



girl scouts
nation's capital
**Journey
Planner**

IT'S YOUR WORLD—CHANGE IT!
A LEADERSHIP JOURNEY

AGENT
of Change

Junior
GRADES
4-5





Agent of Change 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

On this Journey, girls will explore how powerful individual women have been throughout history as well as explore how their own individual powers can be linked together to create a powerful team.

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.

The best tools for girls and adults on their Journey adventure are *How to Guide Girl Scout Juniors On Agent of Change** (referred to as the adult guide) and *It's Your World—Change It! A Leadership Journey Agent of Change** (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 *Agent of Change* Journey, girls must earn three awards: Power of One; Power of Team; Power of Community. The Power of One and Power of Team Awards prepare girls for their Take Action Project, which leads to the Power of Community Award. The requirements for each award can be found on p. 10 in the adult guide. Girls can record their progress using the Award Tracker found on pp. 8-9 in the Journey book.

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

Power of One Award—p. 3

Power of Team Award—p. 4 and 5

Power of Community Award—p. 6

Be sure to attend your monthly service unit meetings. These meetings are an opportunity to learn how other troops 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

Fall

On this Journey, girls will begin to discover their own powers as individuals. Refer to p. 47 in the adult guide and p. 6 and 11-13 in the Journey book. This is a good time to learn/review the Girl Scout Law. Ask girls to connect the Girl Scout Law to their powers, and ask how girls can use those powers to change something for the better.

Looking Back at Herstory *Earn It!*

To begin working on the **Power of One Award**, girls explore forgotten heroines from around the world. Have each girl research a forgotten heroine—a woman or girl from around the world who mobilized others and made a difference. Directions for this activity can be found on pp. 50-51 in the adult guide. Remind girls to think about which quality within the Girl Scout Law fits one of the heroines they researched. This activity strengthens girls' understanding of how the Girl Scout Law builds the kind of powers real-life heroines need. This activity can be done together at the library or can be a take-home assignment.



Power Log *Earn It!*

Girls keep a daily log of the activities they perform and the powers they used for them. Directions for this activity can be found on p. 48 in the adult guide. Upon reflection, girls will realize that every day they use valuable life skills and powers that call for leadership and teamwork. Girls should continue their daily logs and be prepared to share their findings over the next couple of troop meetings.

Digital Photography

Badge Connection

To earn this badge, girls can complete the Journey activity "I'm Being Framed" found on p. 48 in the adult guide and display their final projects at the Investiture/Rededication ceremony. Directions can be found on p. 13 in the Journey book. Girls can also take pictures of their Journey and **Take Action Project** to create a collage to share at an awards ceremony and inspire others to be agents of change, too. Girls should focus on documenting who helped with the project, people they met in the community, and action shots of the project being completed.



IT'S YOUR
WORLD—
CHANGE IT!

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 their powers and how they are connected to the Girl Scout Law. They can each give an example of one of their powers and how they plan on using it to make a good change. Girls can also talk about the forgotten heroines they researched and the powers these women used to make good changes. For decorations, girls can display their "I'm Being Framed" projects they completed while working on the Digital Photography badge. Be sure to take photos of the ceremony!

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 pp. 28-29 in the adult guide to learn more about Girl Scout traditions and ceremonies.

Fall

Fall Product Sale Program Tradition

The Fall Product Sale program is a Council-sponsored 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, talk about business smarts and entrepreneurship. Have the girls look out for female entrepreneurs in the community. Girls can also refer back to the forgotten heroines they researched and talk about women who have been agents of change in the sales world.



Founder's Day

Tradition (October 31)
Juliette Gordon Low's Birthday

The founder of Girl Scouts, Juliette Gordon Low, was born on October 31. Troops often choose to celebrate her birthday. Read one of the many stories about

Juliette Gordon Low in the *Junior Girl's Guide to Girl Scouting* on pp. 10-12, and discuss how she was an agent of change for girls in the United States. Identify the life skills and powers she needed and used to become a national leader of girls. 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.

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 **Power of Team Award**. To help you plan for the weekend use pp. 62-63 in the adult guide. Girls can begin to work on this award by reading the comic "SuperShelterMakers" found on pp. 46-63 in the Journey book. As a troop, or as individuals, girls will create their own story featuring a heroine who changes the world for the better. Directions for this activity can be found on p. 68 in the Journey book.



Drawing Badge Connection

If girls choose to create a comic for their **Power of Team Award** then incorporate this badge into your Journey planning. Girls can experiment with different types of pens, pencils, colors, and paper as they work toward creating their story. If working as a troop, each girl can draw one of the scenes to depict their heroine changing the world.



Camper Badge Connection

To earn this badge, girls will plan their camping trip, try new activities to gain new skills, and have fun! This is an opportunity for girls to develop their powers and learn how to be great leaders. This badge can also be earned during a spring camping trip/encampment.



Winter

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, it also means that girls develop their 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 troop 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.

Building Consensus:

Fist-to-Five Earn It!

This activity is the final step in earning the **Power of Team Award** and will help the girls understand the importance of reaching a consensus. Girls decide on a **Take Action Project** and make a plan on how the team will move forward to complete the project. Directions for this activity can be found on pp. 68-69 in the adult guide. Girls can refer to pp. 72-78 in the Journey book to help them get started.



Think About It!



DC Step Showcase Tradition

Tell your story through the art form of step. Your show could highlight women and girls who were agents of change in their community or the world. Though the DC Step Showcase is usually held in the late winter or early spring, be sure to sign up and start practicing early. Not sure what step is? Learn more about the style of step and get some ideas for routines by checking out videos from past years' shows on the

Girl Scouts Nation's Capital YouTube channel at <https://www.youtube.com/user/GSCNC>.

Step by step!
How to become a
great leader.

World Thinking Day

Tradition (February 22)

Consider teaming up with your service unit to celebrate World Thinking Day together. Select a country of one of the forgotten heroines the girls researched. Help your troop learn about the experiences of Girl Guides in that country—what are they called? How do they say the Promise and Law? Create a display highlighting girls in that country.



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 healthy living into your troop meetings and Journey. Providing healthy snacks and playing active games with the girls is already part of *Agent of Change*. Read 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 meeting to add a healthy break.

Everybody Loves Pie Earn It!

As your troop finishes the **Power of Team Award**, girls should begin working towards the **Power of Community Award** and putting into motion their **Take Action Project**. The requirements for this award can be found on pp. 74-77 in the adult guide. Create a pie (baked or on a poster) for a great visual to review their available resources. Read p. 81 of the Journey book to prompt the discussion. Then use the chart on p. 83 of the Journey book to plan who will be accomplishing each task for the project.



{YOU!}

Staying Fit Badge Connection

To earn this badge, girls find ways to be more active during the day and at troop meetings. Girls learn how to read food labels in order to make good choices about healthy foods. Girls also discover new healthful foods and take turns sharing those items at troop meetings. Staying informed of health issues help girls stay fit for life.



Girl Scout Week

Tradition

Girl Scout Week is celebrated each March, starting with Girl Scout Sunday and ending 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 www.praypub.org/partner_gsusa.htm for a list of programs that correspond with each girls' faith.

Bridging Tradition

As your 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. Be sure to include what the girls have learned about their individual powers and the powers of women around the world in the ceremony. Girls can highlight the powers they used to complete their **Take Action Project**. Digital photographs taken throughout the year can be displayed to show the girls' Journey and new skills they have learned.

Requirements for the Bridge to Girl Scout Cadette 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, or post on www.facebook.com/GSCNC.

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.

Project Day Scrapbook

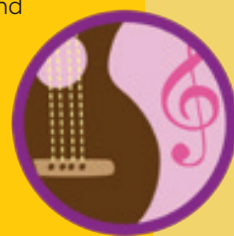
Enrichment

Combine all of the materials and pictures you used as a troop to create a scrapbook of the Journey. Assign pages to the girls so that they can complete them at home before the first meeting in the fall. Some craft stores offer scrapbooking classes to take over the summer. Have the girls present their scrapbook at a fall service unit meeting and hold a Q & A session about what they learned on their Journey and how other troops can get started on a Journey of their own.



Badge Connection *Musician*

For a lot of people, music has inspired them to make a change. To earn this badge, girls can listen to different types and genres of music in order to create their own music and lyrics. Their songs can tell stories of heroines and encourage people to be agents of change in their community. Girls can also tell the story of their Journey through a song. Free concerts abound in the summer so check the Internet for any concerts near you.



Trust Me! *Enrichment*

For this activity, girls create an obstacle course to learn about the importance of teamwork and trust. Girls use pp. 34-36 in the Journey book to get started and to find out what makes a good leader. Once the course is built, each girl will be blindfolded as her team leads her through the course. Directions for this activity can be found on pp. 53 and 58-59 in the adult guide.

Scribe

Badge Connection

To earn this badge, girls can interview a woman during the Girl Scout Day at the National Air and Space Museum and write an article about her. Girls can also write a summary of their

Take Action Project and submit it to their Membership Specialist to be shared with Council.



Entertainment Technology

Badge Connection

To earn this badge, girls explore the science behind the world of entertainment. If girls created a comic strip for the **Power of Team Award**, they can use it to explore how to animate artwork and create special effects. Girls can even learn how to turn their comic strip into an interactive story or video game.



Community Journey Resources for Agent of Change



Smithsonian National Portrait Gallery

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

Visit the National Portrait Gallery to learn about heroines in history. A heroine your troop will already know has her portrait in the gallery—Juliette Gordon Low!

DC United

<http://www.dcunited.com/>

Go to a DC United soccer game. Talk about the game afterwards and discuss how each member contributed to the success of the team.

Comic Book Store

<http://www.fantomcomics.com/>

Visit a comic book store to explore fantastical stories written about women and make-believe heroines. Most of the story lines follow a woman exploring her secret talents and special powers. Fantom Comics in Washington, DC is a good store to visit.

Smithsonian National Air and Space Museum

<http://airandspace.si.edu/>

Learn about the many women who have shaped the field of aviation and space travel. Girl Scouts Nation's Capital usually participates in a Girl Scout Day at the museum.

Girl Scouts Nation's Capital has many outdoor and sports program partners where girls can practice their teamwork skills and work toward the The Power of Team Award:

- **River and Trail Outfitters*** <http://www.rivertrail.com/about-rivertrail.php>
- **Whitewater Challengers Adventure Center*** <http://www.whitewaterchallengers.com/>
- **Calleva*** <http://www.calleva.org/>
- **Terrapin Adventures*** <http://www.terrapinadventures.com/>
- **EDGE Ropes Course*** <http://www.edgeatmason.com/>

Girl Scouts Nation's Capital has many theater and dance program partners where girls can see the teamwork of a cast performed live:

- **Arena Stage** <http://www.arenastage.org/>
- **BalletNova** <http://www.balletnova.org/>
- **Classical Ballet Theatre** <http://www.cbtnva.org/>
- **Encore Theatrical Arts Project (ETAP)** <http://www.ensemble-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.mbtbdance.org/>
- **Verizon Center** <http://verizoncenter.monumentalnetwork.com/>

* When preparing for a Girl Scout activity, always begin with the Safety Activity Checkpoints to determine if the activity is appropriate for your level of girls.

This resource was created by

Girl Scouts Nation's Capital

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