

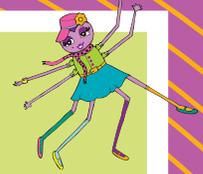
girl scouts  
nation's capital  
**Journey  
Planner**



GET  
**Moving!**  
It's your planet—love it!  
A LEADERSHIP JOURNEY

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





## Get Moving! 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.

**Healthy Habits**—Use the Healthy Habits Journey companion booklet to help girls lead an active, healthy lifestyle while completing the Journey. Booklets can be downloaded from [www.gscnc.org](http://www.gscnc.org).

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.

The best tools for girls and adults on their Journey adventure are *How to Guide Girl Scout Juniors Through Get Moving!\** (referred to as the adult guide) and *It's Your Planet—Love It! A Leadership Journey Get Moving!\** (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.

*On this Journey,  
girls will explore  
energy and how  
to use it wisely.*

To complete the *Get Moving!* Journey, girls must earn three awards: Energize; Investigate; Innovate. The Innovate Award is the Take Action Project. The requirements for each award can be found

on p. 8 in the adult guide. Girls can record their progress using the Award Tracker found on pp. 106-109 in the Journey book.

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

**Energize—p. 3-4**

**Investigate—p. 5**

**Innovate—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.

\*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.

Have a  
wonderful  
Journey!

# Fall

## Introducing the Journey's Theme

It's your planet → **LOVES** It!

**On this Journey**, girls will explore energy and how to use it wisely. Use p. 33 in the adult guide to facilitate a discussion about how energy is everywhere. Girls can find more information in the Journey book on pp. 10-11. This is a good time to learn/review the Girl Scout Law. Focus on the line "using resources wisely." Ask girls what this means and if everyone does it. Point out any other lines from the Girl Scout Law that might be important as the girls explore energy and how to use it wisely.

At this time, you should introduce the Healthy Habits booklet that can be used with the Journey. Introduce the girls to the concepts Energy Balance, Energy In, and Energy Out. A more detailed explanation for these concepts can be found on p. 4 in the Healthy Habits booklet.

### Energy We Use Every Day *Earn It!*

This is one of nine activities girls can choose from to earn the **Energize Award**. Directions can be found on p. 13 in the Journey book. Girls will choose a room they know and draw a diagram of it. Next, they will identify where energy is used in the room and label what kind of energy is occurring. Girls can refer back to pp. 10-11 in the Journey book to help label the kinds of energy being used. You could also have girls draw and label the room where you are meeting.



### My Energy Pledge *Earn It!*

This activity is required for the **Energize Award**. Directions for this activity can be found on pp. 19-21 in the Journey book. Girls will brainstorm how to conserve energy and then create a personal pledge to uphold their conservation goals.

### Fall Product Sale Program

#### *Tradition/Earn-It!*

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.

Girls can use the Fall Product Sales program to complete their **Energize Award**. As they meet their customers, girls can conduct a survey of how other people are tackling energy issues. The results from the survey can help the girls identify any problems they might be able to fix with a **Take Action Project**. If girls are not participating in the Fall Product Sales program, consider using Survey Monkey (a free online survey tool) to ask friends and family members about their energy issues.



### 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 energy and using it wisely, and how its use is connected to the Girl Scout Law. For example, girls could create a poster sharing two things they know about energy, or each girl could share her information out loud. Girls can also incorporate the energy pledge they made.

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. 17 in the adult guide to learn more about Girl Scout traditions and ceremonies.

# 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.



Camp is the perfect venue to get messy and make recycled paper. This is also one of the nine activities girls can choose to do to earn the **Energize Award**. Directions for this activity can be found on p. 35 in the adult guide and pp. 36-39 in the Journey book. Have girls read pp. 40-43 in the Journey book to see how other women have recycled old materials into something new.



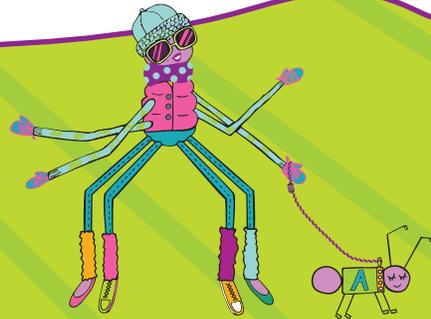
### **Camper** Badge Connection

Leave the electronics at home and practice energy saving techniques when you are at camp. Use natural light, a hand cranked lantern, or the glow of a fire when doing activities, clean and reuse eating utensils, play board games, and sing songs—you will be surprised how much fun going off the grid can be!

## Bundle Up for Comfort

### Healthy Habits

Temperatures at camp can be chilly at night. Girls can learn about insulation and what it takes to stay warm. Use pp. 53-55 in the adult guide to plan for this activity. This activity can also be combined with Activity 2 on p. 5 in the Healthy Habits booklet.



## Founder's Day

### Tradition (October 31)

#### Juliette Gordon Low's Birthday

The founder of Girl Scouts, Juliette Gordon Low, was born on October 31. When Juliette formed the Girl Scouts, she knew that playing sports and being active was important for girls. Juliette's first patrol of Girl Scouts played basketball.

Celebrate Juliette Low's birthday by playing a sport! Create two teams and name them after the first two Girl Scout patrols—White Rose and Carnation. In preparation for this event, girls can do Activity 2 on p. 5 in the Healthy Habits booklet.

Girls can create an ad for their favorite energizing snack and bring that snack to share during the celebration. Girls will have a variety of healthy snacks that will help re-energize them while they play. 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.





# 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*

If you need money to make your **Take Action Project** successful, a good way to money-earn is to have a successful cookie business. Cookie booths are a great platform to ask customers what energy issues they see in the community or to advertise the good work you have done with your **Take Action Project**.

## **DC Step Showcase** *Tradition*

Dancing is a form of kinetic energy. Sign up for the DC Step Showcase and create a dance and cheer that teaches others about how to save energy. 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 at <https://www.youtube.com/user/GSCNC>.



## **World Thinking Day** *Tradition* (February 22)

Team up with your service unit to celebrate World Thinking Day together. Girls can select a top energy saving country to highlight such as Japan, Switzerland, Germany, or Denmark. Research how these countries save energy (solar panels, recycling techniques, laws) and share that information at your booth. How does the United States compare? Girls can make beads out of magazines and explain the energy-saving focus of the craft. Directions for this activity can be found on pp. 41-42 in the adult guide.

## **Energy Audit** *Earn It!*

The winter months are the perfect time to work on the next award in the Journey. To earn the **Investigate Award**, girls will need to complete an Energy Audit. This activity takes planning so read through all the directions found on pp. 57-61 in the adult guide before you begin. More information on Energy Audits can be found in the Journey book on pp. 60-75.



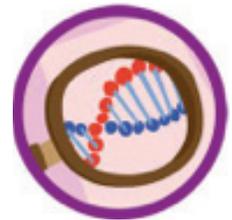
## **Why an Energy Audit?**

### *Healthy Habits*

As girls conduct an energy audit of a building, challenge them to conduct a personal energy audit. Directions for this activity can be found on p. 9 in the Healthy Habits booklet.

## **Detective** *Badge Connection*

To earn this badge, girls can use their new detection skills as they conduct an energy audit on a building. Clues like drafts, water use, and wasted electricity will help them find ways to save energy.



# 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. You have already done some of the activities from the Healthy Habits booklet, but there are still a lot of healthy snacks and fun activities you can complete at your troop meetings.



### The Packaging Puzzle

#### Healthy Habits

A fun way to study healthy snacks is to learn how to read food labels. Have girls bring in food packages and show them how to interpret the Nutrition Facts. Directions for this activity can be found on p. 6 in the Healthy Habits booklet.

### Gardener

#### Badge Connection

To earn this badge, girls will design a garden that maximizes energy (sunlight, water) in order to grow something that



can give us energy when we eat it. If it is possible, have girls actually plant their own garden and take care of it. Additional activities for this badge can be

found in the Healthy Habits booklet on p. 8 and in the adult guide on pp. 41 and 50 on pp. 41 and 50.

### 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 always 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.

### 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). There are many women role models who present and host activity booths. This event can be a great opportunity to find out more about the different types of energy and how they are used to get people into space.

### Innovate! Earn It!

As your troop finishes the **Investigate Award** they should begin working toward the **Innovate Award**. Girls will need to identify an energy issue in their community, research the issue, and develop a plan to address the issue. To begin the brainstorm, look in the Journey book for all of the "Innovate Idea" sections. The requirements for the **Innovate Award** can be found on pp. 108-109 in the Journey book. You can also refer to pp. 85-91 in the adult guide for additional ideas. After the plan has been carried out, don't forget to share the news of your success. Be sure to thank the community partners who helped.



### 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. 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.

If you have not already shared your

**Take Action Project** consider incorporating it into the bridging ceremony. Girls can create a display showing their Journey, or they can take turns talking about what they did and learned.

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).



# 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.



## Independence

### *Badge Connection*

To earn this badge, girls can add an energy-saving pledge to any of the five steps. If girls plan on going somewhere on their own, have them conduct the Walkability and Bikeability Survey found on pp. 86-87 in the adult guide. This will help girls make safe choices for when they are on their own.



## Ciao bella!

## Get Wild about Energy

### *Enrichment/Healthy Habits*

Take a trip to the National Zoo in Washington, DC or a local zoo in your town to observe animals. Investigate how animals use energy according to their needs and what humans can learn from them. Read pp. 44-47 in the adult guide for prompts and read pp. 50-51 in the Journey book for stories about lemurs and elephants. Additional related activities can be found in the Healthy Habits booklet on p. 7.

## Old Fashioned Silhouettes

### *Enrichment*

Girls can use light to create a shadow of a person so they can trace their silhouette. Directions for this activity can be found on p. 80 in the adult guide. The silhouettes can make great gifts for Father's Day.

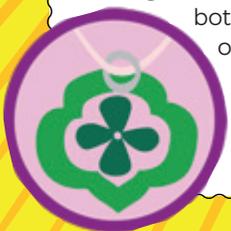


## Jeweler *Badge Connection*

To earn this badge, girls will learn how to make different kinds of jewelry. Girls can create a piece of jewelry that demonstrates their pledge to save energy using homemade paper beads, soda tabs, bottle lids, or other repurposed or recycled materials. The Smithsonian American Art Museum has a program to help girls earn this badge.

## Dream in Green *Enrichment*

Typically girls at a sleepover will happily discuss plans for the future: wanting to become a celebrity, what kind of car they want to drive, places around the world they want to visit, and so on. Prompt them to dream in green! If given infinite amounts of money, how would they design a green home or car? Girls can use pp. 63-67 and 82-84 in the Journey book for questions and prompts.





## Community Journey Resources for *Get Moving!*

### **Smithsonian American Art Museum**

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

This art museum is dedicated to American made art. The museum offers a program to help Girl Scout Juniors earn the Jewelry badge.

### **Smithsonian National Zoological Park**

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

Learn more about wilderness and wildlife by visiting the Smithsonian National Zoological Park. The National Zoo can be a great resource to learn how global warming effects migration.

### **CraftWorks at Cool Springs**

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

To learn more about sustainability consider attending a program at CraftWorks at Cool Springs. This Program Partner has a very unique Shenandoah Wet Prairie Marsh with 18 rare West Virginia plants.

### **The Franklin Institute**

<https://www.fi.edu/>

This museum is located in Philadelphia, PA and makes learning about science cool and engaging. Check their website to see if one of their Live Science programs fits with the *Get Moving!* Journey.

### **Maryland Science Center**

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

*Power Up!* is the Science Center's new exhibit on everything electric. Work as a team to turn a generator and power up different household items, distribute power across a city to keep everything lit, or harness the force of water to make hydro-electricity.

### **River and Trail Outfitters\***

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

Girls can experience the Shenandoah and Potomac Rivers firsthand with canoeing, whitewater rafting, tubing, camping, and other outdoor activities.

**Girl Scouts Nation's Capital has many theater and dance program partners where girls can see examples of kinetic energy. Arrange for a backstage tour and ask the performers and crew how they use energy to create a show.**

- **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/>

\* 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.