

girl scouts
nation's capital



BREATHE

It's your planet → **Love It!**

CADETTE
GRADES
6-8

Journey Planner

Breathe

Journey Planner for Leaders

Guide girls to 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—Complement the theme and lessons of the Journey.

Enrichment—Add value to the experience.

This information is divided into seasons to help you plan your year with your girls. Read through the entire booklet before you mark your calendar. 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 plan for each activity. 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 Cadettes On Breathe** (adult guide) and *It's Your Planet-Love It! A Leadership Journey Breathe.* *(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 Breathe Journey, girls must earn three awards: Aware, Alert, and Affirm. The Alert Award is the Take Action Project. The requirements for each award can be found on pp. 10-11 in the adult guide and pp. 102-107 in the Journey book. Girls can record their progress using the Award Tracker found on pp. 102-107 in the Journey book.

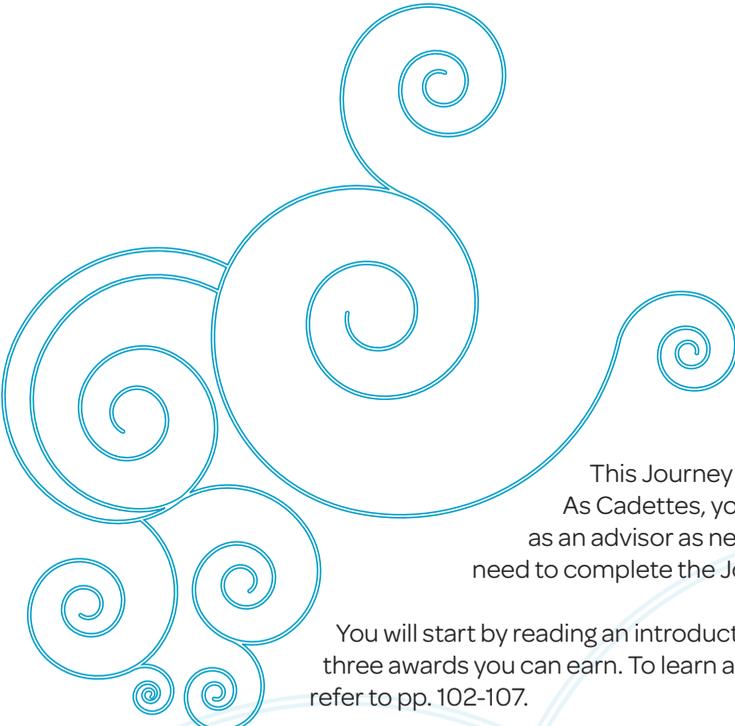
In this booklet you will find the requirements for each award on the following pages:

- Aware Award—p. 3**
- Alert Award—p. 7**
- Affirm Award—p. 7**

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.

*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." Please note that the majority of Journey books have no corrections.

Have a
wonderful
Journey!



Dear Girl Scout Cadettes,

This Journey Planner has been designed for you and your leader to plan your year. As Cadettes, you are encouraged to lead this Journey with your troop leader acting as an advisor as needed. Your Journey book and the adult guide have everything you need to complete the Journey.

You will start by reading an introduction to the Journey found on pp. 4-7 in your Journey book. There are three awards you can earn. To learn about each award and the requirements for completing each one, refer to pp. 102-107.

As you complete your Journey, you will develop skills that can help you earn the Silver Award and Leader in Action (LiA) Award. To earn the Silver Award, you must first complete a Journey and plan and execute a Take Action Project that meets the needs of your community. This does not count as your Take Action Project for the Silver Award; you must have two separate projects. Visit <http://www.gscnc.org> to learn more about the Silver Award requirements. To earn the LiA Award, you will assist a Brownie troop on their Journey. Refer to p. 30 in the *Cadette Girl's Guide to Girl Scouting* for more information on earning this award.

If you think you won't have time for everything, think again! This planner is designed to help you earn badges and celebrate Girl Scout traditions while also finishing the Journey. Read through this planner carefully before you begin to plan your year. Decide what is important to you as a troop and develop a plan that will allow you to do everything you want! Be sure to take your leadership responsibilities seriously as you collaborate with your troop to complete the Journey. Your troop is counting on you.

Your troop leader is there to guide you, but it is up to you where you want to go. Enjoy the adventure!

FALL

Introducing the Journey's Theme

On this Journey, girls use all their senses—sight, sound, taste, touch, and smell— to engage them in improving the world's air quality while learning to carve out some time to breathe.

Air Log *Earn It!*

To earn the **Aware Award**, girls must complete four steps with activities in each. For a list of the steps, refer to pp. 102-103 in the Journey book. As a troop, decide how the activities will be completed: as a troop, individually, small groups, etc. These activities can be completed during troop meetings or at home. All of the activities are small actions you can do in your daily life to become more aware of the air.



The first step in earning the **Aware Award** is to fill out the **Air Log** found on pp. 14-15 in the Journey book. Throughout the journey girls will record what they see, hear, feel, and smell in the air. The following activities can be done to help complete the Air Log: Symphony of Noise found on pp. 35-38 in the adult guide; The Sound of Silence found on p. 17 in their Journey book; Scent Sense pp. 43-45 in the adult guide; Aromatic Flair on p. 44 of the adult guide; Need Some Space on p. 27 in the Journey book; Harvesting Particulates: What's Really in the Air? found on p. 46 in the adult guide and 68 in the Journey book. For additional experiments, refer to pp. 51-55 in the adult guide.

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. Troops can earn startup money by selling magazine subscriptions, nuts, and candy to family and friends. The program runs from mid-September to mid-October. The money earned can help mobilize supplies for your ACT (Air Care Team). The Air Care Team will tackle the **Alert Award**, also known as the **Take Action Project**.

Budgeting *Badge Connection*

Participating in the Fall Product Sale program is a great way for girls to learn the many ways to manage money. It could be a trip in the United States or overseas, or a **Take Action Project** for either the Journey or **Silver Award**. Whatever the idea, this badge provides step-by-step directions to help girls practice budgeting, track spending, and find out ways to save money and ways to give. This badge will help girls create a budget that focuses on their values as a troop and as an individual Girl Scout.



Investiture or Rededication Ceremony *Tradition*

This ceremony (usually held in October or November) is a time to welcome new members, girls or adults, into the Girl Scout family, 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.

For the ceremony, consider focusing on the law "use resources wisely." The *Breathe* Journey is about being aware of everything going on around you on Earth. Girls could reflect on their current behaviors and attitudes toward air issues and pledge to increase and spread their awareness with friends and family members.

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. 3 and 15-16 in the *Cadette Girl's Guide to Girl Scouting* to learn more about Girl Scout traditions and ceremonies.

Founder's Day

Tradition/Enrichment

Juliette Gordon Low's Birthday (October 31)

The founder of Girl Scouts, Juliette Gordon Low, was born on October 31. Celebrate Juliette Low's birthday by reading about how Juliette started Girl Scouts during a time when girls were not supposed to go outdoors and play sports or learn to support themselves. Discuss how Juliette was different from other women of her time and how she did not let that stop her from realizing her dream. She loved the outdoors. Juliette's story can be found on pp. 9-10 in the *Cadette Girl's Guide to Girl Scouting*. Consider the activity "Imagining the Sounds of Earth" as part of the celebration. Directions can be found on p. 38 in the adult guide. 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.



Sniff and Search Enrichment

Do a little inventory of what products are in the air around you. Refer to pp. 70-71 in the Journey book for directions on how to conduct the activity. Record the findings in your Air Log.

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.

This is a perfect time for girls to compare indoor and outdoor air as they focus on their sense of sight and what they find in the air. Consider working on the **Aware Award** by adding to your Air Log.



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 interact with new people, 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 their cookie proceeds can support their Journey **Take Action Project**.

See if there's an opportunity to volunteer at 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 help younger girls practice sales presentations and build excitement and confidence.

Prepare to be a leader by attending a Program Aide training. Program Aide training gives girls the skills and confidence to work with younger girls at events like Cookie College. Requirements for earning the Program Aide recognition can be found in the *Cadette Girl's Guide to Girl Scouting* on p. 30. Service units can host their own Program Aide training by using the facilitator guide and toolkit materials found on Rallyhood in the Teen hub files section under Teen Mentoring Awards.

Business Plan *Badge Connection*

To earn this badge, girls will write an effective business plan that includes a mission statement, ways to increase their customer base, and a risk management plan. Their business could be selling cookies or another product they have developed to help earn money for a **Take Action Project** or a Girl Scout–related activity. Having a business plan will help keep girls focused on their goal.



Identify Two Experts *Earn It!*

This is the second step to earning the **Aware Award**. Identify two experts who can guide you to greater air awareness and then talk to them. Refer to p. 105 in the Journey book for a list of experts and pp. 11-13 to help prepare some questions to ask.

Air Time Options *Earn It!*

This is the third step to earning the **Aware Award**. Check out all the air issues throughout the Journey book. Discover “*The Fossil in Fossil Fuels*” on p. 35, or the “*Tiny Bird, Big Air Job*” on p. 39. Learn about a computerized machine that measures black carbon and its impact on the 2008 Summer Olympics on pp. 40-41. Increase your knowledge of the air as you dive in and breathe! Additional activities can be found on p. 86 in the adult guide.

Now that you have become more aware, decide on the most important, personal reason you care about Earth’s air. Write a statement that explains why this reason matters to you and why it should matter to others, too. Share your statement with other Cadettes. This is the final step in earning the **Aware Award**.

DC Step Showcase *Tradition*

Tell your story through the art form of step. The DC Step Showcase is usually held in 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>.



World Thinking Day

Tradition/Badge Connection

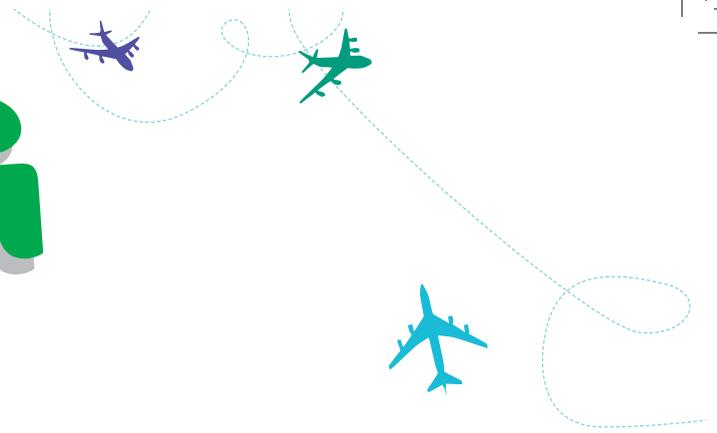
(February 22)

Team up with your service unit to celebrate World Thinking Day together. Choose a country and consider researching their environmental policies. How is the country impacting its air?

Girls can also work on the New Cuisines badge. Girls can bring in a dish from another country that has Girl Scouts or Girl Guides. Girls can share their recipes, or if a kitchen is available, the troop can make a single dish to share. In keeping with the Journey, ask girls to think of examples of how air is incorporated into food. Check out pp. 88-89 in the Journey book for some sweet air recipes.

IMAGINE

SPRING



Healthy Habits and the Journey

Spring into some fun and healthy living!

There are many ways to introduce active healthy living into your troop meetings and Journey. Healthy living means having healthy air. Refer to pp. 76-77 and 80-81 in the Journey book to learn about smoking and its effects on the surrounding air.

Choosing an ALERT *Earn It!*

To earn the **Alert Award**, girls must complete a **Take Action Project**. The Alert project is an opportunity for girls to educate and inspire others to join them in taking action for air. Organize an Air Care Team and decide on an issue! The project can be big or small; what matters is that the girls are able to engage others, develop and implement a plan, and explore sustainable solutions. To get started with this project, refer to pp. 64-66 and 76-81 in the adult guide and pp. 104-105 in the Journey book. Sample Alert projects can be found on pp. 68-69 in the adult guide.



Trees *Badge Connection*



Trees play a vital role in the air around us. Dig into the amazing science of trees and learn the impact they have on the surrounding air quality. For inspiration, refer to pp. 52-55 in the Journey book for stories on tree cutting in different regions. How is air different when more trees are around? Record the findings in your Air Log.

Night Owl *Badge Connection*

Take a field trip and explore the night. Visit a park, trail, stream, or even tour your neighborhood. How is the air different at night? What sounds do you hear at night vs. the day? Record your observations in your Air Log as you uncover the mysteries of the world after dark.



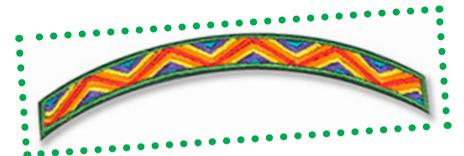
Girl Scout Week *Tradition*

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. 32 in the *Cadette Girl's Guide to Girl Scouting*. Other religious recognitions can be earned through faith-based programs. Visit http://www.praypub.org/partner_gsusa.htm for a list of programs that correspond with each girls' faith.

Bridging

Tradition/Earn It!

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 can share with friends and family members their Journey experiences from 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 progress from one level in Girl Scouts to the next. Cadettes who have completed eighth grade can bridge to Seniors. Requirements for the Bridge to Girl Scout Senior award can be found in the *Cadette Girl's Guide to Girl Scouting* on pp. 34-35.



For the ceremony, each girl can share proof of progress or improvement made by their Take Action Project on the air. To earn the **Affirm Award**, girls make their AFFIRMation collage to present to Girl Scout Juniors. Refer to pp. 87-89 for further directions. Additional ideas for the **Affirm Award** can be found on pp. 106-107 in the Journey book.

Want to know some of the reasons to bridge to Seniors? Here are a few! Girl Scouts in high school can attend national and international travel opportunities, participate in leadership trainings such as Counselor in Training and Junior Counselor, and join unique Girl Scouts Nation's Capital programs like Congressional Aide and the Dine-Around Series hosted by local women executives. And of course, once you are a Girl Scout Senior or Ambassador, you are eligible to earn the highest award, the Girl Scout Gold Award, and be eligible for Council and college scholarships.

Take pictures of your celebration. You can post your photos and a short description on Girl Scouts Nation's Capital Facebook page: [Facebook.com/GSCNC](https://www.facebook.com/GSCNC).

SUMMER

Sleep-Away Camps and Day Camps *Tradition*

Our Council offers many opportunities for girls to enjoy sleep-away camp and day camps. Camp registration opens up 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 and friends. 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.

Archery *Badge Connection*

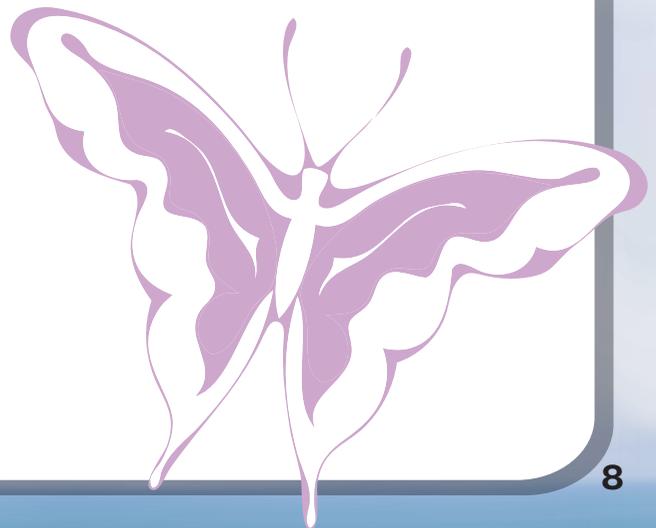
Challenge yourself as you build your archery skills and learn how to shoot on a range. Take notice of how the air and wind patterns can affect the direction of the arrow. Attend a sleep-away camp offering archery, or visit one of our campsites to take advantage of the archery field.

Green Roofs Rock! *Enrichment*

Directions for this activity can be found on pp. 86-87 in the Journey book. Imagine a green roof on your home or school. How would you design it? What would you grow on it? Learn about living green roofs and how it helps to alleviate poor air quality. Refer to pp. 82-83 in the Journey book to learn about top plants for fighting pollution.

Count Some Butts! *Enrichment*

Take this activity outside as you explore your neighborhood park or school, and count the cigarette butts. Directions for this activity are found on p. 80 in the Journey book. Take notice of any non-smoking areas that might exist. Flip to page 78 in the Journey book to learn how two teens in Beverly Hills used visual media to spread the news on the dangers of smoking.



Community Journey Resources for *Breathe*:

- ♥ **Mobi Yogi:** <http://www.mobiyogi.biz/>
Yoga teaches you how to use breathing techniques to de-stress and calm your mind. Take part in one of the special three hour designed Girl Scout workshops where you will learn not only breathing techniques but also earn your Science of Happiness badge.
- ♥ **Whitewater Challengers:** <http://www.whitewaterchallengers.com/>
Whitewater Challengers provides group rafting trips that are fun, adventurous, and educational. Get to know your fellow Girl Scouts as you battle wind and water and bond over an incredible experience. Be sure to consult Safety Activity Checkpoints before committing to this activity.
- ♥ **Center for Wind Energy at JMU:** <http://wind.jmu.edu/contact/contact.html>
Learn about wind energy and how a wind farm operates. Plan a trip and tour wind energy facilities located in West Virginia.
- ♥ **Roundtop Mountain Resort:** <https://www.skiroundtop.com/>
Roundtop Mountain Resort provides a variety of activities from zip-lining to rappelling to kayaking. Have an adventure as you feel the air around you with your fellow Girl Scouts. Be sure to consult Safety Activity Checkpoints before committing to this activity.
- ♥ **Goddard Space Flight Center:** <http://www.nasa.gov/centers/goddard/home/index.html>
Plan a visit to NASA's Goddard Space Flight Center and learn about climate change, climb inside a Gemini capsule model, or participate in one of the monthly model rocket launches. Located in Greenbelt, Maryland.
- ♥ **Schooner Woodwind:** <http://www.schoonerwoodwind.com/>
Girls work as a team as they learn how to raise the sails and steer the boat. During this adventure girls have the opportunity to learn about themselves and their teammates and the impact of the air on the sails.
- ♥ **Teamlink:** <http://www.teamlinkinc.com/>
Teamlink offers year-round programs in team and leadership development and youth character development through their adventure challenges and classes. Learn the steps in working together with your Air Care Team.
- ♥ **Air and Space Museum:** <https://airandspace.si.edu/>
Visit one or both of the Air and Space Museums located in DC and Chantilly, VA as you learn about the science and power behind air. Consider attending Girl Scout Day at NASAM, held at the Chantilly, VA location.

****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.***

Now What?

Now that you have completed a Journey you are eligible to start working on the **Silver Award**. This is the highest award you can earn as a Girl Scout Cadette. There are many perks to earning the **Silver Award** ranging from developing leadership skills to earning college scholarships and preparing for the **Gold Award**.

To learn more about the **Silver Award** process, visit our website at <http://www.gscnc.org> and download a copy of the Silver Award Guidelines.