



It's Your Story—  
Tell It!  
A LEADERSHIP JOURNEY

# girl scouts nation's capital Journey Planner

# AMUSE

**Junior**  
GRADES  
**4-5**

ENJOY YOUR TRAVELS  
ALONG A LEADERSHIP  
JOURNEY—ADD ON ALL  
THE SIDE TRIPS  
YOU WANT.

THE GIRL SCOUT  
**JUNIOR**  
EXPERIENCE

OUTDOORS  
DILLEY PARK

COOKIES

TRADITIONS

TRIPS

JUNIOR JOURNEY

BADGES

GIRL SCOUT  
**BRONZE**  
AWARDS

START





## aMUSE Journey Planner for Leaders

The following booklet is a guide to help troops complete a Journey while still participating in traditional Girl Scout events and earning badges. These activities are categorized by:

**Traditions**—Combine Girl Scout traditions throughout the year with Journey activities.

**Earn It!**—Earn the Journey awards by completing these activities.

**Badge Connections**—These badges complement the theme and lessons of the Journey.

**Enrichment**—These particular activities add value to the experience.

This information is divided into seasons to help you plan out your year. Read through the entire booklet before you mark your calendars. Some activities may take longer than one meeting, and some activities are to be done outside of the troop meeting. Check with your girls as you get ready for each activity to see if they have already done something similar in school. If they have, encourage them to reflect on it with the troop, count it towards their requirements, and move on to the next part of the Journey.

*On this Journey,  
girls will explore all  
the different roles  
women and girls  
hold in the world.*

The best tools for girls and adults on their Journey adventure are *How to Guide Girl Scout Juniors Through aMUSE\** (referred to as the adult guide) and *It's Your Story—Tell It! A Leadership Journey aMUSE\** (referred to as the Journey book). The adult guide has prompts to help

leaders guide their troop, and the Journey book has stories, activities, and space for girls to add their reflections as they progress along the Journey.

To complete the aMUSE Journey, girls must earn three awards: Reach Out!; Speak Out!; Try Out!. The Speak Out! Award is the Take Action Project. The requirements for each award can be found on p. 12 in the adult guide. Girls can record their progress using the Award Tracker found on pp. 76-79 in the Journey book.

In this booklet, you will find the requirements for each award on the following pages:

**Reach Out! Award**—p. 3

**Speak Out! Award**—p. 4

**Try Out! Award**—p. 6

Be sure to attend your monthly service unit meetings. These meetings are an opportunity to learn how other troop use the Journeys. Consider celebrating Girl Scout traditions together as a service unit.

*Have a  
wonderful  
Journey!*



\*Girl Scouts of the USA on an ongoing basis reviews the content of the Journey books. Please check the GSUSA Program Section online (<http://www.girlscouts.org/program/journeys/>) and select the Journey series to see if there are any updates. Corrections or changes will be noted in the "Resource Box" located on the right side of the page. Please note that the majority of Journey books have no corrections.

# Introducing the Journey's Theme

**On this Journey**, girls will explore all the different roles women and girls hold in the world. To start this Journey, refer to pp. 30-31 in the adult guide. This is a good time to learn/review the Girl Scout Law. Point out how different roles women hold require certain values from the Law. For example, a police officer is “courageous and strong” while a politician is “responsible for what they say and do.” This activity will help girls get started with their Casting Call Logs.

# Fall

## Logs and Leaders *Earn It!*

This is the first of two activities that must be completed to earn the **Reach Out! Award**. Girls will keep a Casting Call Log of all the women they meet in their daily lives, and connect them to the Girl Scout Law. Directions for this activity can be found on p. 37 in the adult guide and p. 16 in the Journey book. This activity will be ongoing with girls doing the work outside of troop meetings.



## Reaching Out: Planning the Team “Callback”

### *Earn It!*

This is the second activity that must be completed to earn the **Reach Out! Award**. Girls will interview a woman from their Casting Call Log, or decide as a group to interview a panel of women from their Casting Call Logs. Directions for this activity can be found on pp. 43–46 in the adult guide and pp. 28–31 in the Journey book. This activity requires planning if doing a panel interview as a troop.

## Investiture or Rededication Ceremony



### *Tradition*

Usually held in October or November, this ceremony is a time to welcome new members, girls or adults, into the Girl Scout family for the first time, and to allow current members to renew their commitment to the Girl Scout Promise and Law. New members receive their Girl Scout pin at this time.

During this ceremony, girls can incorporate what they have learned about the roles women and girls hold and how those roles are connected to the Girl Scout Law. For example, each girl could read a line from the law and briefly name a woman or girl they have met and how the law relates to her role in the world.

Attend a service unit meeting and talk with other leaders about how they did an investiture or rededication ceremony. Consider planning a service unit-wide ceremony. Read p. 18 in the adult guide to learn more about Girl Scout traditions and ceremonies.

It's Your Story  Tell it!

## Fall Product Sale Program *Tradition*

The Fall Product Sale program is a Council-wide program that combines educational activities with money-earning opportunities for troops. The Fall Product Sale program is directed toward family and friends and enables troops to earn startup money by selling magazine subscriptions, nuts, and candy. The program runs from mid-September to mid-October.

As girls embark on their sale, have them look out for female entrepreneurs in the community. Encourage girls to ask if they have any business tips that may be helpful to their sale and remind them to record the advice and contact info in their Casting Call Log in the Journey book on pp. 16–17.



# Fall

## Encampment or Fall Camping Trip

### Tradition/Earn It!

Wrap up the fall with a troop camping trip or an encampment with other troops in your service unit. Check with your fellow leaders or service unit manager to see if an encampment is planned in your area.

If not, consider teaming up with other troops to plan one. Camping trips are a great opportunity to work on Journeys and badges.

Consider working on the **Speak Out! Award** outdoors.

### **Speak Out! Award**

This is your **Take Action Project** and requires an audience for the final project. If you are camping with other troops then you can complete the award. If not, use your time to

complete the three required activities and plan for the final project.

Make the theme of your camping trip "Busting Stereotypes." To help you plan for the weekend use pp. 57-72 in the adult guide. Directions for the required activities can be found on p. 77 in the Journey book. A good activity to start out with is "A Good Yarn." Directions can be found on p. 57 in the adult guide.

See "Flip and Trade for More Ideas!" on p. 51 and play the Stereotype Busting Card Pack game around a campfire. Complete "Thinking Like a Storyteller" on p. 52 and have the girls answer the questions listed and then create a performance based on their new characters to share with the rest of the camp or with another troop.

Complete "Give a Picture a New Story" on p. 48 and have the girls bring a family photo to act-out at camp or your troop meeting.



## Founder's Day

Tradition (October 31)

### Juliette Gordon Low's Birthday

The founder of Girl Scouts, Juliette Gordon Low, was born on October 31. Celebrate Juliette Low's birthday by throwing a party where girls dress up in costumes inspired by a favorite role. There are many careers and roles highlighted throughout the Journey book which can give girls ideas. If your troop does

not have time to make this a standalone event, you could do this during your troop meeting closest to the birthday. Consider having a celebration with other troops in your service unit.



## Animal Habitats Badge Connection

This badge can be earned while camping or by visiting a zoo, wildlife center, or a park. After completing the badge, girls will know more about wild animals and how to protect their natural habitats. Ask girls to think about the kinds of women who help protect animal habitats (biologist, zoologist, park ranger, etc.) Discuss their roles in protecting habitats and see how they are connected to the Girl Scout Law values. If you meet a woman in one of these roles be sure to add her to your Casting Call Log.



# Winter

## The Cookie Program Tradition

The Cookie program takes off in the winter and is a wonderful opportunity for girls to make their Journey efforts public. Not only does good customer service mean girls are interacting with new people (anyone they want to put in their Casting Call Logs?), it also means that girls develop leadership skills by learning about their products and making decisions about customizing their sale. Cookie booth sales can be a time for girls to share how they will use cookie proceeds to support their Journey **Take Action Project**.

See if there's a Cookie College or Cookie Rally event happening in your area. These events are a fun way to get together with other troops in the community to practice sales scenarios and build excitement and confidence.

## Cookie CEO Badge Connection

To earn this badge, girls will set a group goal of how many cookies they need to sell in order to finance their **Take Action Project** or another Girl Scout related trip/activity. Girls will learn about the roles needed to run a small business and put their knowledge into practice.



## World Thinking Day

Tradition (February 22)

Team up with your service unit to celebrate World Thinking Day together. Your troop could select Greece as a country to highlight. The muses in the aMUSE Journey are inspired by the muses in the stories of ancient Greece. Help your troop learn about the experiences of Girl Guides in Greece—what are they called? How do they say the Promise and Law? Choose an activity from aMUSE to recreate with others who stop by your booth and consider offering the Greek yogurt snack found in the adult guide on p. 74.



## DC Step Showcase Tradition

Tell your story through the art form of step. Your troop could choreograph a show reflecting the women you have met and their roles in the world. Or you could tell the story of your Journey. Though the DC Step Showcase is usually held in the late winter or early spring, be sure to sign up and start practicing early. If you would like to learn more about the style of step and get some ideas for routines, check out videos from past years' shows on the Girl Scouts Nation's Capital YouTube channel—<https://www.youtube.com/user/GSCNC>.

## Ads Assume

### Enrichment



In this activity, girls look at packaging to determine whether the product is for a girl, a boy, or girls and boys. Directions for this activity can be found on p. 50 in the adult guide. If you do this activity during the Cookie

Program or Fall Product Sale program, include a few Girl Scout packages for the girls to look over. Ask them: Do the images on the boxes reflect what you think they should? What stories do they tell? How would you change them?

# Spring

## Healthy Habits and the Journey

### Enrichment

Girls have been working hard over the winter so now is the time to spring into some fun and healthy living.

There are many ways to introduce active healthy living into your troop meetings and Journey. Providing healthful snacks and playing active games with the girls is already part of *aMUSE*. Read pp. 33, 47, and 74 in the adult guide for healthy snack ideas. The adult guide also has some great active games; try incorporating at least one of the games into each



## My Favorite Costume & [Me] x 3 Earn It!

As your troop finishes the **Speak Out! Award** girls should begin working towards the **Try Out! Award**. Hold a Fashion Show of their favorite outfits for another troop or the service unit to complete "My Favorite Costume" on

pp. 66-67 in the Journey book. During a troop meeting, have them reflect on the talents they are most proud of and work on "[Me] x 3" found on p. 73 in the Journey book.

## Bridging Tradition

As your Girl Scout year comes to an end, it is time to celebrate all of your troop's accomplishments. By combining a bridging ceremony with a Journey award ceremony, girls will be able to share with friends and family members the hard work they have done throughout the year. Check with your service unit team to see if other troops would be interested in having a joint awards ceremony.



A bridging ceremony celebrates the transition from one level in Girl Scouts to the next. Girls who are moving up to Cadettes will have a new role to fulfill. Be sure to include the role of women in your ceremony. It could simply be stating what you have learned and how it has influenced the role you will hold in the world, or it could be an elaborate collage highlighting all the work that went into the Journey. Whatever you choose, be sure to talk about your role in the Journey and your role as you continue into the next Girl Scout year.

Requirements for the Bridge to Cadette Girl Scouts award can be found in the *Junior Girl's Guide to Girl Scouting* on pp. 38-39.

Take pictures of your celebration. You can submit your photos and a short description to our Public Relations department at [www.gscnc.org.picturesearch.html](http://www.gscnc.org.picturesearch.html), or post on [www.facebook.com/GSCNC](http://www.facebook.com/GSCNC).

## Girl Scout Day at the National Air and Space Museum Tradition

This program is usually held in March, and has an emphasis on STEM (science, technology, engineering, and mathematics). Have girls bring their Casting Call Logs to this event. There are many women role models who present and host activity booths. This event can be a great opportunity to talk to women about stereotypes and gather ideas for what can be done to bust them!

## Encampment or Spring Camping Trip Tradition

Embrace spring with a troop camping trip or an encampment with other troops in your service unit. Check with your fellow leaders or service unit manager to see if an encampment is planned in your area. If not, consider teaming up with other troops to plan one.

Consider working on your Journey while camping, or work on a badge.

## Girl Scout Week Tradition

Girl Scout Week is celebrated each March, and starts with Girl Scout Sunday and ends with Girl Scout Sabbath on Saturday. The week includes the Girl Scout Birthday, March 12. Girl Scout Sunday and Girl Scout Sabbath give girls an opportunity to attend their place of worship and be recognized as Girl Scouts. Girls can host an informational table and talk about Girl Scouts and their Journey. Girls can earn the My Promise, My Faith pin by completing the steps listed on p. 35 in the *Junior Girl's Guide to Girl Scouting*. Other religious recognitions can be earned through faith-based programs. Visit [http://www.praypub.org/partner\\_gsusa.htm](http://www.praypub.org/partner_gsusa.htm) for a list of programs that correspond with each girls' faith.

## Simple Meals Badge Connection

Girls will take on the role of a chef and create simple meals for their fellow Girl Scouts. Girls will have the opportunity to create a breakfast, lunch, and dinner entrée as well as a dessert. If completing this badge while camping, girls will need to plan ahead of time and decide if they will use campfires, cook stoves, or a full kitchen. Encourage girls to plan nutritious meals.





# Summer

## Sleep-Away Camps and Day Camps *Tradition*

Our Council offers many opportunities for girls to attend sleep-away camp and day camps. Camp registration usually opens in January so let your troop parents know about the option early! While at camp, girls can earn badges, learn songs and games, and discover new stories to tell. Find out what girls did at camp to see how they grew as leaders, and compare their completed camp activities with those in the Journey. Have them talk about their experiences at your first troop meeting in the fall.

Getting girls together over the summer can be tricky. But if you are able to meet consider working on a badge and other activities from the Journey.

## Defining Real Beauty

### *Enrichment*

Directions for this activity can be found on p. 79 in the adult guide. For this activity consider visiting the Smithsonian National Gallery of Art. Choose a section of the gallery and have girls choose a painting, or work of art, that they think is beautiful. Girls will explain why they think the piece they chose is beautiful. The point of the activity is for girls to understand that beauty is in the eye of the beholder. Girls can create their own image of beauty inspired by the work of art they chose and by their definition of beauty.



### **Picture This** *Enrichment*

Directions for this activity can be found on pp. 81-82 in the adult guide. For this activity consider visiting the Smithsonian National Portrait Gallery. Choose a few portraits of women and use the questions on p. 81 to start a conversation about what the portraits show about the women in them. Girls can use mirrors to create their own self portrait. Girls can set up a show displaying their art work from “Defining Real Beauty” and “Picture This.” Invite the community and friends and family to the showing. Nutritious snacks can be served as visitors study the art work.

Complete the “Shooting Beauty” patch program which challenges stereotypes of beauty and disability. Contact the Inclusion Specialist for more information. <http://www.gscnc.org/files/pdf/patches/GirlSctsPatchBookShootingBeauty.pdf>

### **Geocacher** *Badge Connection*

Girls can earn this badge as a troop or on a family vacation. Girls can learn how to use GPS to find other geocaches located in the area or throughout the United States. There are many things you can leave in a geocache. Consider making cards that tell a story about a woman you met along your Journey. Describe her role and how it can inspire others. Girls can also leave cards describing a stereotype and giving suggestions for how to bust it. As girls go on their geocaching adventure remind them to add any women they meet to their Casting Call Logs.





GOOD NEWS!

## Community Journey Resources for aMUSE

### National Cherry Blossom Festival

<http://www.nationalcherryblossomfestival.org/>

Attend the National Cherry Blossom Festival to connect girls with Japanese culture as well as teach them about the friendship between Japan and the United States.

### Smithsonian National Gallery of Art

<http://www.nga.gov/>

Visit the National Gallery of Art. Choose a section of the gallery and have girls choose a painting, or work of art that she thinks is beautiful. This corresponds with the "Defining Real Beauty" enrichment activity listed in this guide.

### Smithsonian National Portrait Gallery

<http://www.npg.si.edu/>

Visit the National Portrait Gallery and choose a few portraits of women to guide a conversation about what the portraits show about the women in them. A Girl Scout your troop already knows has her portrait in the gallery-Juliette Gordon Low! This activity corresponds with the "Picture This" enrichment activity listed in this planner.

### National Book Festival

<http://www.loc.gov/bookfest/>

Each fall the Library of Congress hosts the National Book Festival. At the festival girls can attend talks by authors from all around the country and hear the stories behind the author's books.

### Girl Scouts Nation's Capital has many theatre and dance program partners where girls can see stories performed live:

- **Arena Stage:** <http://www.arenastage.org/>
- **BalletNova** <http://www.balletnova.org/>
- **Classical Ballet Theatre** <http://www.cbntva.org/>
- **Encore Theatrical Arts Project (ETAP)**  
<http://www.encore-tap.org/>
- **Fairfax Ballet** <http://www.fairfaxballet.com/>
- **Imagination Stage** <http://www.imaginationstage.org/>
- **Maryland Youth Ballet**  
<http://www.marylandyouthballet.org/>
- **Medieval Times** <http://www.medievaltimes.com/>
- **Metropolitan Ballet Theatre & Academy**  
<http://www.mbt舞蹈.org/>
- **Verizon Center**  
<http://verizoncenter.monumentalnetwork.com/>