

Webster Girl Scouts
"Ambassadors"

JUMP INTO

JOURNEYS





GIRL SCOUTS

JUMP INTO JOURNEYS

Activity Guide - Ambassadors

General Instructions:

This *Jump Into Journeys* Activity Guide is designed to give you and your troop a taste of the activities offered in the Journeys for your grade level. Journeys are the core of the Girl Scout Leadership Experience (GSLE) and provide girls with a national experience - something they have in common with Girl Scouts everywhere.

Journeys are designed to foster the use of the three learning processes: Girl Led, Learning by Doing, and Cooperative Learning. Each Journey offers girls a new adventure, allowing them to Discover, Connect, and Take Action with fun activities, discussions, projects, and more while building skills they need to become a leader in their own lives and community.

Jump Into Journeys patch program provides Leaders and Girls the opportunity to:

1. Learn about Journeys and the GSLE.
2. Sample each Journey through the activities in this Guide.
3. Pick a Journey to explore all the way through.

How do you get your patch?

When your troop finishes the patch program:

1. Go to our website webstergirlscouts.org
 - Click "Programs"
 - Click "*Jump Into Journeys*"
2. Click the "Get My Patch" link
3. Fill out the form and submit it to the Service Unit Manager, Christine Osadciw, cosadciw@gmail.com to receive your patches



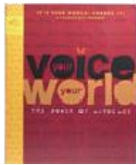
Step 1: Educate Yourself

For your troop (or individual girl) to earn the *Jump Into Journeys* patch:

1. Review the interactive Journey maps at <http://girlscouts.org/program/journeys/maps.asp>
2. Explore the Journey descriptions at <http://www.girlscouts.org/program/journeys/>
3. Read through this Guide to familiarize yourself with the activities and gather the materials needed to complete them.
4. Foster the Girl Led, Learning by Doing, and Cooperative Learning processes with your troop as you sample the Journeys.

Step 2: Explore the Journeys

Each activity in this section introduces one of the three Journeys for the girls' level. To earn the patch, girls must complete all three activities. Each activity will take approximately 10 minutes; with about 5 minutes transition period in between. Girls should have ample time to sample each Journey in a single, one-hour meeting.



It's Your World – Change It! Your Voice Your World

Eliminating Speakers Jitters

Materials for this activity: Pen and paper, chart paper and markers (for visuals)

Practicing persuasive public speaking is important for Ambassadors because girls their age frequently say that public speaking is scary. Incorporating short and simple ways for them to practice speaking in front of others can help them get over any initial jitters.

Public Speaking and the Girl Scout Law

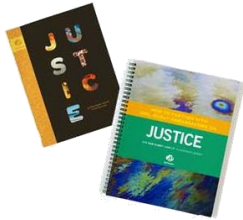
1. Ask each girl to decide which line of the Girl Scout Law not only resonates with her but also best represents advocacy.
2. After 10 or 15 minutes of prep time, each girl (or in pairs) has one minute to speak to the group and present her case in a persuasive and professional manner.
3. Encourage the girls to get creative with visuals, statistics, or anything else they choose.

The fun factor of this can be upped a few notches by writing the lines of the Girl Scout Law on slips of paper, placing them in a bag or bowl, and letting each girl (or pair) pick one.

A as in Acting - Improv that is...

Ask the girls to take turns being the “expert” on some made up topic. Each girl has exactly one minute to speak off-the cuff about her topic, which she pulls from a hat/bag. Sample topics could be:

- The Origin of the Banana Split
- Why Unicorns' make great pets
- How to build an internal combustion engine from garbage
- How our hometown is the new fashion capital of the world!



It's Your Planet – Love It! Justice

Telling a Story from a Bird's-Eye View

Materials for this activity: Photos or magazine pictures, glue or tape, index cards, paper, pens

Before your meeting ask a few girls to find and bring to the meeting 2 dozen photos glued or taped to large index cards to make story cards. Photos can be clipped from magazines, or from online sources.

All should be from a specific historical period. Index cards should be numbered 1 - 24 on the back.

Have the girls divide into two teams.

Give one team the two dozen picture or story cards and 10 minutes to brainstorm together. Their goal is to choose 12 pictures and create a sequential story with them. This team of girls will dream up their story and order the picture cards in sequence, but not show the other team (the numbers on the back will help them remember the order).

The first team will then give the picture cards to the second team, along with two hints: the first and last photos of their story. The second team now has 10 minutes to try to lay out the first team's story.

When they're done, ask the girls these questions:

- Did you expect the two story versions to match up better or worse than they did?
- How many stories could be told with the same dozen photos?
- What makes it hard to predict the other team's story?
- What sort of stories would you expect from younger girls or women using the same 12 photos?
- What stories would you expect from boys or men, girls from Africa or Asia or individuals from very poor or very wealthy communities?

Transition the team into a broader discussion about how easy it is to forget that we each see the world from a unique perspective - our own! Even when we agree on the basics of something simple, like a school trip, we will likely emphasize different things and have a different interpretation of people, places, and events. Human nature!

Wrap up by inviting the team to consider some of these questions:

- Why is it so important to try to see situations from as many perspectives as possible?
- How do we piece together stories when we don't have all the information?
- How could seeing various sides of a story help resolve the injustice or avoid a future Injustice?
- How does taking a bird's-eye view of an environmental problem expand your view of justice?



It's Your Story – Tell It!

BLISS: Live It! BLISS: Give It!

Build Your Circle!

Materials for this activity: Circle activity sheets (next page) Colored pencils or markers

Explain that confidence can be like a protective circle that offers shelter when someone says or does something that hurts them in some way. You might say something like, “With this circle around you, it’s easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.” Then have the girls:

- Think about some of the pressures they might be experiencing at school, with friends, at home, or elsewhere in their lives (such as pressure to fit in or not be different or to do something they don’t want to do). Have them write their own personal pressures outside of their circle.”
- Now have them think about what keeps them feeling good and strong, no matter what they might be facing (things like talking about their feelings, learning about themselves, trying new activities, knowing everyone is different). Have them put all of these things inside their circle.

Once the girls have filled their circles, ask them to talk about what they put in and outside the circles.

Do these circles make them feel stronger? More confident?

Acknowledge that everyone feels pressure but it’s how we handle that pressure that keeps us strong.

Ask: Do others have something in their circles that might keep you strong, too? Add it to your circle! You can offer this to the girls: “The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine!”

Keep this circle with you and let it serve as a reminder of all the strength you have inside!

Step 3: Pick a Journey

Materials for this activity: worksheet with pictures (attached) representing each Journey (cut these to separate them), tape, two stickers for each girl (use left-over stickers from other projects).

Explain to the girls that each of the activities provided a taste of a different Girl Scout Ambassador Journey and that they must now decide on which Journey they want to take first. Most troops/groups are able to complete at least two and many explore all three Journeys before bridging to the next program level.

1. Show the girls each image and tell them which activity matches the picture.
2. Tape the pictures up in different parts of the room.
3. Explain the voting process to the girls:
 - a. Each girl has two votes, which she may use any way she wants – she may choose to put a sticker on the two activities she liked the best or she may put both stickers on one activity. Encourage the girls to vote as they choose and to try not to be influenced by their friends.
 - b. Count up the number of votes for each Journey. The Journey with the most votes will be the first Journey the girls undertake.
 - c. Explain to the girls that they will have the opportunity to choose their next Journey when they have finished the first one.

Additional Resources:

- ❖ Skills Badge sets designed specifically to support your Journey.
- ❖ Girls Guide to Girl Scouting
- ❖ Check Events page on the GSWNY.org website for Journey-related workshops and events – and for additional training courses for adult volunteers
- ❖ Search the web to see what activities other troops are doing for your Journey
- ❖ Explore your community to find ways to customize your Journey.



This activity has been adapted from the Dove Real Beauty workshop for girls

Adapted from materials from Girl Scouts of N. Cal.

