

Webster Girl Scouts

“Juniors”

JUMP INTO

JOURNEYS!





# GIRL SCOUTS

## JUMP INTO JOURNEYS

### Activity Guide - Juniors

#### 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](http://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](mailto: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! Agent of Change

### Discovering Our Special Talents

#### Who led the Way for You?

**Materials for this activity:** chart paper, markers, paper, and pens

1. Start this brainstorming activity by asking the girls “Who can be a leader?” (anyone, anywhere, coach, teacher, friend, parent, on the other side of the room or across the globe). Give them a few minutes to silently reflect, they may also choose to write down their thoughts.
2. Then ask the girls “What does a good leader do?” (inspires others to do their best, appreciates working with others, a good listener, strive for the groups success). Give them a few minutes to silently reflect, they may also choose to write down their thoughts.
3. Ask the girls to write down names of their favorite leaders. Encourage girls to go beyond obvious answers and to other, possibly less-recognized, leaders.
4. Then talk about what it means to lead. Some questions you might ask are: “Is it really an individual activity?” “Why is listening well a sign of a good leader?” “Does it mean the leader has to be the only authority and make all the decisions?”

In comic books, they are called Superheroes. In stories, they are called heroes and heroines. Ask the girls to come up with their own word for a great leader.



## It's Your Planet – Love It! Get Moving!

### Observing Animals in Their Natural Setting

**Materials for this activity:** paper, pencils or markers.

Arrange to get out in nature where you can observe animals. Ideas include: local animal museum, park, animal shelter, zoo, butterfly park, horse stable. If your group can't get out in nature, they can watch a nature movie or nature shows on TV. Encourage girls to jot down their thoughts, notes, and drawings of all that they see and hear and smell.

After the girls have finished their allotted time observing animals, guide them in a discussion about what they have seen. Some questions you might ask them are:

- What sort of animal energy and animal movement did you see?
- How is movement necessary to animal's survival?
- How do animals use sound energy?
- How do humans use the energy of animals?
- Why do we like certain animals enough to try to protect them?
- What about domestic animals or animals you are most familiar with?
- Do cats and dogs or other pets get as much chance as deer or prairie dogs or other wild animals to run around and move freely?
- What happens when pets don't get to use their energy properly?
- How can people make sure pets get enough exercise? Do you notice how exercising a pet gets you some exercise too?

### Animals as Inspiration

Distribute paper and pencils/markers. Transition girls to creating some images or poems inspired by what they have observed and/or talked about during their outing. Encourage them to share what they have created with the group. Some suggestions could be:

- Write a haiku (a poem, often three lines of 5, 7, and 5 syllables) based on imagery from nature.
- Compose a rhyming chant or rap, or silly song about how a creature looks, moves, or sounds.
- Sketch a picture of an animal using or creating energy.



## It's Your Story – Tell It! aMUSE

### Don Your Cloak!

**Materials for this activity:** Cloak activity sheets (attached), colored pencils, markers, or crayons

Explain that confidence can be like a protective cloak that shelters them when someone says or does something that hurts them in some way. You might say something like: "With this cloak 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 say:

"Think about some pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don't want to do). If you like, write your own personal pressures outside your cloak."

"Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things on your cloak."

Once the girls have covered their cloaks, ask them to talk about what they put inside and outside the cloaks. Acknowledge that everyone feels pressure, but it's how we handle that pressure that keeps us strong.

Ask: "Do others have something on their cloaks that might keep you strong, too? Add it to your cloak!"

"The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Feel free to take this cloak home and hang where it will most inspire you."

## 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 Junior 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.





