back or wear a bandana on your head.)

Protect your food from wildlife. (**Answer:** Store food away from tents and out of reach of animals. If necessary, hang food from a rope stretched between two trees and make sure all food is packed in closed containers.)

Go over the kaper chart and the kapers each girl will do.

Activity 3: Practice Using a Compass or GPS

Time Allotment

30 minutes

Materials

- Compass or GPS, for each pair of girls
- Map of campsite and surrounding area, one for each girl
- Pens, pencils

Steps

- Girls learn how to use a compass and GPS.
- Girls break into pairs and practice navigating using a compass or GPS on a short hike.

(**Note to volunteers:** You will probably need more time for this activity.)

SAY:

First break into pairs.

Trailblazing 2

Then, trace out a short hiking route on the map.

We'll go on a hike together and you will use your GPS or compass to navigate it, marking the direction or coordinates on the map.

Demonstrate for girls how to use a compass or GPS.

Then take girls on a short hike and have them mark direction or coordinates at frequent stops to compare with the rest of the group later.

When girls return, have them share maps to see if they have similar directions or coordinates on their maps.

Activity 4: Make a One-Pot Meal

Time Allotment

30 minutes

Materials

- Supplies and ingredients for a one-pot meal

Steps

Girls break into teams to make a one-pot meal. One team does preparation, one cooks, one cleans up. A fourth team is in charge of food storage. (Note to volunteers: You will likely need more than the allotted time for this activity.)

SAY:

When you planned your meals, you brought the ingredients you need. Now let's make a one-pot meal together.

(Note to volunteers: Make this a fast and easy meal, like cooking a can of turkey chili in a pot.)

You'll break up into four teams.

*One team will do the **preparation and set up** (cut vegetables, if needed. Set up plates, napkins, whatever is needed)*

*One will do the **cooking** (boiling water, etc.)*

*One will do the **cleanup**. Make sure everything is properly recycled. Use three buckets or deep pans for dishwashing. The first is for hot, soapy water; the second holds clean water for rinsing; the third is either for boiling water or cool water with a health department approved sanitizing solution. Sanitize dishes by placing them in a net bag and immersing in boiling water for one minute, or according to the directions of the sanitizing solution. Hang the net bags to air dry.*

Trailblazing 2

One will do the **food safety and storage**. This might mean repackaging some foods into plastic bags. Make sure all food is protected from animals like in an animal-proof area (hung on a tree) and in closed containers.

Activity 5: See the Stars

Time Allotment

20 min

Materials

- Constellation guide
- Blankets for star gazing (optional)
- Paper
- Pens, pencils for girls to draw the night sky

Steps

Cadettes do a nighttime activity and observe the night sky.

SAY:

One of the most memorable things about being on a camp out is being away from it all and out in the natural world. Especially at nighttime.

Have girls sit on blankets to observe the night sky and write/draw what they see. Compare their findings to a constellation guide to see if any of what they see matches up.

SAY:

Now that you've out your stargazing skills to the test, take a minute to see what you can hear. Close your eyes and listen to the night sounds.

After a few minutes, have girls describe some sounds they heard.

Activity 6: Tell a Progressive Story

Time Allotment

15 minutes

Materials

- Campfire or lanterns

Steps

Cadettes tell a progressive story while sitting around a campfire or lanterns.

Trailblazing 2

SAY:

One of the best traditions in camping is telling stories around a campfire.

Do this by telling a progressive story.

One girl will start it by saying one or two sentences. Then the next girl will continue the story. And around the circle we'll go until the story ends.

You can even act out your part of the story or tell it in a song!

Activity 7: Closing Ceremony: Trailblazing Badge Award

Time Allotment

5 minutes

Materials

- Trailblazing badge, one for each Cadette

Steps

Cadettes sit in a circle and get their Trailblazing badges.

SAY:

What's been the best part about your Trailblazing experience?

How were you most challenged on your Trailblazing trip?

How would you help someone else plan for an overnight camping trip?

What would you do differently next time?

Give each Cadette a Trailblazing badge.

End the meeting with a Friendship Squeeze.

Primitive Camper 1

OVERVIEW

Notes to Volunteers:

Primitive Camper Requirements: There are two meetings for Cadettes to earn their Primitive Camper badge. Meeting 1 can be held in a meeting room or outdoors. Meeting 2 is designed to be held at a campsite location while girls are camping.

Add An Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside:

To earn the Primitive Camper badge, Cadettes must go camping in a backcountry area or a primitive campground (one without electricity, flush toilets, showers, running water). Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

- Check Safety Activity Checkpoints guidelines before planning any camping trip or outdoor activity.
- Look for camping videos and more in the “Outdoor Resources” on the GSUSA [website](http://www.girlscouts.org/en/adults/volunteer/volunteer-resources/outdoor-resources.html) <http://www.girlscouts.org/en/adults/volunteer/volunteer-resources/outdoor-resources.html>.
- Explore **Venture Out!** <http://gsuniversity.girlscouts.org/resource/venture-out/>, an online resource that provides guidance to volunteers less familiar with taking girls outdoors.
- Read the book *Outdoor Education in Girl Scouting* for helpful tips.
- Read “**Girl Scout Readiness in Camping**” in **Meeting Aids** to get progressive camping tips, for first-time campers to girls who are more experienced campers.
- Check out the **Outdoor Progression Chart here**. https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/for-adults/volunteer/GSUSA_OutdoorProgression.pdf
- Read **Explaining Leave No Trace** in Meeting Aids: An important part of preparing girls for the outdoors is to help them understand and embrace the seven basic principles of Leave No Trace when camping.
- Go to the Leave No Trace **website** <https://lnt.org/teach/leave-no-trace-every-kid> to find teaching resources and fun nature camping activities.

Make the Most of the Outdoor Journey: Use the Talking Points (But Make Them Your Own): In each session, you'll find suggested talking points under the heading “SAY.” Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going—but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have

Primitive Camper 1

learned. Research shows that when we use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. “Learning by doing” and “cooperative learning” are built into this Journey, thanks to the hands-on activities and tips. You’ll also find specific “keep it girl-led” tips in the meeting plans. They’ll help you create an experience where girls know they can make choices and have their voices heard.

Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

If You Have a Multi-Level Troop: Read **Tips for Working with Multi-Level Groups for Older Girls in Meeting Aids** to get hands-on tips for how to deal with younger girl/older girl scenarios.

Prepare Ahead

- Create and print out the following questionnaire for Activity 1: As Girls Arrive, one for each Cadette:
Cadette Camper Experience
 - Have you ever been camping? If so, what kind?
 - Primitive Camping means no services such as running tap water, showers, flush toilets or electricity: What would you miss most on a backcountry camping trip without electricity and water?
 - What are you most excited about going on a backcountry camping trip without electricity and water?
- Print **Leave No Trace for Older Girls** handout from Meeting Aids, one for each Cadette, for Activity 3: Leave No Trace.
- For Activity 4: Camp Planning: Across the top of a white board or poster board, write: “Camp Questions” and “Camp Plan.” Under “Camp Questions” write: Where will you go? When will you go? How will you get there? What kind of gear will you bring? How will you wash and get water? What will you eat? How will you cook your food? Are any permits needed? How much will the trip cost, and how will your group pay for it?
- Gather snack items for Activity 5: Make a Primitive Snack. Check in advance for any food allergies girls might have.
- For Activity 6: Gear Share and Compare: Gather materials for waterproofing gear: plastic trash bags and various size plastic sealable baggies.

Primitive Camper 1

- For Activity 6: Gear Share and Compare: Send an email out in advance to parents asking that girls make a trip to a gear supply store to find out about camping equipment before your first meeting. Then request Cadettes bring camp gear items to the meeting, such as:
 - Reusable water bottle
 - Flashlight with extra batteries
 - Long-sleeved jacket
 - Poncho or raincoat
 - Closed-toe shoes
 - Sun protection: hat with a brim, sunscreen, lip balm, and sunglasses
 - First aid kit
 - Pocket potty: Toilet paper, plastic sealable baggies, trowel)
 - Any medications you may need (inhaler, EpiPen)
 - Emergency food (such as trail mix or granola bars)
 - Whistle
 - Matches in a waterproof container
 - Rope
 - Bug spray
 - Sleeping bag and sleeping pad
 - Dutch oven or cook pots
 - Cooler to hold food
 - Cooking utensils
 - Extra trash bags
 - Mess kit (plate, utensils, cup)
 - Battery-operated or propane lantern
 - Socks
 - Backpack or duffel bag
 - Compass and map of the area

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Primitive Camper 1

Ask your network to help:

- Bring art and camping supplies and gear for meetings
- Bring camping equipment and gear for a camp out
- Bring a camera, smartphone, or video camera to document the meetings and camp out
- Assist with camping activities in meetings
- Help plan the menu for camping trip and do the shopping in advance
- Volunteer to go on troop campouts

Award Connection

Cadettes will not earn a badge in this meeting. They will earn their Primitive Camper badge at the end of Meeting 2.

Note: You can buy the Primitive Camper badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Cadette Camper Experience

- Printout of Cadette Camper Experience, one for each Cadette
- Pens, pencils

Activity 2: Opening Ceremony: Welcome to Primitive Camping

- Flag
- Girls' Cadette Camper Experience from Activity 1

Activity 3: Leave No Trace

- **Leave No Trace** handout, one for each Cadette

Primitive Camper 1

Activity 4: Primitive Camp Planning

- Paper
- Pencils
- White board or poster board with “camping questions” and “camping plan” written on top. Under camping questions, write: Where? When? Budget? Permits? Gear?

Activity 5: Snack Break: Dehydrated Snack

- Before options: Assorted raw fruits and vegetables
- After options: Store-bought dried fruits and vegetables: kale chips, banana chips, sundried raisins, apple chips, etc. (Note to volunteer: If you have a food dehydrator and can do so, prepare some snacks in advance.)
- Dehydrator (optional)
- Pen and paper for camp menu planning

Activity 6: Gear Share, Layering & Waterproofing

- Equipment and gear that Cadettes brought to the meeting
- Waterproof materials: trash bags and various size plastic baggies

Activity 7: Closing Ceremony: Kaper Chores and Leave No Trace Pledge

- None

DETAILED ACTIVITY PLAN

(Note to volunteers: You can hold this meeting in a meeting room or outdoors.)

Activity 1: As Girls Arrive: Cadette Camper Experience

Time Allotment

5 minutes

Materials

- Printout of Cadette Camper Experience, one for each Cadette
- Pens, pencils

Steps

Welcome Cadettes and have them fill out the Cadette Camper Experience.

Primitive Camper 1

SAY:

Take a minute to fill out the Cadette Camper Experience and get ready to share some of your camp memories and skills.

Activity 2: Opening Ceremony: Welcome to Primitive Camping

Time Allotment

10 minutes

Materials

- Flag
- Girls' Cadette Camper Experience from Activity 1

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Cadettes share camping experiences and talk about what Primitive Camping means.

SAY:

You'll be earning your Primitive Camper badge, which means you'll be planning and taking a camping trip in the backcountry.

What does primitive or backcountry camping mean to you?

(Possible answers: Away from an established campsite, no electricity, no cell phone service; have to gather own water, etc.)

Many of you have camped out before, some even camped out to earn your Trailblazer badge.

Share what you filled out when you arrived about your camping experience:

Have you ever been camping? If so, what kind?

(Possible answers: Backyard, at a campsite, backpacking, multi-day camping)

What would you miss most on a backcountry camping trip without electricity and water?

(Possible answers: Cell phone service, a flush toilet, a shower, sleeping on a regular bed)

What are you most excited about going on a backcountry camping trip without electricity and water?

(Possible answers: Being in the wild, cooking meals, going backpacking, seeing things in nature)

Activity 3: Leave No Trace

Time Allotment:

10 minutes

Primitive Camper 1

Materials:

- **Leave No Trace** handout, one for each Cadette

Steps:

- Have girls talk about ways they will protect nature while camping in the backcountry.

SAY:

When you went camping before, what do you remember about Leave No Trace? What principles did you practice?

Let's go over the Leave No Trace principles, which you'll be using on your Primitive Camper trip.

I'll name the principle and share what you think it means.

Plan Ahead.

(Answer: Plan ahead so you leave nothing behind and protect nature. For example: You will store your food in containers and protect it from wildlife. You will find out about your campsite in advance, for example, is your trash "Pack It In, Pack It Out"? Where will you get water? Build a fire? Go on a hike?)

Travel and Camp on Durable Surfaces.

(Answer: Walk only on paths and hard, compact surfaces. Be careful not to step on plants and flowers. Stay on established trails. Camp at established campsites whenever possible.)

Dispose of Waste Properly.

(Answer: Pack out what you carried in including all trash, leftover food and toilet paper.)

Leave What You Find.

(Answer: Leave nature as it is, which means leave rocks, plants and other natural objects as you find them. Don't build structures, dig ditches or cut healthy trees or bushes.)

Minimize Campfire Impacts.

(Answer: Campfires are a special part of a Girl Scout's outdoors experience: If you do build a campfire, keep it small and make sure it doesn't harm any plants or wildlife. Use an established fire ring, if available. Can you gather firewood? Do you have fire-building permits, if needed? Keep your fire small, and put it out properly.)

Respect Wildlife.

(Answer: Don't approach, feed, or follow any animals—watch them from a distance.)

Be Considerate of Other Visitors.

(Answer: Respect other visitors so they have a good experience in the outdoors, too. Yield to other users on the trail, camp away from trails and other visitors, keep your voice and noise level down.)

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Activity 4: Primitive Camp Planning

Time Allotment

25 minutes

Materials

- Paper
- Pencils
- White board or poster board with “camping questions” and “camping plan” written on top. Under camping questions, write: Where? When? Budget? Permits? Gear?

Steps

- Show Cadettes the two columns on the board; explain they will break into teams to do some planning.
- Break Cadettes into teams of three to four each.
- Have them discuss and write up a plan for their camping trip using the questions as a guide.
- When they finish, gather girls to go over their camping trip goals and make a plan as a group.

SAY:

You will break up into teams and come up with answers to these items and share when you're done.

Your gear is part of camping planning. You'll talk more about gear later so skip that question.

Here's what you'll figure out with your group:

- *Where do you want to go?*
- *When do you want to go?*
- *What permits do you need, if any? Are campfires allowed?*
- *What is your budget? What kind of money earning will you need to do? Do you want to use your troop's Girl Scout Cookie money?*

When Cadettes are done, write their answers on the board as they volunteer their suggestions.

Come up with a group decision about where to go, when, and what type of budget it will take. Don't worry about getting into details about a menu plan or about the campsite.

Give Cadettes a chance to talk about ideas they like (or don't like).

Activity 5: Snack Break: Dehydrated Snack

Time Allotment

15 minutes

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Materials

- Before options: Assorted raw fruits and vegetables
- After options: Store-bought dried fruits and vegetables: kale chips, banana chips, sundried raisins, apple chips, etc. (Note to volunteer: If you have a food dehydrator and can do so, prepare some snacks in advance.)
- Dehydrator (optional)
- Pen and paper for camp menu planning

Steps

Cadettes learn about dehydrated food and, if available, see what a dehydrator looks like and learn how to use one. They snack on raw fruits and veggies and dehydrated (snack chips).

SAY:

Dehydrated food is a great option for camping, especially for side trips and hikes—it's an easy way to bring along lightweight, nutrient-dense food.

(**Note to volunteer:** If you have a dehydrator, show girls how to use it. You won't have time to see the raw foods dehydrate, so show girls what it looks like from the snack packs as the "after.")

While girls are snacking, plan a menu for the Primitive Camping trip. Have girls come up with simple meals for breakfast-lunch-dinner and snacks for the number of days they need.

Activity 6: Gear Share, Layering & Waterproofing

Time Allotment

20 minutes

Materials

- Equipment and gear that Cadettes brought to the meeting
- Waterproof materials: trash bags and various size plastic baggies

Steps

- Cadettes display the gear they brought and do a share and compare.
- Cadettes waterproof their gear and practice layering.

SAY:

Camping with a group makes it easier because you can share gear items. Look at what's displayed and decide what things you can share.

(Girls may decide they only need one stove, one set of cooking pots/utensils, one first-aid kit, one cooler, etc.)

Primitive Camper 1

SAY:

Now let's play a layering-waterproofing game. Break into two teams. I'll call out the weather and one by one, grab whatever gear you think you need, including clothing, and put it on.

Make sure to "waterproof" your gear if it's wet outside. For example, you'll want to put matches or gear in plastic baggies or trash bags if it's raining.

Weather condition is:

- *Hot.*
- *Cold and sunny.*
- *Cold and damp.*
- *Windy.*
- *Raining.*
- *Overcast.*
- *Cold in the morning, hot during the day.*
- *Snowing.*
- *Thunderstorm.*

Activity 7: Closing Ceremony: Kaper Chores and Leave No Trace Pledge

Time Allotment

5 minutes

Materials

- None

Steps

- Cadettes sit in a circle, volunteer for kaper chores, and make a Leave No Trace pledge.

SAY:

I'll read out some campsite chores and write down your name next to ones you want to do. You can volunteer for more than one thing!

Make snacks.

Prepare meals.

Clean up cooking area.

Fire builder.

Fire extinguisher.

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Set table for meals.

Clean up after meals.

Fill pots for dishwashing.

Clean and dry dishes.

Help set up sleeping bags or tents.

Help take down sleeping bags or tents.

Pack up kitchen area before you leave.

Clean up campsite area before you leave.

Set up washing area with water and buckets.

Can you think of more kapers?

You've learned about Leave No Trace while camping. Let's go around and say one thing that you will remember to do to when you go on your trip.

End the meeting with a Friendship Squeeze.

Primitive Camper 2

OVERVIEW

Notes to Volunteers:

Primitive Camper Requirements: There are two meetings for Cadettes to earn their Primitive Camper badge. Meeting 1 can be held in a meeting room or outdoors. Meeting 2 is designed to be held at a campsite location while girls are camping.

Add An Extra Meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the badge requirements.

Prepare to Take Girls Outside: To earn the Primitive Camper badge, Cadettes must go camping in a backcountry area. Get support from your council and GSUSA for information about best practices for Girl Scouts in the outdoors:

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- Read the book *Outdoor Education in Girl Scouting* for helpful tips.
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- Check out the **Outdoor Progression Chart here**. https://www.girlscouts.org/content/dam/girlscouts-gsusa/forms-and-documents/for-adults/volunteer/GSUSA_OutdoorProgression.pdf
- Read **Explaining Leave No Trace** in Meeting Aids: An important part of preparing girls for the outdoors is to help them understand and embrace the seven basic principles of Leave No Trace.
- Go to the Leave No Trace **website** <https://Int.org/teach/leave-no-trace-every-kid> to find teaching resources and fun nature camping activities.

Make the Most of the Outdoor Journey: Use the Talking Points (But Make Them Your Own): In each session, you'll find suggested talking points under the heading “SAY.” Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Leave Time for the Closing: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going—but the Closing Ceremony is absolutely key to their learning. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Research shows that when we use reflection with girls, their learning and enjoyment in activities goes up, so use reflection after activities like a hike or your campout. Ask them about how they felt during

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the activity. What did they learn? How will they use what they have learned? Did any of the activities ignite a passion that could be used for a Take Action project?

Use Girl Scouts' Three Processes: Girl-led, learning by doing, cooperative learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back. “Learning by doing” and “cooperative learning” are built into this Journey, thanks to the hands-on activities and tips. You’ll also find specific “keep it girl-led” tips in the meeting plans. They’ll help you create an experience where girls know they can make choices and have their voices heard.

Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Complete the Surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

Prepare Ahead

- Print **Campsite Checklist** from Meeting Aids, one for each Cadette.
- Prepare a kaper chart on a poster board for Activity 2: Opening Ceremony. Insert girls’ names with chores they volunteered for in Meeting 1.
- Print **Leave No Trace for Older Girls** handout from Meeting Aids—one for each Cadette—for Activity 2: Opening Ceremony.
- Gather supplies for Activity 3: Water Purification Test.
- Gather ingredients and supplies for Activity 4: Make a Simple Camp Meal.
- Gather ropes and hatchets for Activity 5: Knots and Hatchets.
- Recruit adults who are experienced with demonstrating how to safely use a hatchet for Activity 5: Knots and Hatchets.
- Gather supplies for Activity 6: Build an Emergency Shelter.
- Purchase Primitive Camper badges, one for each Cadette.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls’ parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Bring art and camping supplies and gear for meetings
- Bring camping supplies and gear for the camp out
- Bring a camera, smartphone, or video camera to document the meetings and camp out

Primitive Camper 2

- Assist with camping activities in meetings
- Volunteer to go on troop camp outs

Award Connection

Cadettes will earn their Primitive Camper badge at the end of Meeting 2.

Note: You can buy the Primitive Camper badge, one for each Cadette, from your council shop or on the Girl Scout website.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- Some activities might require more time, so add an extra meeting if you need to.

MATERIALS LIST

Activity 1: As Girls Arrive: Campsite Checklist

- **Campsite Checklist**, one for each Cadette
- Pens, pencils

Activity 2: Opening Ceremony: Camp Set-Up, Safety, Leave No Trace and Kapers

- Flag
- **Leave No Trace for Older Girls** handout, one for each Cadette
- Kaper chart with kapers for each Cadette

Activity 3: Water Purification Test

- Materials for Water Purification:
 - Portable water filters
 - Chemical tablets
 - Portable stove and pot to boil water

Activity 4: Make a Simple Camp Meal

- Supplies and ingredients for a simple camp meal

Primitive Camper 2

Activity 5: Knots and Hatchets

- Long ropes, one for each pair of Cadettes
- Hatchet, one for each team of Cadettes

Activity 6: Build an Emergency Shelter

- Tarp or garbage bags
- Wood gathered from the area (be sure to return it to where you found it)
- Long sticks to use as stakes or tent poles
- Duct tape
- Scissors
- String
- Any other materials girls might use to build a shelter

Activity 7: Closing Ceremony: Primitive Camper Badge Award

- Primitive Camper badge, one for each Cadette

DETAILED ACTIVITY PLAN

(**Note to volunteers:** This meeting is designed to be held while girls are camping out.)

Activity 1: As Girls Arrive: Campsite Checklist

Time Allotment

5 minutes

Materials

- **Campsite Checklist**, one for each Cadette
- Pens, pencils

SAY:

When you arrived, you set up the campsite. Use this Campsite Checklist to make sure your campsite is nature friendly and safe.

Activity 2: Opening Ceremony: Camp Set-Up, Safety, Leave No Trace and Kapers

Time Allotment

10 minutes

Primitive Camper 2

Materials

- Flag
- **Leave No Trace for Older Girls** handout, one for each Cadette
- Kaper chart with kapers for each Cadette

Steps

- Recite the Pledge of Allegiance and the Promise and Law.
- Go over **Campsite Checklist** handout and remind Cadettes about Leave No Trace.
- Go over camp safety and kaper chart.

SAY:

When you got to camp, you worked to set it up. Let's go down the items on the checklist to see how you did.

Is the area for your campsite flat and dry?

Were the sticks and stones cleared away?

Did you set up a separate area for cooking, hand washing, and dishwashing?

For your cooking area:

Can animals get at your food?

Are your coolers stashed in animal-proof containers?

Are there two trees nearby where you can tie a rope between them to hang things?

For your sleeping area:

Are the tents spread out so there isn't too much traffic in one area?

Are the openings to your tents facing each other? (Suggest that girls arrange tents in a circle so all openings face each other.)

For your fire building area:

Are you using a fire ring that is already at the campsite?

What kind of sticks are you using to build your fire? (Remind girls that the wood they draw must be dead, fallen wood from the ground, not off live trees or plants.)

Are there any trees or plants near your fire ring?

What size fire will you make? (Remind girls that smaller fires are better for the environment.)

How will you extinguish your fire? (Remind girls they will need a shovel and bucket of water nearby.)

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Have girls discuss solutions for anything that needs changing.

SAY:

When you leave a campsite, what do you do with your trash? (Answer: Take it out with you or dispose of it in approved trash bins on the campgrounds.)

When you leave a campsite, what should it look like? (Answer: As good as or better than you found it.)

Let's go over the Leave No Trace principles.

SAY:

Have any of you practiced Leave No Trace since you arrived at camp? Explain how.

Now you know how to keep nature safe. Let's keep each other safe, too. Tell me what it means to:

Use the buddy system. (Answer: You are paired with another Cadette and you should stay together at all times. You can warn each other about danger or get assistance if something happens.)

Protect yourself from weather. (Answer: Wear sunscreen or a hat when it's sunny and hot. Wear a raincoat or jacket when it's cold and rainy.)

Be careful around a campfire. (Answer: Wear closed-toe shoes. Don't walk over a fire. When you are tending a fire, make sure to tie your hair back or wear a bandana on your head.)

Protect your food from wildlife. (Answer: Store food away from tents and out of reach of animals. If necessary, hang food from a rope stretched between two trees and make sure all food is packed in closed containers.)

Go over the kaper chart and the kapers each girl will do.

Activity 3: Water Purification Test

Time Allotment

10 minutes

Materials

- Materials for water purification:
 - Portable water filters
 - Chemical tablets
 - Portable stove and pot to boil water

Steps

- Go over the three methods of water purification with Cadettes.

Primitive Camper 2

- Break Cadettes into three teams of 3–4 to test each method.
- Have a blind water taste test and have girls grade how the water tastes.

(**Note to volunteers:** You will likely need more than the allotted time for this activity.)

SAY:

The water at campgrounds is not always safe to drink.

Even a sparkling-clear water source can be contaminated with bacteria, chemicals, and viruses.

So it's important to use one of these three methods to purify your water:

Portable water filters: *Pump water from the source into a container with a filter. The filter's built-in system cleans the water.*

Chemical tablets: *These tablets use chemicals, like iodine, to purify water.*

Boiling water: *Bring your water to a boil, pour it into a container, and let it cool.*

You will break into three teams to try these purification systems. Afterwards we'll have a blind taste test!

When Cadette teams are done, do a taste test to find out whose purification method made the best water.

Activity 4: Make a Simple Camp Meal

Time Allotment

20 minutes

Materials

- Supplies and ingredients for a simple camp meal

Steps

Girls break into teams to make a simple camp meal. One team does preparation, one cooks, one cleans up. A fourth team is in charge of food storage. (Note to volunteers: You will likely need more than the allotted time for this activity.)

SAY:

When you planned your meals, you brought the ingredients you need. Now let's make one of those simple meals together.

(**Note to volunteers:** Make this a fast and easy meal, like cooking a can of turkey chili in a pot.)

You'll break up into four teams.

Primitive Camper 2

One team will do the **preparation and setup**. (Cut vegetables, if needed. Set up plates, napkins, whatever is needed.)

One will do the **cooking** (boiling water, etc.).

One will do the **cleanup**. Make sure everything is properly recycled. Use three buckets or deep pans for dishwashing. The first is for hot, soapy water; the second holds clean water for rinsing; the third is either for boiling water or cool water with a health department approved sanitizing solution. Sanitize dishes by placing them in a net bag and immersing in boiling water for one minute, or according to the directions of the sanitizing solution. Hang the net bags to air dry. Dispose of grey water by scattering water over a large area.

One will do the food **safety and storage**. This might mean repackaging some foods into plastic bags. Make sure all food is protected from animals like in an animal-proof area (hung on a tree) and in closed containers.

Activity 5: Knots and Hatchets

Time Allotment

20 min

Materials

- Long ropes, one for each pair of Cadettes
- Hatchet, one for each team of Cadettes

Steps

Cadettes break into teams to work with an adult to practice tying a square knot and clove hitch knot. Cadettes work with an experienced adult to learn how to safely use a hatchet. (Note to volunteers: You will likely need more than the allotted time for this activity.)

SAY:

You may have learned how to tie some knots—like the square knot and the clove hitch—in Girl Scouts already, but this is a good time to practice them.

Break into pairs and work with an adult to tie knots. Come up with one you haven't tried, like a monkey's fist knot!

When girls are done with knot tying, have them stay in teams (with an adult) to learn how to safely use a hatchet.

SAY:

Now each team will work with an experienced adult to learn how to use a hatchet.

(Note to volunteer: If possible and with proper campsite permission, have girls practice using a hatchet by splitting larger pieces of wood for kindling or to help clear wood or brush from trails.)

Primitive Camper 2

Activity 6: Build an Emergency Shelter

Time Allotment

15 minutes

Materials

- Tarp or garbage bags
- Wood gathered from the area (be sure to return it to where you found it)
- Long sticks to use as stakes
- Duct tape
- Scissors
- String
- Any other materials girls might use to build a shelter

Steps

Cadettes break into teams to build an emergency shelter. (**Note to volunteers:** You will likely need more than the allotted time for this activity.)

SAY:

Part of primitive camping is having survival skills, and one is being able to build an emergency shelter.

Who might use an emergency shelter? (Answer: Adventurers, hikers, homeless people, people affected by a natural disaster)

Break into teams and use materials to build a shelter. Be creative and find things you can use but make sure not to take anything out of nature without putting it back.

While girls are building, ask:

How will you make sure your shelter is protected from wind or rain?

What size will you make it? How many people will be able to fit?

Activity 7: Closing Ceremony: Primitive Camper Badge Award

Time Allotment

5 minutes

Materials

- Primitive Camper badge, one for each Cadette

Primitive Camper 2

Steps

Cadettes sit in a circle and get their Primitive Camper badges.

SAY:

What's been the best part about your Primitive Camper experience?

How were you most challenged on your Primitive Camping trip?

What would you tell others about what Primitive Camping means?

How would you help someone else plan for a Primitive Camping trip?

What would you do differently next time?

Give each Cadette a Primitive Camper badge.

End the meeting with a Friendship Squeeze.

Take Action 1

OVERVIEW

Notes to Volunteers:

Cadette Take Action Requirements

The Cadette Outdoor Journey consists of three badges—Night Owl, Trailblazing, Primitive Camper—and three Take Action meetings.

To complete the Outdoor Journey, have girls complete the meetings in the following order:

- Night Owl badge (2 meetings)
- Trailblazing badge (2 meetings)
- Primitive Camper badge (2 meetings)
- Take Action (3 meetings)

Girls must complete a Take Action project at the end of the Cadette Outdoor Journey.

Get Help for Take Action

There are three Take Action meetings: one for planning, one for creating and carrying out a project, and one for awards and celebration. Look for this helpful Take Action Guide in the Meeting Aids resources section:

- **Girl Scout Volunteer Take Action Guide:** Find out the difference between community service and a Take Action project, steps for a Take Action project, how to make a project sustainable, and ways girls can Take Action.
- **Bronze, Silver, Gold Awards with Take Action:** Find out the requirements to earn a Highest Award while working on a Take Action project.

Make the Most of the Take Action Meetings

Use the talking points (but make them your own): In each session, you'll find suggested talking points under the heading "SAY." Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Add an extra meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the Take Action project.

Use Girl Scouts' three processes: Girl-Led, Learning By Doing, Cooperative Learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back.

"Learning by doing" and "cooperative learning" are built into this Journey, thanks to the hands-on activities and tips. You'll also find "keep it girl-led" tips in the meeting plans. They'll help you create an experience where girls know they can make choices and have their voices heard.

Take Action 1

Read “Think-Pair-Share” in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Leave time for the Closing Ceremony: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going, but the Closing Ceremony is absolutely key to their learning, especially when you take time for reflection. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Ask girls:

- *What did you learn? What did you like best?*
- *How would you share what you learned with others?*
- *In what ways did your troop work together?*

Complete the surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

If You Have a Multi-Level Troop: Read **Tips for Working with Multi-Level Groups for Older Girls in Meeting Aids** to get hands-on tips for how to deal with younger girl/older girl scenarios.

Prepare Ahead

- Gather supplies.
- If your meeting location doesn't have a flag, bring a small one from home to either hang or have the girls take turns holding.
- For Activity 1, As Girls Arrive, write these prompts on a poster board or whiteboard: What did you *stop* doing? What do you do *less*? What do you *keep* doing? What would you do *more*?
- For Activity 2: Opening Ceremony, print out **Leave No Trace for Older Girls** in Meeting Aids, one for each girl.
- For Activity 2: Opening Ceremony, print out or make a poster of the **Girl Scout Promise and Law**.
- For Activity 2: Opening Ceremony, print out **7 Steps to Take Action** in Meeting Aids, one for each girl.
- Have the list of Take Action project ideas that girls suggested and you collected throughout badge meetings.
- For Activity 2: Opening Ceremony, on a poster board or whiteboard, write “Take Action Project” ideas.
- For Activity 4: Closing Ceremony, on a poster board or whiteboard, write: My Take Action Project is _____. Then create columns for the following:

What I Need:

- o People: People: Who can help with your project?
- o Supplies: Will you need to create posters? Print handouts?
- o A space: Will you need a place to do your project? Do you need transportation to get somewhere?
- o Money: Do you need to put together a budget? Will you use cookie earnings to support this project?
- o What else?

Take Action 1

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, cousins, and friends.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- Bring supplies.
- Bring a camera, smartphone, or video camera to document the meetings.
- Assist with helping girls come up with and create their Take Action project.

Award Connection

In the final Take Action meeting, Cadettes will earn their Take Action award.

- From your council shop or the Girl Scout website, buy the Take Action awards, one for each Cadette.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- There is no snack time activity in these meetings, but there's enough extra time built in for snack breaks if girls want them.

MATERIALS LIST

Activity 1: As Girls Arrive: Take Action Trailblazer

- Pens, pencils
- Index cards, 4 for each Cadette
- Poster board or whiteboard with these prompts: What did you *stop* doing? What do you do *less*? What do you *keep* doing? What would you do *more*?

Activity 2: Opening Ceremony: Brainstorming Take Action

- Flag
- Printout or poster of the **Girl Scout Promise and Law**
- **7 Steps to Take Action in Meeting Aids**, one for each girl
- **Leave No Trace for Older Girls** in Meeting Aids, one for each girl

Take Action 1

- Whiteboard or poster board
- Markers
- Tape

Activity 3: Deciding on a Take Action Project

- Sticky notes
- Pens/pencils
- Printed handout of the list of Take Action project ideas you've collected throughout meetings, one for each team of Cadettes

Activity 4: Closing Ceremony: Get Ready to Take Action!

- On a poster board or whiteboard, write: My Take Action Project Is _____. Then create columns for the following:

What I Need:

- People: Who can help with your project?
- Supplies: Will you need to create posters? Print handouts?
- A space: Will you need a place to do your project? Do you need transportation to get somewhere?
- Money: Do you need to put together a budget? Will you use cookie earnings to support this project?
- What else?

DETAILED ACTIVITY PLAN

Activity 1: As Girls Arrive: Take Action Trailblazer

Time Allotment

10 minutes

Materials

- Pens, pencils
- Index cards, 4 for each Cadette
- Poster board or whiteboard with these prompts: What did you stop doing? What do you do less? What do you keep doing? What would you do more?

Steps

Cadettes think about earning their Outdoor badges and what it means to protect the environment. Cadettes write down things they stopped doing, do less of, keep doing, and want to do more.

Take Action 1

SAY

You will start planning your Take Action project today.

But before you do, think about what you did to protect the environment when you earned your Night Owl, Trailblazing and Primitive Camper badges. On one index card write “Stop.” On another write “Less.” On another write “Keep.” On the last, write “More.”

Now write your answers to these questions that are written on the poster board/whiteboard.

Since you earned your Outdoor badges:

*What did you **stop** doing? (Example: Drink bottled water. Pick plants or flowers outdoors.)*

*What do you do **less** of? (Example: Use less water or electricity at home, use less paper, etc.)*

*What do you **keep** doing that you did before? (Example: Love and protect animals, recycle, etc.)*

*What do you want to do **more** of? (Example: Find new ways to help others, share ways to protect nature, etc.)*

Activity 2: Opening Ceremony: Brainstorming Take Action

Time Allotment

20 minutes

Materials

- Flag
- Printout or poster of the **Girl Scout Promise and Law**
- **7 Steps to Take Action** in **Meeting Aids**, one for each girl
- **Leave No Trace for Older Girls** in **Meeting Aids**, one for each girl
- Whiteboard or poster board
- Markers
- Tape

Steps

- Recite the Pledge of Allegiance and the Girl Scout Promise and Law.
- Have Cadettes share their index cards from Activity 1.
- Have Cadettes review Leave No Trace principles to inspire Take Action ideas.

SAY:

In this meeting, you will decide on a Take Action project.

Take Action 1

Before we start, let's go around and share your index cards.

Tape the index cards under each column: Stop, Less, Keep, More. Ask girls if they see a trend or pattern in the responses, are there repeats? What do girls think that means? Are they passionate about a certain issue? Do Cadettes see any ideas for a Take Action project here?

Ask Cadettes to take turns reading aloud the **7 Steps to Take Action** handout. Invite girls to discuss or ask questions about anything they've read.

SAY:

Today we'll be taking steps 1-4. Next meeting you'll plan and carry out your Take Action project.

Ask Cadettes to read their **Leave No Trace** handout.

SAY:

When you did the Trailblazing and Primitive Camper badges, you learned about Leave No Trace and protecting the environment. Do you remember how you practiced the principles when camping?

Did any of those experiences give you ideas for a Take Action project?

Add the girls' ideas to the whiteboard or poster board.

Activity 3: Deciding on a Take Action Project

Time Allotment

35 minutes

Materials

- Sticky notes
- Pens/pencils
- List of Take Action project ideas you've collected throughout the Outdoor badge meetings.
- Take Action poster board or whiteboard.

Steps

Divide Cadettes into teams to decide on Take Action project ideas.

SAY:

Now you will decide on a Take Action project.

First let's go over the list of Take Action ideas you came up with during your badge meetings and add them to the list on the poster board/whiteboard.

Take Action 1

Divide girls into teams of 3–4. Give each team index cards and pens.

Each team will look at the ideas on the whiteboard/poster board to pick ones they like the best. You can also come up with a new idea or an idea of how to carry out your Take Action project.

Then, as a team, decide on your top three (3) top ideas you want to do. Write each down on a sticky note, one for each idea. If you only have one favorite idea, that's OK, too!

When Cadettes are done, tape or post sticky notes on a Take Action poster board or whiteboard. Organize by similar ideas.

SAY:

Now, as a group, you'll decide what you want to do.

Give Cadettes a chance to talk about the ideas they like (or don't like).

If they disagree, help them build their conflict-resolution skills.

Remind them to speak with respect, listen to other people, and perhaps even develop a new idea together that everyone likes.

Instead of stepping in and making the decision for them, help them talk about the pros and cons of each project.

To help Cadettes zero in on their top choices, ask open-ended questions, such as:

- *Which of these project ideas sounds like the most fun?*
- *Which projects would help you learn something new?*
- *Which ones will make you feel proud when you're done?*

To help them think about which projects are realistic, ask open-ended questions, such as:

- *Are there any ideas that might be hard to do right now?*
- *It will probably cost a lot of money to do X. As a troop, we have \$X to spend. What do you think we should do? We could put it on a list to do later or we could come up with another idea that doesn't cost so much. What do you think?*

If Cadettes are divided between a few ideas, ask them to choose one top idea and keep the others as backups. You can also have girls vote; just make sure that anyone whose idea wasn't chosen knows that it was a good idea and that it might be used later.

Cadettes may reach an agreement quickly. If they don't, note the top 2 or 3 ideas and facilitate an agreement using "fist to five":

- *If you're holding up 5 fingers, you love it!*
- *4 fingers: it's good.*

Take Action 1

- *3 fingers: you're OK with the idea.*
- *2 fingers: you're OK with it but perhaps want to make a little change.*
- *1 finger: you'd like to talk about making more changes.*
- *And a closed fist, no fingers: you really don't like it!*

After Cadettes make a decision, have girls do a group cheer.

SAY:

*Now that you've decided on your project, you'll brainstorm ideas about how you want to **do** your Take Action project.*

Offer things for Cadettes to think about, depending on what Cadettes want to do. For example:

If girls want to make a video, how will they film it?

- What do they want to say?
- Do they want to wear costumes?
- Do they want to use music?
- How will they show it to people: at a school assembly, at a gathering of their families, by having an adult post it (safely) online?

If girls want to create posters for their school, what materials will they need?

- Who can they ask for permission to put the posters on the walls?
- How should they ask for permission? If they want to make a presentation to the principal, what should they say?
- Once they get permission, what should the posters say?
- What will they look like? When do they want to hang up the posters?
- Do they want to get other students to join them?

The ideas are endless! **Keep It Girl-Led** by giving just one or two examples and then see where the girls take it.

Remind girls that good teamwork is important. Encourage girls to take turns; make sure each girl has a role.

SAY:

Is there anything you need to make in order to carry out your project? Is there someone you need to ask for help?

How could you do that? What would you say?

(Note to Volunteers: You may need to pave the way for Cadettes to Take Action by calling school or town officials to get permission for what the girls want to do. Or set up a time for them to meet the officials to

Take Action 1

make their Take Action proposal. If possible, guide the conversation so Cadettes come up with ideas about how you can help them so they have the experience of connecting with others to Take Action.)

Offer positive feedback and specific examples of what you observed, such as girls listening to each other, cooperation, and compromising.

Keep a list of the “to do” items Cadettes are suggesting, for example: materials they need, people they need to talk to, etc.

Activity 4: Closing Ceremony: Get Ready to Take Action!

Overview

Cadettes make a plan for their Take Action project.

Time Allotment

10 minutes

Materials

- On a poster board or whiteboard, write: My Take Action Project Is _____. Then create columns for the following:

What I Need:

- People: Who can help with your project? How many people will you need?
- Supplies: What will you need to create posters? Print handouts?
- A space: Will you need a place to do your project? Do you need transportation to get somewhere?
- Money: Do you need to put together a budget? Will you use cookie earnings to support this project?
- What else?

Steps

Have Cadettes prepare for their Take Action project by making a “to do” list. Then have girls form a Friendship Circle.

SAY:

You made a team decision about your Take Action project.

Write the Take Action project on the poster board/whiteboard.

SAY:

The next step will be to create and carry out the project in your next meeting.

Have girls fill in the “to dos” on the poster board/whiteboard.

Take Action 1

SAY:

People: Who can help with your project?

Supplies: Will you need to create posters? Print handouts?

A space: Will you need a place to do your project? Do you need transportation to get somewhere?

Money: Do you need to put together a budget? Will you use cookie earnings to support this project?

What else?

(Note to volunteer: Remind Cadettes about any materials they might need, a reminder for girls to bring props if they're performing a skit, names of people girls need to talk to, etc.)

SAY:

Be sure to share your Take Action project idea with your friends and family and ask for their help and support.

Remember, Cadettes can change the world!

End the meeting with a Friendship Squeeze.

Take Action 2

OVERVIEW

Notes to Volunteers:

Cadette Take Action Requirements

The Cadette Outdoor Journey consists of three badges—Night Owl, Trailblazing, Primitive Camper—and three Take Action meetings.

To complete the Outdoor Journey, have girls complete the meetings in the following order:

- Night Owl badge (2 meetings)
- Trailblazing badge (2 meetings)
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- Take Action (3 meetings)

Girls must complete a Take Action project at the end of the Cadette Outdoor Journey.

Get Help for Take Action

There are three Take Action meetings: one for planning, one for creating and carrying out a project, and one for awards and celebration. Look for this helpful Take Action Guide in the Meeting Aids resources section:

- **Girl Scout Volunteer Take Action Guide:** Find out the difference between community service and a Take Action project, steps for a Take Action project, how to make a project sustainable, and ways girls can Take Action.

Make the Most of the Take Action Meetings

Use the talking points (but make them your own): In each session, you'll find suggested talking points under the heading "SAY." Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Add an extra meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the Take Action project.

Use Girl Scouts' three processes: Girl-Led, Learning By Doing, Cooperative Learning—these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back.

"Learning by doing" and "cooperative learning" are built into this Journey, thanks to the hands-on activities and tips. You'll also find "keep it girl-led" tips in the meeting plans. They'll help you create an experience where girls know they can make choices and have their voices heard.

Read "Think-Pair-Share" in Meeting Aids: Find out how to make sure all girls are heard when making team decisions.

Take Action 2

Leave time for the Closing Ceremony: If girls are having fun doing an activity, you may be tempted to skip the Closing Ceremony so they can keep going, but the Closing Ceremony is absolutely key to their learning, especially when you take time for reflection. One of the most important components of any activity is allowing time for the girls to reflect on what they have learned. Ask girls:

- *What did you learn? What did you like best?*
- *How would you share what you learned with others?*
- *In what ways did your troop work together?*

Complete the surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

Prepare Ahead

- Gather supplies for the Take Action project. For example, girls may need:
 - A smartphone or camera if girls are creating a video
 - Poster board if they're making signs
 - A laptop if girls are making PowerPoint slides for a presentation to the school principal, park superintendent, or city council
 - Material for costumes if they're putting on a skit
 - Paper and markers to create list of after-project partners
- If you need more adult helpers, let them know the time and place of the meeting and brief them on what the girls are doing.
- Bring the Take Action "to do list" on the poster board/whiteboard from previous meeting.
- Talk to people who are needed to help Cadettes to complete their Take Action project. For example:
 - If the girls have decided to make posters about saving water for their school or local library, call the school/library office to set up a time when the Cadettes can make their proposal in person.
 - If they want to put on a skit at the community center, talk to an administrator about how to arrange that.
 - If they want to make a presentation to the city council or with a park superintendent, call the office to find out how to schedule that.
- If your meeting location doesn't have a flag, bring a small one from home to either hang or have the girls take turns holding.
- For Activity 2: Opening Ceremony: Print out or make a poster of the **Girl Scout Promise and Law**.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, cousins, and friends.
- Other volunteers who have offered to help with the meeting.

Take Action 2

Ask your network to help:

- Bring supplies.
- Bring a camera, smartphone, or video camera to document the meetings.
- Assist with helping girls come up with and create their Take Action project.

Award Connection

In the final Take Action meeting, Cadettes will earn their Take Action award.

- From your council shop or the Girl Scout website, buy the Take Action awards, one for each Cadette.

Meeting Length

90 minutes

- The times given for each activity may be different depending on how many Cadettes are in your troop, so adjust accordingly.
- Give Cadettes 10- and 5-minute warnings before they need to wrap up the last activity so you'll have time for the Closing Ceremony.
- There is no snack time activity in these meetings, but there's enough extra time built in for snack breaks if girls want them.

MATERIALS LIST

Activity 1: As Girls Arrive: Plan!

- Poster paper or whiteboard with "To-Do list" from previous meeting
- Colored markers
- Pens and pencils

Activity 2: Opening Ceremony: Why Is Our Project Important?

- Flag
- Printout or poster of the **Girl Scout Promise and Law**
- Paper
- Colored markers

Activity 3: Taking Action!

- Paper
- Pens or colored markers

Take Action 2

Activity 4: Closing Ceremony: How Will Our Project Last?

- Paper
- Markers

Awards

Girls do not receive any awards in this meeting.

DETAILED ACTIVITY PLAN

Activity 1: As Girls Arrive: Plan!

Time Allotment

10 minutes

Materials

- Poster paper or whiteboard with “Take Action To-Do list” from previous meeting
- Colored markers
- Pens and pencils

Steps

Have girls go over their plan about what will need to be done to complete their Take Action project.

SAY:

You came up with a Take Action project in your last meeting. As a group, go over the “Take Action to-do list” you came up with at the last meeting to make sure you have everything you need.

If something’s missing or still needs to happen, come up with a plan for what to do.

Activity 2: Opening Ceremony: Why Is Our Project Important?

Time Allotment

10 minutes

Materials

- Flag
- Printout or poster of the **Girl Scout Promise and Law**

Steps

- Recite the Pledge of Allegiance and the Girl Scout Promise and Law.

Take Action 2

- Have Cadettes talk about why they think their Take Action project is important to the community.

SAY:

You've learned about how to make a difference in the world, to spot problems, work as a team, and come up with solutions. Now you're going to help others by taking action—and we know that you will make a difference!

In our last meeting, you came up with a plan for your Take Action project.

Finish this sentence: We're about to team up and Take Action to_____.

Ask each Cadette to share with the group the focus of their Take Action project.

Activity 3: Taking Action!

Time Allotment

45 minutes

Materials

- Any materials Cadettes need to create and carry out their Take Action project.

Steps

Cadettes work together to build their Take Action project. Using the information on the poster board, have girls create all the components of their project. If need be, girls can break into teams to do different things.

SAY:

Check your master list of what you need to do to create your project. If you need to break into teams to do certain things, that's OK.

Help girls create what they need (posters, videos, presentations, costumes, materials, and scripts).

If girls have a “next step” in their project, remind them about it. For example, they may have decided to start a community garden. What will they need to build the garden? Can they get donations of plants, soil, fertilizers? Who can help them with the work ahead? Permits needed?

If you've done some “behind the scenes” work since the last meeting, such as setting up a meeting for girls with officials or securing permission for their project, let them know about it now.

Congratulate the girls if they've completed their Take Action project in this meeting (if, for example, they've created a video that an adult will now share with friends and family or post safely online).

Take Action 2

Activity 4: Closing Ceremony: How Will Our Project Last?

Time Allotment

10 minutes

Materials

- Paper
- Markers

Steps

Have Cadettes come up with ideas about how to make their project sustainable and plan their Take Action celebration.

SAY:

How do you think you can keep this project going even when you're not around? That's called making it sustainable.

To create sustainable change, you want to make your solution permanent, educate and inspire others to be part of a change, or change a rule, regulation or law.

Here's an example:

You want to help people conserve water by collecting rainwater to water plants.

You can make it permanent this way:

- o *Make rain collection devices for family or friends that can be installed in their yards.*
- o *Give them a list of different ways to use rainwater, and explain how they're helping the Earth.*

You can educate and inspire others this way:

- o *Create a handout, video tutorial, or show-and-tell presentation about how to make a rain collection device, how to use rainwater, and how that helps the Earth.*

How can you keep your Take Action project sustainable?

Offer prompts for Cadettes based on the Take Action project idea, such as:

- o *Will school or park staff be willing to care for the garden?*
- o *Could you ask an older girl troop to help out?*
- o *Should we make a presentation to the community to ask for their help?*

Make a list of the possibilities and decide on several approaches for action.

Now you can plan your celebration!

Take Action 2

Offer prompts for girls to come up with their own ideas for the celebration:

- o Do you want to make a special display of our Take Action photos or show our videos?*
- o Do you want special music? Special snacks?*
- o Is there anyone you want to thank?*
- o What do you want to do for the Closing Ceremony?*

Write down their ideas and tell them you'll help organize this for the next meeting.

SAY:

Let's end the meeting with a high-five for Take Action.

For the next three things I'm about to say, high-five the girl next to you.

Every Girl Scout, from Daisy to Ambassador, does Take Action projects.

(Girls high five.)

It doesn't matter how big or small your project is, it makes a difference in the world.

(Girls high five.)

You're a leader because you work as a team to make the world a better place.

(Girls high five.)

End the meeting with a Friendship Squeeze.

Take Action 3

OVERVIEW

Notes to Volunteers:

Cadette Take Action Requirements

The Cadette Outdoor Journey consists of three badges—Night Owl, Trailblazing, Primitive Camper—and three Take Action meetings.

To complete the Outdoor Journey, have girls complete the meetings in the following order:

- Night Owl badge (2 meetings)
- Trailblazing badge (2 meetings)
- Primitive Camper badge (2 meetings)
- Take Action (3 meetings)

Girls must complete a Take Action project at the end of the Cadette Outdoor Journey.

Make the Most of the Take Action Meetings

Use the talking points (**but make them your own**): In each session, you'll find suggested talking points under the heading "SAY." Some volunteers, especially new ones, find it helpful to follow the script. Others use the talking points as a guide and deliver the information in their own words. Either way is just fine.

Add an extra meeting: The meetings are each designed for 90 minutes. It's perfectly OK to add a meeting to your Outdoor Journey plan if you feel girls need more time completing the Take Action project.

Use Girl Scouts' three processes: Girl-Led, Learning By Doing, Cooperative Learning: these three processes are the key to making sure girls have fun in Girl Scouts and keep coming back.

"Learning by doing" and "cooperative learning" are built into this Journey, thanks to the hands-on activities and tips. You'll also find "keep it girl-led" tips in the meeting plans. They'll help you create an experience where girls know they can make choices and have their voices heard.

Complete the surveys: Be sure to complete the surveys in the Volunteer Toolkit about your experiences. Your input is important! The data collected is used to enhance the program.

Prepare Ahead

- Bring decorations and snacks.
- Print out or make posters of the **Girl Scout Promise and Law** for girls to hang around meeting room for final celebration.
- Bring a music system.
- Collect all the materials girls created from the Journey, photos of their Take Action projects, and photos and videos you've taken along the way.

Take Action 3

- Invite any special guests (such as people in the community who helped the girls with their Take Action project).
- Send reminders to the girls' families.
- From your council shop or the Girl Scout website, buy the Take Action award, one for each girl.
- If your meeting location doesn't have a flag, bring a small one from home to either hang or have the girls take turns holding.

Get Help from Your Family and Friends Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, cousins, and friends.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- Bring supplies for the Take Action celebration.
- Bring a camera, smartphone, or video camera to document the celebration meeting.

Award Connection

In this meeting, Cadettes earn their Take Action award.

- From your council shop or the Girl Scout website, buy the Take Action awards, one for each Cadette.

Meeting Length

90 minutes

MATERIALS LIST

Activity 1: As Girls Arrive: Get Ready to Celebrate!

- Posters of the **Girl Scout Promise and Law**
- Any items girls want to display (such as photos or videos from their Take Action project and camping trip)
- Photos and videos from the Journey meetings
- Music system
- Decorations
- Snacks

Activity 2: Opening Ceremony: Welcome!

- Flag

Take Action 3

Activity 3: Take Action Awards Ceremony and Celebration

- Take Action award

Note: You can buy the Take Action award from your council shop or on the Girl Scout website.

Activity 4: Closing the Take Action Circle

- None

DETAILED ACTIVITY PLAN

Activity 1: As Girls Arrive: Get Ready to Celebrate!

Time Allotment

10 minutes

Materials

- Posters of the **Girl Scout Promise and Law**
- Any items girls want to display (such as photos or videos from their Take Action project and camping trips)
- Music system
- Decorations
- Snacks

Steps

Have Cadettes set up the meeting room by putting up posters and decorations, including posters of the Girl Scout Promise and Law. Make sure they greet guests as they walk in and offer them a snack.

When guests have all arrived, have girls give a warm welcome to their guests.

Activity 2: Opening Ceremony: Welcome!

Time Allotment

15 minutes

Materials

- Flag

Steps

Have Cadettes recite the Pledge of Allegiance and Girl Scout Promise and Law, then ask them to introduce any special guests.

Take Action 3

Activity 3: Take Action Award Ceremony and Celebration

Time Allotment

55 minutes

Materials

- Take Action award

Note: You can buy this award from your council shop or on the GSUSA website.

Steps

Girls stand in front of guests and share their Take Action project with the group. They can make this into a “show and tell” by showing before and after photos or video from their Take Action project.

Ask Cadettes to stand in front of their audience.

SAY:

Each girl will share something special or important that she learned on the Outdoor Journey.

Give each Cadette a chance to speak.

SAY:

Please step forward when I say your name to accept your awards.

Lead a round of applause for each girl as she steps forward.

SAY:

You have completed your Outdoor Journey and earned your badges. Now you are earning your Take Action award because you did something to make the world a better place.

Now we'll start our celebration!

Include any activities—such as taking photos, dancing, or singing a special song—that girls decided to do as part of the celebration.

Activity 4: Closing Ceremony: Closing the Take Action Circle

Time Allotment

10 minutes

Materials

- None

Take Action 3

Steps

Cadettes and guests stand in a circle. Cadettes lead the closing ceremony and end with a Friendship Squeeze.

SAY:

We'd like to end our time together with a closing ceremony.

Have Cadettes and guests stand in a circle and invite their guests to join in.

Ask girls to go around the circle and say a word or two about what their Take Action project meant to them.

Have Cadettes lead the close of the meeting in the way they chose, such as a song, poem, or a cheer.

SAY:

And now we'll finish with our Girl Scout tradition, a Friendship Squeeze.

End the meeting with a Friendship Squeeze with Cadettes and guests.



Cadette

Outdoor Journey Meeting Aids



Leave No Trace

An important part of preparing girls to head outdoors is to help them understand and embrace the seven basic principles of Leave No Trace.

Leave No Trace principles help girls understand how to enjoy the natural world in a way that avoids human-created impacts. These principles can be applied anywhere girls go outside, whether it's a backyard, a schoolyard, a state park or the backcountry.

Depending on your troop level, share or create a handout with these Leave No Trace principles for appropriate age groups:

Leave No Trace for Daisies, Brownies, and Juniors:

Know Before You Go.

Pack the right gear for your outdoor trip. Know the rules for where you are going.

Choose The Right Path.

Stay on marked trails, don't take shortcuts and trample plants and flowers.

Trash Your Trash.

Make sure to put all trash, including food, in a bag or covered trash can.

Leave What You Find.

Don't pick flowers and plants, hurt trees, or collect anything from the outdoors, like pinecones or seashells.

Be Careful With Fire.

If allowed to build a fire, make sure it's a small one. Follow safety rules. And make sure the fire is completely out before you leave.

Respect Wildlife.

Watch wildlife from a distance.

Be Kind To Other Visitors.

Be nice to others you meet in the outdoors. Try not to make loud noises.

Leave No Trace for Cadettes, Seniors, and Ambassadors:

Plan Ahead.

Find out about the place you are going. Are there special regulations or concerns for the area? Do you have the right gear for the weather?

Travel and Camp on Durable Surfaces.

Stay on established trails. Camp at established campsites whenever possible.

Dispose of Waste Properly.

Pack out what you carry in including all trash, leftover food and litter.

Leave What You Find.

Leave nature as it is, which means leave rocks, plants and other natural objects as you find them. Don't build structures, dig ditches or cut healthy trees or bushes.

Minimize Campfire Impacts.



Campfires are a special part of a Girl Scout's outdoors experience: Only start a fire in an established fire ring, keep it small, and put it out properly.

Respect Wildlife.

Don't approach, feed or follow any animals, watch them from a distance.

Be Considerate of Other Visitors.

Respect other visitors so they have a good experience in the outdoors, too. Yield to other users on the trail, camp away from trails and other visitors, keep your voice and noise level down.



Brainstorming Tips: Think, Pair, Share

Think, Pair, Share is a great way to make sure all girls have a chance to be heard when making troop decisions.

HOW TO RUN A THINK, PAIR, SHARE ACTIVITY:

Lead girls through the basic steps by telling them they will:

Break into small groups.

Listen to the question or prompt.

Think about their answers.

- Girls may want to write their answers down.
- Twenty seconds should be enough time, since girls will need to sit quietly.

Pair with other girls.

- Girls talk with one to three other girls (depending on group size), making sure everyone has a chance to share their answers. If there's time, it's OK for girls to ask questions about each other's answers.
- For pairs, 20 seconds should be enough time. If your troop enjoys discussion, consider extending this to 1 to 2 minutes.

Share with the group.

- Girls share their answers with the larger group.
- This can be completed in 20–30 seconds, but will run longer based on group size and how the group sharing is done.

There are two ways to set up group sharing:

Strongly recommended: One girl shares the best/most interesting/summary answer for the group. This approach is great if you're running short on time. It also helps develop conflict resolution and compromise skills.

Optional: Each girl shares her partner's answer. This helps girls develop active listening skills, but will run longer because all girls are sharing.



Tips for Working with Multi-Level Groups for Older Girls

Leading a multi-level troop can be lots of fun, but also challenging!

Multi-level troops are naturally set up to create a more girl-led environment.

- Older girls have a unique opportunity to lead. They can serve as role models for younger girls, creating an enhanced leadership experience for all involved. They can explain more advanced concepts, which gives younger girls a powerful near-peer experience.
- Younger girls have aspiration built right into their experience. As they interact with the older girls, they learn what's possible for them.

Multi-level troops offer all girls a diversity of perspective. When they do an activity together:

- Older girls approach it with confidence and skill, based on their experience.
- Younger girls bring a sense of wonder and imagination that makes the activity more creative and fun for the older girls.

Follow these tips and insights to help make your multi-level troop experience with Cadettes, Seniors and Ambassadors fun, not challenging:

- Offer younger girls more concrete guidance to help them express their thoughts and come up with ideas.
- Older girls will have more nuanced understandings of interpersonal interactions and how Girl Scouts can take action, as well as more in-depth knowledge about the subject matter. They will bring up more complex concepts, which won't be familiar to younger girls. This is a great opportunity to ask older girls to share their knowledge with younger girls. Ask questions like, "Can you give us an example of that?" or "Can you describe that for everyone in the group?"
- Sometimes older girls have a variety of experience and it seems impossible to get all the girls on the same page. That's all OK; just customize your activities based on your experience with your troop and make sure they have the opportunity to come to a consensus.
- Younger girls might need more help and it's natural that older girls will help them, too. But make sure to treat older girls like troop members, not as mini-troop leaders.



- Help older girls feel welcomed and valued by giving them leadership opportunities, such as guiding a discussion or acting as a scribe. Cadettes may want to earn their Leader in Action award by mentoring the younger girls.
- Give older girls more responsibility in troop decision-making. While all girls should be involved in decision-making at some level, older girls will be able to offer good insights about how to make things work better for them. When older girls make a suggestion that can reasonably be implemented, try it out and acknowledge their contribution.
- Encourage all girls to help hand out supplies and snacks and be part of how the meeting is run.



Leave No Trace Principles for Older Girls

Plan Ahead.

Find out about the place where you are going. Are there special regulations or concerns for the area? Do you have the right gear for the weather?

Travel and Camp on Durable Surfaces.

Stay on established trails. Camp at established campsites whenever possible.

Dispose of Waste Properly.

Pack out what you carry in including all trash, leftover food, and litter.

Leave What You Find.

Leave nature as it is, which means leave rocks, plants and other natural objects as you find them. Don't build structures, dig ditches, or cut healthy trees or bushes.

Minimize Campfire Impacts.

Campfires are a special part of a Girl Scout's outdoor experience: Only start a fire in an established fire ring, keep it small, and put it out properly.

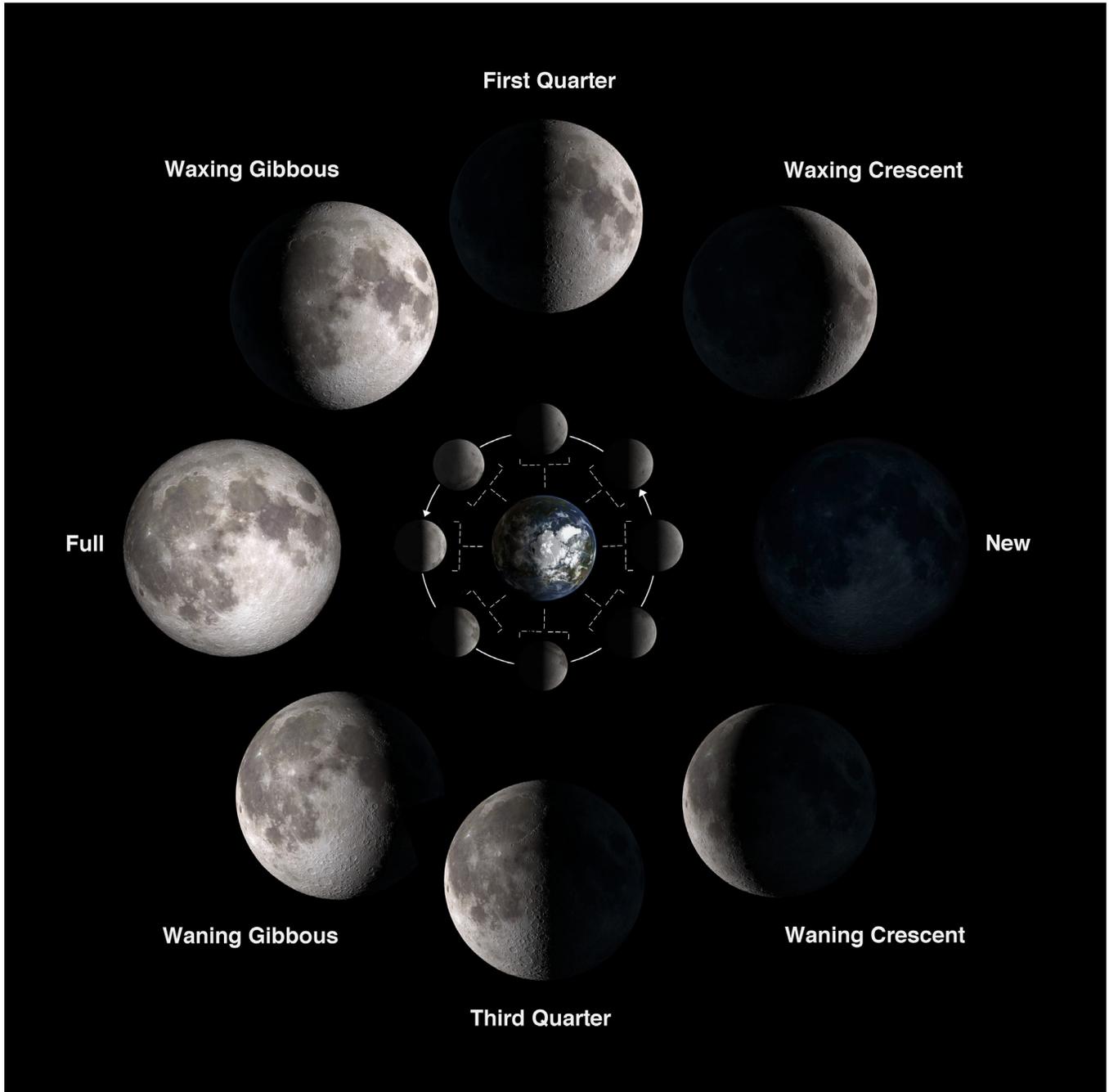
Respect Wildlife.

Don't approach, feed, or follow any animals—watch them from a distance.

Be Considerate of Other Visitors.

Respect other visitors so they have a good experience in the outdoors, too. Yield to other users on the trail, camp away from trails and other visitors, keep your voice and noise level down.

Night Owl 1



Night Owl 1

SAY GOOD NIGHT ACROSS THE WORLD



Language	“Good Night”	Say It This Way
German	Guten nacht	<i>goo-ten knock</i>
Tibetan	Simjah nahnggo	<i>sim-shag nang-go</i>
Italian	Buonanotte	<i>bu-oh-na no-tay</i>
Norwegian	God natt	<i>goo naht</i>
Japanese	Oyasuminasai	<i>oh-yah-so-me-nah-sigh</i>
French	Bonne nuit	<i>bohn nwee</i>
Swahili	Lala salama	<i>lah-lah sah-lah-mah</i>
Polish	Dobranoc	<i>doe-brah-nots</i>
Hebrew	Laila tov	<i>lie-lah tohv</i>
Tamil	Iniya iravu	<i>ee-nee-yah ee-ra-voo</i>
Russian	Spokojnoj nochi	<i>spah-kohy-nuhy noh-chee</i>



Girl Scouts Readiness in Camping

Minimal Impact Outdoor Skills

A core value of Girl Scouting is to encourage environmental stewardship and leadership by practicing Leave No Trace principles and minimal impact camping to help protect the natural environment.

Leave No Trace skills are reflected in the Outdoor Journeys as girls move through a progressive series of activities, like backyard campouts, overnights at Girl Scout facilities, hikes in local and state parks, or trips in back country wilderness areas.

Some of the concepts of minimal impact camping can be taught before girls go camping. Girls need to understand that their daily actions have an effect on the environment. For example:

- At troop meetings each girl should be responsible for cleaning up after herself, not wasting materials, turning off unnecessary lights, conserving water, and leaving the meeting place cleaner than she found it.

When girls move from an indoor setting to the outdoors, have them:

- Find out what to wear for different kinds of weather.
- Go outdoors for a hike, backyard sleep out, or nature walk.
- Appreciate the environment by spotting different types of plants, or watching birds and animals.
- Learn safety rules for outdoor activities.
- Learn to read a map to get where she wants to go.
- Try some simple camp food preparation.

The First Overnight Trip

Overnights away from home allow girls to test themselves in a new but safe circumstance that they helped plan and prepare. Girls grow as a result because they:

- Learn teamwork skills.
- Forge friendships.
- Build self-confidence.
- Learn how to live and work in a new environment.
- Build bonds with adults.
- Increase their skills and feel good about their accomplishments.

The first time away on Girl Scout trip is a big step and real adventure, especially for younger girls. Consider these guidelines for a girl's first overnight:

- She should want to go.
- She should not be afraid to be away from her home or family overnight (and her family should be prepared to let her go).
- She should be able to cope with new circumstances such as:



- meeting new people
- visiting strange places
- darkness (no electricity or nightlight), different night noises, insects, and other small creatures
- sleeping in a strange bed or on a pad on the floor
- She can function as a member of the group.
- She is willing to sleep, eat, and play with all girls, not just her best friends.
- She can be flexible, not always have her own way.
- She can share her space and manage it with little privacy.

The following indicators can help you know if a girl has the skills and knowledge to enjoy an overnight experience:

- She can participate in planning a simple trip; use a kaper chart or similar assignment sheet, and follow written, verbal, or illustrated instructions for food preparation.
- She can wash dishes, clean up the kitchen for cooking area, and store food properly.
- She has practiced packing and repacking her luggage, unrolling and rolling her bedroll or sleeping bag, using a flashlight, etc.
- She has been on a series of day trips, has participated in cookouts, or has been on an overnight backyard or family camp trip.

What type of overnight?

When girls are ready for an overnight camping trip, the next step is to decide what type of experience is right. Usually:

- Younger girls camp in lodges, cabins, backyards or platform tents at an established Girl Scout site.
- Older, more experience campers choose a more challenging type of camping such as backpacking, horse packing, or a canoe trip.

Your Girl Scout council has policies and procedures regarding appropriate distances and types of trips for girls and can provide guidance. Always consult Safety Activity Checkpoints for important camping guidelines.



CAMPSITE CHECKLIST

Is the area for your campsite flat and dry?

Were the sticks and stones cleared away?

Did you set up a separate area for cooking, hand washing, and dishwashing?

For your cooking area:

Can animals get at your food?

Are your coolers stashed in animal-proof containers?

Are there two trees nearby where you can tie a rope between them to hang things?

For your sleeping area:

Are the tents spread out so there isn't too much traffic in one area?

Are the openings to your tents facing each other?

For your fire building area:

Are you using a fire ring that is already at the campsite?

What kind of sticks are you using to build your fire?

Are there any trees or plants near your fire ring?

What size fire will you make?

How will you extinguish your fire?



Girl Scout Volunteer Take Action Guide

What's the difference between a community service project and a Take Action project?

Community Service makes the world better by addressing a problem “right now.” For example, collecting cans of food for a food pantry feeds people “right now.” Gathering toys for a homeless family shelter makes kids happy “right now.” Providing clothing and toiletries to people after a fire or flood helps them “right now.” These acts of kindness are important ways to help people—right now.

Take Action encourages girls to develop a project that is sustainable. That means that the problem *continues* to be addressed, even after the project is over. Sustainability simply means coming up with a solution that lasts.

For example, girls might want to do something about trash in a local park. If they go to the park and pick up trash, they've solved the problem for today—but there will be more trash to pick up tomorrow.

Instead, girls could explore *why* there's so much trash. Here's what they might discover:

1. There aren't enough trash cans in the park.
2. The trash cans are hard to find.
3. People have to walk out of their way to throw away trash because of where the cans are placed.
4. People don't realize the importance of putting trash in the trashcans.

Here's how girls might address these issues:

Issues 1–3: Make a presentation to the city council to report on their findings and make suggestions for improvement, such as adding more trash cans or moving them to more visible or convenient positions.

Issue 4: Create a public awareness campaign that encourages people to use the trash cans instead of littering.

What are the steps of a Take Action project?

Girls team up to:

- Identify a problem
- Come up with a sustainable solution
- Develop a team plan
- Put the plan into action
- Reflect on what they learned



Keep it girl-led: Girls should actively participate in each step in order for this to be girl-led. Younger girls will need more guidance, but they can and should decide as a team what problem they want to address.

How do girls make their project sustainable?

Here are three ways to create sustainable change:

1. Make your solution permanent.
2. Educate and inspire others to be part of the change.
3. Change a rule, regulation or law.

Here are some specific examples you can use to help girls understand what sustainable Take Action projects look like.

Keep it girl-led: These examples are intended to give a sense of what a Take Action project could look like at different grade levels. Please do **not** choose a project from this list for girls to do! If girls are told what to do, they won't learn key leadership skills, such as decision-making, compromise, conflict resolution, and teamwork.

Issue: We could conserve water if more people collected rainwater and used it to water plants.

Solution 1: *Make it permanent.*

Make rain collection devices for family or friends that can be installed in their yards. Give them a list of different ways to use rainwater and how they're helping the Earth.

Solution 2: *Educate and inspire others.*

Create a handout, video tutorial, or show-and-tell presentation about how to make a rain collection device and how to use rainwater—and how that helps the Earth.

Issue: Parents often run their engines outside the school as they wait to pick up or drop off their children, which pollutes the air.

Solution: *Change a rule, regulation or law.*

Make a presentation to the school board or administrators about why this is a problem and suggest a new rule that makes the pick-up/drop-off area a "no idling" zone.

Issue: There's no sidewalk along a street near the elementary school, which makes it dangerous for children to walk home.

Solution: *Make it permanent.*

Make a presentation to the city council about the problem and suggest that they build a sidewalk.

Note: Even if the council doesn't vote to create a sidewalk, the girls have earned their Take Action award because they came up with a sustainable solution and took action through their presentation.

Extra Inspiration: Do an online search for "Girl Scout Brownies Convince City Hall to Build Sidewalk."



Issue: There have been several accidents at a busy intersection that doesn't have a stoplight.

Solution: *Make it permanent.*

Research the number of accidents and make a presentation to the city council, asking that they have a stoplight installed.

Issue: The local park doesn't have a swing for children with disabilities.

Solution: *Make it permanent.*

Make a presentation to the city council explaining the problem and offering to use troop money from the cookie sale to help pay for the swing.

Extra Inspiration: Do an online search for "How One Brownie Troop Became Social Entrepreneurs."

Issue: We should recognize women who have helped their communities and made the world a better place in all kinds of ways.

Solution: *Educate and inspire others.*

Research the "hidden figures" in your community (unsung women who've done great things). Create a display about their accomplishments for a library or community center.

Issue: The local shelter is having a hard time getting rescue animals adopted.

Solution: *Educate and inspire others.*

Use your photography skills to create pet portraits for the shelter's website. Use your writing skills to craft heart-warming bios for each portrait.

33 Ways to Take Action

1. Make and install something outside (benches, bird houses, dog run, ropes course, sensory trail, Little Library, etc.)
2. Plant something (butterfly garden, tree, wind chime garden, etc.)
3. Make something inside (Maker Space, reading room, etc.)
4. Create a collection (children's books children's hospital or family shelter, oral histories for town museum, etc.)
5. Advocate for building a permanent community improvement (sidewalk, bridge, park, streetlights, stoplight, walking trail, etc.)
6. Do a show-and-tell
7. Create a poster campaign
8. Perform a skit
9. Make a "how to" handout
10. Draw a comic
11. Give a speech
12. Write and perform a song
13. Make an animated movie



14. Make a live-action movie
15. Make a presentation
16. Create a workshop (perhaps in partnership with a local business or organization) to teach a skill such as coding, camping, canoeing, robotics, sewing, car care, healthy eating, gardening, home repair, budgeting, etc.
17. Create a workshop to teach others about healthy living (exercise, nutrition, mental health, etc.)
18. Create a social media campaign
19. Make video tutorials to teach a skill
20. Organize an email campaign
21. Organize a petition
22. Organize an event (concert, play, poetry slam, art exhibit, sporting event, field day) to raise awareness about an issue
23. Make a “playbook” to help others follow your lead (how to mentor robotics teams, organize a workshop or event, advocate with city council, create an online petition, change a law, etc.)
24. Make an app that helps people take action on an issue
25. Create a website
26. Write an op-ed or letter to the editor of a newspaper or magazine
27. Start a blog
28. Make a presentation to your school principal
29. Make a presentation to your school board
30. Make a presentation to your city council
31. Speak up at your representative’s town hall meeting
32. Create an online petition
33. Advocate for a law with your state government

Need other ideas?

Check out “Girls Changing the World” on the GSUSA website [<http://www.girlscouts.org/en/for-girls/girls-changing-the-world.html>]. Girls post their Take Action and Bronze/Silver/Gold Award projects on this site. You can search by project topic or grade level. (And after the troop has done their project, please post it so they can inspire other girls!)



Handout: Girl Scouts Bronze, Silver and Gold Awards

Awards	Girl Scout BRONZE Award®	Girl Scout SILVER Award®	Girl Scout GOLD Award®
Grade	Girls must be in 4th or 5th grades and a registered Girl Scout Junior.	Girls must be in 6th, 7th, or 8th grades and a registered Girl Scout Cadette.	Girls must be in 9th, 10th, 11th, or 12th grades and a registered Girl Scout Senior or Ambassador.
Overview	Complete a Junior Journey. Be part of a group where girls take the lead. Take action on a community issue the group cares about. Help and guidance provided by the volunteer. Suggested hours included in the girl, adult, and council material. *Council approval needed for any money-earning.	Complete a Cadette Journey. Work as an individual or in a small group where girls take the lead. Take action on a community issue that the girls care about. Help and guidance provided by the volunteer. Suggested hours included in the girl, adult, and council material. *Council approval needed for any money-earning.	Complete two Journeys (Senior or Ambassador) or earn the Silver Award and complete one Senior or Ambassador Journey. Individually girl-led; girl selects and recruits her project advisor. Take action on a community issue the girl cares about. Help and guidance provided by project advisor. Suggested hours included in the girl, adult, and council material. *Council approval needed for any money-earning.
Take Action Project	Group Take Action project focuses on something the girls care about that they would like to improve within their Girl Scout or local community. Puts the Promise and Law into action.	Individual or group Take Action project that focuses on something girls care about and makes the local neighborhood or community better. Puts the Promise and Law into action.	Individual Take Action project that focuses on something girls care about and makes a lasting impact in the local community, region, or beyond. Puts the Promise and Law into action.
Sustainable	After the project is complete, girls develop an understanding of sustainability by talking together about how solutions can be lasting.	Girls demonstrate an understanding of sustainability in the project plan and implementation.	Take Action project includes provisions to ensure sustainability.
Global	After the project is complete, girls develop an understanding of the wider world by talking together about how others may experience the same problem that their project helped resolve.	Girls connect with new friends outside their immediate community, learn how others have solved similar problems, and determine whether others' ideas can help with their plan.	Girls identify national and/or global links to their selected issue. They learn from others and develop a plan to share the results of their project beyond the local community.
Project Approval	Volunteer	Volunteer or council	Council or council's Gold Award Committee
Resources	Junior Journey book Bronze Award guidelines on GSUSA website Adult guide on GSUSA website Council guide on Pearl Council learning opportunities	Cadette Journey book Silver Award guidelines on GSUSA website Adult guide on GSUSA website Council guide on Pearl Council learning opportunities	Senior and/or Ambassador Journey books Gold Award guidelines on GSUSA website and Go Gold Online Adult guide on GSUSA website Council guide on Pearl Council learning opportunities



7 Steps to Take Action

1. Choose an issue

- Make a list of all the issues you care about, from hunger to homelessness to caring for animals.
- Look around your community. What problems do you see? Add them to your list.
- Pick one issue to focus on right now, and save that list of ideas for future Take Action projects.

2. Learn about your issue

- Talk to experts to get more information.
- Talk to the people you want to help and ask them what they need.

3. Test possible solutions

- Brainstorm some possible solutions, and then get suggestions about how to improve them from experts, the people you want to help, and others.
- Use the feedback to help you choose the one idea you want to focus on.

4. Make your solution sustainable so that the change continues even after the project is done. You can:

- *Make your project permanent.* When you create something physical, the change is lasting. For example, you could:
 - install swings at your local park;
 - convince the city council to build a new sidewalk or create bike lanes;
 - or
 - make benches for an outdoor area at your school.
- *Spread the word.* When you increase awareness of an issue, you inspire others to take action, too. That “ripple effect” keeps the change going. For example, you could:
 - put on a skit at a school assembly about how to save water;
 - create and post a video about the dangers of distracted driving; or
 - develop a social media campaign to get teens across the country to sign an anti-bullying pledge.
- *Change the rules.* When you get a regulation or law changed, the effects will last. For example, you could:
 - lobby the school board to change rules about dress codes or computer access;



- research traffic accidents in your town and lobby for lower speed limits; or
- work with the principal to create a “no idling” zone in front of the school.

5. Make a plan

- Create a timeline of what you need to do.
- List all the resources you need, including materials and money.
- Ask other people—like friends, family, neighbors, teachers, and local business owners—to help you.

6. Reflect

- When your project’s done, take some time to think about what worked, what didn’t, and what you would do differently in the future. This step is key to developing as a leader!

7. Celebrate

- Taking action to make the world a better place is a huge accomplishment. Pat yourself on the back and thank everyone who helped you along the way!

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.