



girl scouts
nation's capital

A LEADERSHIP JOURNEY

AMAZE!

THE TWISTS AND TURNS OF GETTING ALONG

IT'S YOUR
WORLD—
CHANGE IT!

CADETTE
GRADES
6-8

Journey Planner

aMAZE!

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 Through aMAZE! The Twists and Turns of Getting Along** (adult guide) and *It's Your World-Change It! A Leadership Journey aMAZE! The Twists and Turns of Getting Along** (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 aMAZE! Journey, girls must earn three awards: Interact, Diplomat, Peacemaker. The Diplomat Award is the Take Action Project. The requirements for each award can be found on pp. 8-9 in the adult guide and p. 9 in the Journey book.

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



Interact Award—p. 3

Diplomat Award—p. 5

Peacemaker Award—p. 3

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.

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. 4-8 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 p. 9.

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 gain tips and strategies for creating healthy relationships and long-lasting friendships with the ultimate goal of increasing peace one interaction at a time. To get started on this Journey, refer to pp. 32-33 in the adult guide. Girls start by thinking about relationship issues that make their lives “mazelike.”

Stretching Out the Journey *Enrichment*

There are many ways to make this Journey “amazing.” Refer to pp. 28-29 for ideas such as visiting a maze, hosting a movie night with other Cadettes, going on weekend retreats, and being creative with crafts, foods, and DIY projects. These activities can be incorporated throughout the Journey and are great, fun ways to make memories, meet new people, and develop skills needed to make long-lasting relationships.

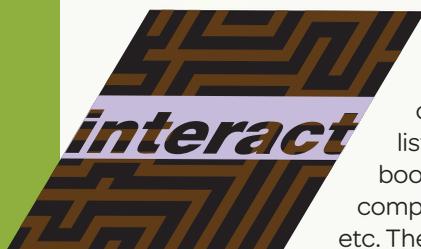


Investiture or Rededication Ceremony *Tradition*

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 “be a sister to every Girl Scout.” The *aMAZE!* Journey is about developing healthy relationships, long-lasting friendships, and increasing peace one interaction at a time. Girls could reflect on their current behaviors and attitudes towards others and pledge to make a positive change toward their 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.



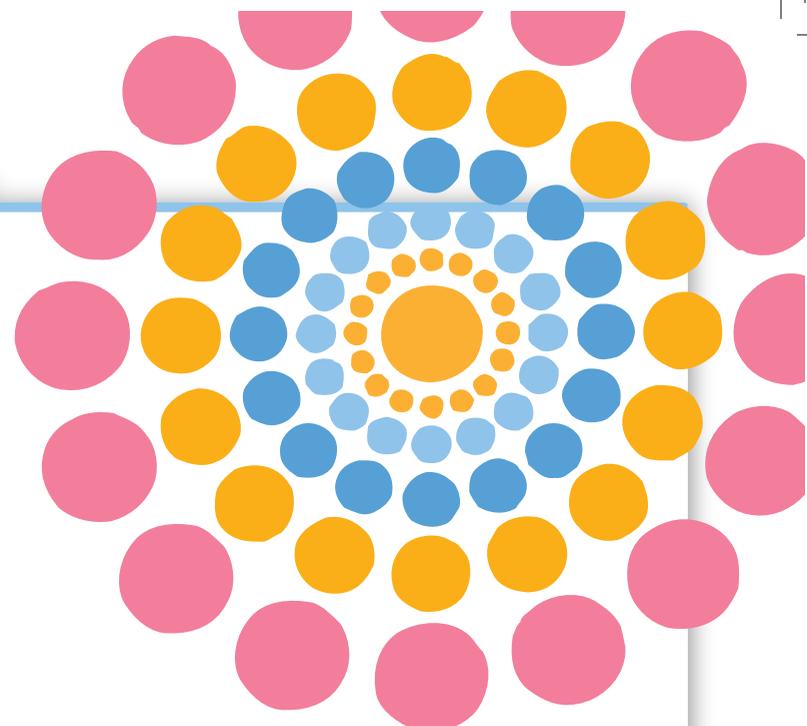
Interact Award *Earn It!*

To earn the **Interact Award** girls must complete three out of nine activities. For a list of activities refer to pp. 12-15 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 improve relationships—yours and those around you.

Peacemaker Award *Earn It!*

Girls work on this award throughout the Journey. To start, each girl makes a Peacemaker Kit to collect tips and tools they can use to create peace in their lives and in the world around them. Suggestions for materials to use to make the kits can be found on p. 39 in the adult guide. Directions for making the kits can be found on p. 41 in the adult guide. There are many opportunities throughout the Journey to add tips and tools to the kit. Refer to pp. 47 and 57 in the adult guide and pp. 25, 39, 52, 71, 73, and 93 in the Journey book for suggested times and ways to add to the kits.





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 support creating peacemaker kits.

Think Big *Badge Connection*

Participating in the Fall Product Sale program is a great way for girls to begin saving for big ideas. 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 think big, plan ahead, and seek advice from expert businesswomen to make their big ideas a reality.

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 created a safe place for girls. Juliette's story can be found on pp. 9-10 in the *Cadette Girl's Guide to Girl Scouting*. Consider making the activity "Masking" Feelings part of the celebration. Directions can be found on p. 47 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.



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.

Girls can work on the **Interact Award** challenges found on pp. 12-15 in the Journey book. These challenges can be done individually, in small groups, or as a troop. This would be a great time for girls to start thinking about what kind of **Take Action Project** they want to do. To help girls get started refer to pp. 66-69 and 73-74 in the adult guide and pp. 114-128 in the Journey book.

Camp Crowell, May Flather, and White Rock have low ropes/challenge courses that are great for team-building skills which is a main focus on this Journey. Camp May Flather also has a climbing tower and rock wall. These activities are considered high adventure and require a trained instructor. Visit our website at www.gscnc.org and click on the Camp button for more information.

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.

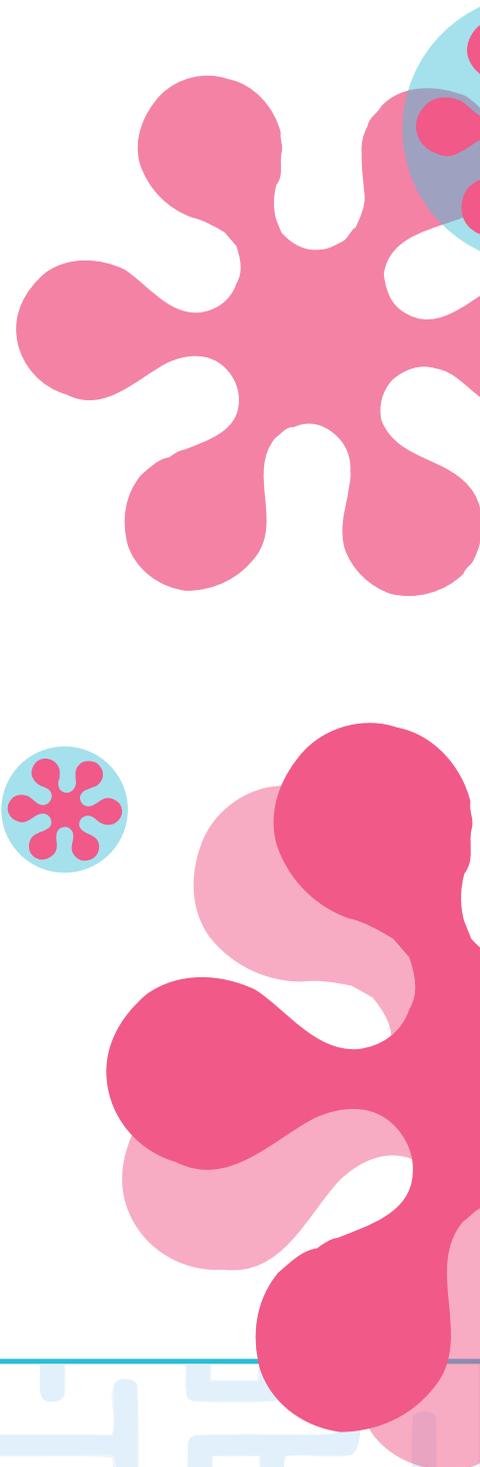
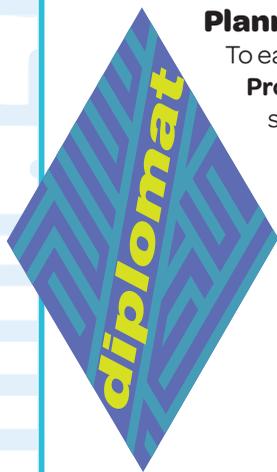
Prepare to be a leader by attending a Program Aide training. Program Aide training gives girls the skills and confidence to work with younger girls at events like Cookie College. Requirements for earning the Program Aide pin can be found in the *Cadette Girl's Guide to Girl Scouting* on p. 30. Service 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, and keep them from making rash decisions.

Planning for the Take Action Project *Earn It!*

To earn the **Diplomat Award**, girls must complete a **Take Action Project**, which demonstrates that they can pass their relationship skills on to others. The project can be done individually, in small groups, or as a whole troop. To get started with this project, refer to pp. 66-69 and 72-75 in the adult guide and pp. 112-130 in the Journey book.





Science of Happiness *Badge Connection*

To earn this badge, girls will experiment with different things and ways that make them happy. As girls work on the *aMAZE!* Journey they will discover how happiness plays a part in developing meaningful relationships. Girls can add what they have learned about being happy to their Peacemaker Kits—a collection of tips and tools they can use to create peace one interaction at a time.

Talk Show: Ask the Expert *Enrichment*

This activity puts girls in the lead as they provide advice to one another about making and keeping true friendships. Directions can be found on pp. 45-46 in the adult guide.

DC Step Showcase *Tradition*

Tell your story through the art form of step. You could choreograph a routine with a peace theme to go with the Peacemaker Kits the girls put together throughout the Journey. Girls could demonstrate one peaceful interaction at a time and show how that interaction can have a positive effect on hundreds of other people. 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. Consider focusing on stereotypes and first impressions when meeting new people from other countries. Refer to pp. 16-23 in the Journey book for more information on why we stereotype people and how we can begin to debunk those myths.

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 food is used to stereotype people and ways this can be debunked.

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. Providing healthy snacks and activities is already part of *aMAZE!*. Read pp. 21 and 51-53 in the adult guide and pp. 35 and 94 in the Journey book for healthy snack ideas and activities.

Good Sportsmanship *Badge Connection*

Displaying good sportsmanship pertains to more than just sports. Winning and losing are a part of our daily lives, and knowing how to behave appropriately is a key component to being a good leader. Girls earn this badge by understanding what good sportsmanship looks like, practicing those skills, and setting a good example for younger girls.

Carlie and the Roses *Enrichment*

This story takes a look at cliques and bullying behaviors. Read the story on pp. 76-80 in the Journey book and use the activities on pp. 81-83 to identify the signs of bullying behaviors. Read about the types of witnesses in bullying situations on p. 84 in the Journey book. Complete the activity on pp. 85-87 to explore giving the witness the power to positively change a bullying situation. Additional directions can be found on p. 63 in the adult guide.

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.

Defy the Pressure *Enrichment*

Directions for this activity can be found on p. 44 in the Journey book. Imagine you write an advice column and answer the questions for the scenarios provided. Be sure to explain why you are giving that particular piece of advice.

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.

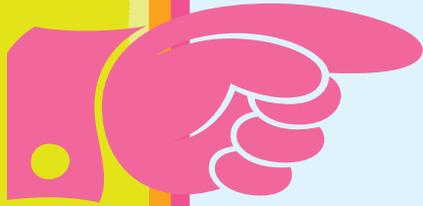
A bridging ceremony celebrates the progress from one level in Girl Scouts to the next. Cadettes who have completed eighth grade can bridge to Seniors. Requirements for the Bridge to Girl Scout Senior award can be found in the *Cadette Girl's Guide to Girl Scouting* on pp. 34-35.

For the ceremony, each girl can choose one note from her **Peacemaker Kit** and share why that is the most important thing she has gained on the *aMAZE!* Journey. By committing to use the new skills collected in the kit, girls earn the Peacemaker Award. Additional ideas for the ceremony can be found on p. 86 in the adult guide.

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.

Finding Common Ground

Badge Connection

To earn this badge, girls get to know someone different from themselves and learn to keep an open mind to other perspectives. Girls have the opportunity to make decisions in a group and practice decision-making methods such as majority rules, consensus vs. compromise, and pick at random. Girls also learn what a mediator is and how they help others find common ground. This is an excellent badge to work on as girls navigate the complexities of relationships in the *aMAZE!* Journey.

Say Cheese! Enrichment

If you are hanging out at the mall this summer, invite your friends to a photo booth to take pictures together. Make silly faces, hug, and cut loose! Paste your photos of you and your friends on pp. 36-37 in the Journey book, and below each picture list the qualities each person has that you value. If you are not near a mall, this activity can be done with your own camera anywhere you are hanging out with your friends.

Confidence Rocks Enrichment

Music has the power to heal and strengthen. Create a playlist with songs that inspire you and fill you with confidence. Further directions for this activity can be found on p. 95 in the Journey book.

Community Journey Resources for aMAZE!:

- ♥ **StopBullying.Gov:** <http://www.stopbullying.gov/index.html>
This comprehensive website has a section just for teens. Learn what bullying is and what it's not, how to get help if you feel you are being bullied, what cyberbullying looks like and how to respond, and ways to be more than just a bystander when you see a bullying situation. Read about what other teens are doing to prevent bullying and get ideas for the Take Action Project.
- ♥ **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 make team decisions and bond over an incredible experience. Be sure to consult Safety Activity Checkpoints before committing to this activity.
- ♥ **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 make decisions that affect the whole group.
- ♥ **Summers Farm:** <http://summersfarm.com/>
Visit Summers Farm in the fall to go through their corn maze. Consider adding a team-building challenge such as leading each other blindfolded through the maze or travelling through the maze backwards. Be sure to include a brief discussion on trust and its give and take in relationships.
- ♥ **Ace Adventure Resort:** <http://aceraft.com/>
Choose the Team Challenge Course where girls learn to work together as a team to solve problems in a new way. Special pricing is available for Girl Scouts.
- ♥ **Adventure Links:** <http://www.adventurelinks.net/index.html>
Adventure Links offer two team-building courses—Team Development Course and Adventure Team Challenge.
- ♥ **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.
- ♥ **Terrapin Adventures:** <http://www.terrapinadventures.com/>
Terrapin Adventures offer team building and leadership training programs that build self-esteem and confidence while developing teamwork.

****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.