IT'S YOUR WORLD—CHANGE IT!
A LEADERSHIP JOURNEY

AGENT of Change

Step by step! How to become a great leader.

This one's got it all—plot, humor, really cute puppies... Step inside and join the action!

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One Community

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FRAMED!

Moxie up the team

JOURNEY GUIDE
Session 1
Her Story - Power of One

Opening: Girl Scout Law Snowball Fight
Time Allotment: 10 minutes

Purpose: A fun warm up that helps girls learn/practice the Girl Scout Law and understand how the Law relates to power and leadership.

Materials Needed:
- Twelve pieces of scrap paper per girl
- A pen, pencil, or marker per girl
- The Girl Scout Law (you can provide this or choose not to for an added challenge).

Ask each girl to write one line of the Girl Scout Law on each of her pieces of paper. Next, invite her to crumple all of her papers up into balls. When each girl is finished, divide them into two teams and instruct them to use their pieces of crumpled paper as snowballs in a Girl Scout snowball fight!

Set a five minute time limit for play. At the end of that time, girls must race to collect enough papers to piece together the Girl Scout Law. The lines can be in her own writing or in any other girl’s, just so long as she gets them back together in the right order. First girl to correctly complete the Law wins.
Discussion: Real Power
Time Allotment: 10 minutes

Materials: Girl Journey Book

Purpose: Girls understand that the Agent of Change Journey is all about power. Not magical power, but real power.

Ask the girls a few key questions:
• What words come to mind when you say power?
• When they think of powerful people, who do you think of and why?
• Can true power be bought and sold?
• Can you gain true power through guns and armies? Why or why not?

Now ask the girls about the Girl Scout Law. How do the qualities listed in the Law exemplify the characteristics of a powerful person?

Lastly, ask the girls if at the age they are now, do they think they can be powerful? Why or why not? In what ways can they show power?

As a follow up to the above question, ask one of the girls to read page 6 of the journey book to the group.
Agree/Disagree Game

Time Allotment: 10 minutes

Materials: None

Purpose: Girls understand that one of the most common characteristics that powerful people have is the ability to communicate effectively.

In order to communicate well, you need to be able to work with all kinds of people, be tactful when speaking, and be a good listener. Communication is never about trying to force someone else to see things your way. Instead, the key to communication is to understand the other person’s point of view and then finding a common ground.

Pick a space within the room that will serve as the “agree zone” a space that will be the “disagree zone” and a space that is for “no opinion.” Explain to the girls that you will read a statement and the girls should move to the zone that corresponds with their opinion. Start out with easy, silly statements such as “fall is the best time of year.” Or, “broccoli is the worst food on the planet.” Statements can become more serious as you go, if you wish. When the girls have moved to their zones for each round, ask one girl from the agree side and one girl from the disagree side to explain why they picked what they picked. After they have voiced their opinions, give everyone another minute to move to a different zone if any of the arguments have swayed them.
Snack and Snack Chat: “Band aids” and Clara Barton

Time Allotment: 15 minutes

Materials:
• Girl Journey Book
• Cinnamon Graham Crackers
• Napkins
• Knives
• Drinks
• Frosting
• Red gel food coloring
• Fruit

Prior to handing out the components for snack, invite one of the girls to read page 16 of the girl book out loud (skipping the bottom portion in yellow). After listening to how the girls can be anything, explain that this has not always been the case. Through this journey, we are going to hear about some amazing women who had to fight hard to secure their place in history.

Invite girls to make edible band-aids by breaking a graham cracker in half then spreading a bit of frosting in the middle and dotting with red gel food coloring. Offer fruit as another snack option if girls don’t want to eat their creation. Band-Aid snack from: http://katherinemaries.com/blog/archives/7242

Explain to the girls that the snack is to honor Clara Barton. Ask the girls if they know who that is. While the girls eat, read them her biography found here: http://www.abcteach.com/free/r/rc_clarabarton_upperelem.pdf
This is a long document so you might want to just pick out a few key parts to share with the girls. Utilize the questions at the end of the document to help guide you in thinking about which parts are most important to share with the girls.

When you are finished reading, facilitate a conversation about what types of things Clara had to overcome to be a leader; her shyness, lisp, the fact she was a woman... Help the girls to understand that powerful people are very often not born that way. They are usually driven by something deep within themselves like a passion or a talent they want to share with the world.

Let the girls know that over the next few weeks, they will be learning more about and sharing with the group their passions and talents. Ask them to think about their passions and talents for the next meeting.
**Herstory Boxes**  
Time Allotment: 15 minutes

Materials:
- Scissors
- Cardboard
- Printed templates
- Pencils
- Tape or glue (hot glue if you don’t want to wait for it to dry)

Use the template found at this website: http://stuffyoucanthave.blogspot.com/2010/10/cereal-boxes.html. Print it out and then trace it onto cardboard. Cut the cardboard out and then fold and glue it into a box using the guide on the website.

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**Potato Stab**  
Time Allotment: 5 minutes

Materials:
- One Idaho potato per girl.
- One straw per girl.

Start by asking the girls to examine their potato and straw. What are some of the characteristics of both items? Is one harder than the other? Does one seem tougher or stronger than the other? Which one do they think would win in a fight? The sillier you get with the questions the better!

Now ask the girls if they believe that the straw can stab all the way through the potato? Ask the girls to place their potato against a hard surface and hold on to one end of it. Explain to the girls that the most important thing is the follow through. They need to envision the straw going all the way through and instead of aiming for the potato they need to aim for the table. Ask them to practice a few times, each time saying, “follow through” as they stab (but don’t really stab the potato yet, just practice). When they are ready, invite them to really stab their potato. Then watch at all the shocked reactions as their straw goes all the way through.

After the activity have some discussion with the girls about how important follow through and vision are to great leadership. If you have a vision, but no follow through you won’t get anywhere. Similarly, a person can be a very hard worker but have no clear direction. Powerful people always have both.

Watch a video of the potato stab being done here: https://www.youtube.com/watch?v=PrWvQlzNywA
Closing Ceremony
Time Allotment: 10 minutes

Purpose: Girls begin thinking about the way in which they want to be Agents of Change.

Materials:
- Paper
- Scissors
- Pencils
- Boxes from activity above

Talk with the girls about how, just like with Clara Barton, power usually comes from passion. Clara’s passion for helping people was the driving force that allowed her to overcome her shyness in order to found the American Red Cross.

Ask each girl to spend a few moments thinking about her own passions. We will not place limitations on what this idea of passion can include. She can think about anything that comes to mind as being one of her greatest passions; animals, basketball, spending time with family, curing cancer. At the end of thinking time, ask each girl to write just one passion down on a piece of pretty scrap book paper and fold it in half. She should write that same word down enough times as there are girls.

Sitting in a circle, each girl holding her box on her lap, allow all of the girls to take turns, walking around the circle and depositing their “passions” into each other’s boxes. After, instruct the girls to close up their boxes and not to look at the papers inside until you tell them to.

Follow-up notes:
Real journeys are made more fun by all of the side stops made along the way. Why not utilize your next meeting for just such a stop? We just learned about Clara Barton and the American Red Cross. For your next meeting, consider taking a break from Agent of Change to tour a Red Cross facility and learn more about what they do. Or, spend the meeting earning your First Aid Badge. If neither of those things interest your group, feel free to jump to the next Agent of Change meeting!
Opening: My Story—Or is it?
Time Allotment: 10 minutes

Materials Needed: Paper and Pencils

Last meeting, we learned the story of Clara Barton. Now it’s time to start exploring our own stories. On separate pieces of paper, every girl should write one fun fact about herself, the sillier the better. Examples could be, “I’m extremely afraid of birds.” Or, “I sing the exact same song in the shower every morning over and over again.” Girls should also write their names under their fun fact. When everyone is done, fold all of the papers in half and have an adult select one of the fun facts to be read aloud. Before reading the fact to the group, the adult should select three girls to sit in front of the rest of the group, the girl to whom the fact actually belongs and then two other girls. All three girls will try to convince the rest of the group that the fact belongs to them. The group can ask the girls any questions they want to try to ascertain the truth. Each girl should try to answer in a convincing way. Finally, the group makes a decision as to whom they think the fact belongs.
Her Story
Time Allotment: 15 minutes

Materials needed:
• Print outs on Cecilia Cassini and Remmi Smith
• Girl Book
• Papers and pencils

Prior to the meeting, print off the short biography of Cecilia Cassini, teen fashion designer and Remmi Smith, teen cooking star. Then, at your meeting, select a few girls to read her story to the group.

Discuss with the girls how such a young person made it so big in such a hard industry. What characteristics must she have? Do any of the girls in your troop have an interest in fashion? Ask the girls to each jot down a few key words that come to mind when thinking about her character traits. Save for later use.

Repeat above discussion focusing on Remmi Smith. Again, ask the girls to write down any words that come to mind.

Point out to the girls that one of the things that both Remmi and Cecilia have in common is that they are living their passions. We are always better at things in which we are interested and passionate. Those interests, passions, talents, and strengths are the things that make us powerful. Ask a girl to read page 12 of the girl book out loud. After reading the selection, facilitate a conversation with the girls about their own talents and skills. What makes them, them?

Is there one thing in particular at which they feel they excel? If someone is struggling to come up with something, ask some probing questions such as, “What do you like to do in your free time?” Try to make them feel proud about whatever it is. Even if they say something like they love to watch TV. Maybe attempt to direct that interest toward what they are watching. Do they watch all cooking shows or crime dramas? Then maybe they have an interest in being a chef or police officer. Have the girls write down a few of their own talents and skills on the same paper from the earlier discussion.
**Ribbon-wrapped Chain Bracelet**  
Time: 15 minutes  
Purpose: Explore current interest in fashion or prompt a new interest.  

Materials Needed:  
- Ribbon  
- Chain  
- Fray check or lighter (only leader may use lighter)  
- Scissors  

Follow the tutorial found here: http://www.positivelysplendid.com/2014/01/easy-bracelet-chain-ribbon.html#_a5y_p=1273108

**Snack: Pig Cupcakes**  
Time: 10 minutes  
Purpose: Girls try their hand at being a pastry chef.  

Materials needed:  
- Cupcakes (note cupcakes can be made low-fat by substituting 1 cup vanilla Greek yogurt and 1 cup water for eggs and oil)  
- Pink wafers  
- Chocolate chips  
- Marshmallows  
- Kitchen scissors  
- Pink icing  
- Ziploc bag with tip cut for piping nostrils

Follow this tutorial to make these adorable oinkers: http://emilys-little-world.blogspot.com/search?updated-max=2011-03-01T16:20:00-06:00&max-results=20
Favorite all-time Team Building Game
Time Allotment: 10 minutes

Special Note: This is an extremely fun, and extremely messy teambuilding game. If you don't have a space in which you can make a mess, look for the variation at the bottom of the game’s description.

Purpose: Up to this point, we have worked a lot on ourselves and the power of one. At the next session we will begin working toward the power of team. This is a super-fun teambuilding game to get us started.

Materials needed:
- Whipped cream or shaving cream
- Cheesy Puffs
- Safety glasses, goggles, or sun glasses
- Cups or bowls
- Hairnets
- Plastic tablecloth

Divide girls into two teams. Ask for each team to select a catcher. Lay a plastic tablecloth down on the floor and then have both catchers stand as far apart from each other as possible while still staying on the tablecloth. Give both catchers a hairnet and ask them to try to get as much of their hair in it as possible. Give each catcher safety glasses or something to at least cover their eyes. Cover the hairnets with shaving or whipped cream. Give each non-catcher girl on both teams a cup or bowl filled with cheesy puffs. The object of the game is to get as many cheesy puffs to stick to the catcher’s head as possible. The throwers will all have to stand behind a line. They can move around, but they cannot cross the line. The catchers can also move around. They can go side to side, they can duck down or jump up or lean their heads forward. They just cannot come off the tablecloth. Allow the teams a few minutes to strategize and then get started!

After, facilitate a conversation on what types of strategies worked the best and which ones didn’t work. How were the teams at communication with one another?

**For a less messy variation, give the catchers a cup to hold on their heads and use mini-marshmallows instead of shaving cream and cheesy puff.**
Secret Agent Power of One Log
Time Allotment: 10 minutes

Materials: Secret Agent log included in this guide and Agent of Change book.

Ask the girls to take turns reading page 14. Do the girls agree that doing the things listed on page 14 make them powerful? Have they ever had someone do those things for them? How did it make them feel? Can the girls think of other similar simple acts that have powerful repercussions?

Explain to the girls that leaders are not usually the loudest person. Most effective leaders, lead by example. People follow them, because they have a proven record of making good decisions and of being trustworthy. A lot of the communicating these leaders do is non-verbal. The way they act, the way they treat others, their level of confidence...

Play this game to demonstrate: Sitting in a circle on the floor, explain that this game is about following the leader and also trying to figure out who that leader is. Pick one girl to be the leader starting out. She should make some type of motion and noise with her hands, feet, or mouth. Examples could be clapping, smacking the floor, smacking their lips, snapping their fingers...Everyone else should do what the leader is doing. Every few seconds the leader should switch and do a different motion and sound. When the leader switches the girls should switch too.

After a playing a round in this fashion, choose one girl to leave the room or at least shut her eyes. Select another girl to be the leader. The leader should begin the first motion and sound before the other girl returns or opens her eyes. Every few seconds the leader should switch movements and all other girls should follow along. The girl who had left the room must watch the group and try to ascertain which girl is the leader. If she selects correctly, she becomes the leader.

Next, hand out the Secret Agent Power Log. Explain to the girls that they are going to demonstrate their skills as a leader over the course of the next week by completing the missions on this power log in secret. After completing each mission, the girls should write down how they fulfilled the challenge and what was the result. Instruct them not to let anyone know about this secret mission. They must do all of their good deeds without getting caught! Some of the ideas you really can’t do without someone noticing, but you can do it without telling the recipient what you are doing or why.

Instruct the girls to bring back this sheet, with as many as possible finished, by the next meeting.

Note: The examples of kind acts were found on this website: http://befickle.blogspot.com/2010/03/secret-service-activity-days-activity.html
Closing Ceremony
Time Allotment: 10 minutes

Purpose: Girls begin thinking about the way in which they want to be Agents of Change.

Materials: Pens and pretty scrapbook paper.

Just as with the end of the last session, instruct each girl to write her greatest strength or talent out enough times as there are girls. Without saying what her strength or talent is, each girl should fold up her papers and place in each other’s boxes.

Explain to the girls that at the next meeting, they will each be asked to share one of their skills for a few moments. If they love basketball, they can show the girls how they dribble or how to aim to take a shot. If they love to bake, they can bring in cookies or even just say what their special ingredient is. This does not have to be elaborate.
Cecilia Cassini

Famous Tween Fashion Designer

At her first showing, Cecilia sold 50 outfits that she designed and made herself. She was 9 years old!

Cecilia got her first sewing machine for her sixth birthday. Since then she spends every possible moment sewing. She also creates her own one-of-a-kind designs.

Cecilia has taken a few sewing lessons but is mostly self-thought.

She loves to embellish her clothes with large bows and sequins.

Cecilia's designs for kids start at $32 for a tank top or you could choose a leopard dress for $143.

Personal fittings start at $500 and come complete with a certificate of authenticity.

Cecilia hopes to inspire all kids to believe in themselves and to follow their dreams.

Born 2000

http://www.makingfriends.com/teen_role_models_stereotype_busting.htm
Remmi Smith

Tween Cooking Show Star

When she was 9 years old, Remmi and her Mom started a YouTube cooking show.

Remmi first started cooking at the age of 4. Her mother taught her how to wash vegetables and make salads for the family. By the age of 10 she could cook an entire meal for her family of nine by herself!

After doing research on childhood obesity, Remmi and her Mom decided to do a healthy cooking show for kids taught by kids.

Remmi thinks cooking is fun. She feels that kids who know how to cook their own healthy food would eat better.

Remmi likes to find recipes online but makes them her own by changing to low fat ingredients and substituting with ingredients kids are more likely to eat.
Session 3
Her Story Wrap Up - Power of Team!

Opening Ceremony: Runner, Builder, Looker, Spy
Time Allotment: 10 minutes

Purpose: This activity helps girls understand how important communication is in effective teams.

Special Note: In this activity, the girls will be making something as a team. What it is doesn’t matter. A Lego tower, a craft, drawing a picture...choose whatever you want. But you must select what they will be making prior to the activity and then have all of the materials needed in a bag for each team. We typically use this craft below when we do this activity in groups:

The supply list below is based on this craft.

Materials:
• One zip-top bag per team
• Two google eyes per team
• A roll of glue dots per team
• Two big white hearts per team
• Two medium black hearts per team
• Two small black hearts per team
• One mini black heart per team
• One mini red heart per team

Have all of the items above in a bag for each team. Also bring one completed project with you to the meeting. Ask each team to select one Looker, one Runner, and one Spy per team. The Lookers job is to look at the completed example project. Be sure to keep this project away from everyone else so that no one else can see it. The Lookers may look at the project as often as they would like to. However, they may not move from their post.

The Runner runs back and forth between their team of Builders and their Looker. They may have open conversation with the Lookers. The Lookers should try to describe to the Runners exactly what the project is and what it looks like. The Runner then runs back to their team with this info. The Runner may go back and forth as often as they need to.
The Builders can only ask their Runner yes-no questions. “It is an animal?” Yes. “Is it a monkey?” No. “Does this piece go here?” Yes.

The Spy’s job is to stay with the other team and make sure that no one cheats.

The first team to most accurately complete their project wins. If the teams are really struggling (and most do) open the game up at about the five minute mark and allow the Runner to answer any question, not just yes-no.

After the game is complete, ask the girls how they felt not to be able to talk openly with the Runner. How did the Runner feel? Were they getting frustrated? What about the Builder and the Runner? Was it hard for the Runner to have to explain something she couldn’t see? Was it frustrating for the Builder to watch her team fumble? Help the girls draw conclusions about why communication is so important to effective team leadership.

My Skills and Talents:
Time: 15 minutes (or more depending on number of girls participating)

Purpose: Allow the girls to showcase a special skill or talent.

Remind the girls that throughout the last few weeks, we have been talking about how our passions and our skills make us powerful. We learned about other people’s talents and we’ve practiced a few new talents of our own. Now it’s time to share with the rest of the group what you’re good at.

Give each girl approximately two minutes or so to show off whatever she wants to. If a girl has forgot to bring something or is shy or maybe even feels as though she isn’t good at anything, point out something you have noticed that she does well such as she always has a smile on her face or is always willing to lend a helping hand.
Team-player 101: Rubber Band Challenge

Time Allotment: 10 minutes

Purpose: Highlight how important it is that each person on a team fulfills their responsibilities.

Materials:
- One rubber-band per team
- Five Plastic cups per team
- 4 12” pieces of yarn tied around the rubber-bands per team

Place girls in teams of four girls. Give each girl one piece of the yarn attached to the rubber band. Girls each need to pull on the rubber band at the same time and with equal force to make the rubber band open. They must hold the rubber band open while they place it around a cup and then close it again. As a team, they must then lift the cup into the air, position it over the other cups, and then open the rubber band again.

The first team to build a pyramid with their cups wins. If the cups get knocked over, they may use their hands to right the cups.

After the game is over, facilitate a conversation about how important it was that the team was in unison and that each member was actively participating.

http://sciencegal-sciencegal.blogspot.com/2012/09/setting-expectations-for-group-work.html?m=1
Team-player 102: When Someone Stomps their Feet

Time: 10 minutes

Purpose: Highlight how important it is that each person on a team listens, pays attention, and fulfills their responsibilities.

Materials: Lines printed out and cut into stripes for each participant.

Sitting in a circle, give each girl one line from this activity (if you don’t have as many girls as lines, give the girls more than one line). The lines should be handed out at random and should not be in order. The girls should have no idea, where their line fits into the story. They must listen well to know when it is time for them to say their line.

The leader starts this activity by clapping twice.

Lines and Actions

- When somebody claps twice, stand up and say “Good Morning.”
- When somebody says “Good Morning,” Turn off the lights.
- When someone turns off the lights say, “Hey, it’s dark in here” and turn on the lights.
- When someone turns on the lights, stand up and spin around twice.
- When someone spins twice, stand up and moo like a cow.
- When someone moo’s like a cow, stand on your chair.
- When someone stands on their chair, say, “Get down from there!”
- When someone yells, “Get down from there!” Stomp your feet five times.
- When someone stomps their feet five times, yell “Rah Rah Rah” like a cheerleader.
- When someone yells Rah Rah Rah, run around the room singing “Mary Had a Little Lamb” one time.
- When someone sings, “Mary had a little lamb.” Shut off the lights and scream, “Go to bed!”

After going through this a few rounds, talk with the girls about how if one person wasn’t paying attention or didn’t say their line loud enough, the entire team broke down. Ask the girls how this relates to being on a real team.
Snack Chat: Secret Mission Logs
Time: 10 minutes

Give the girls any snack of your choosing and then discuss their secret mission logs while they eat. Did they complete their missions? What were the results? Did anything unexpected happen? Were there any negative repercussions?

Team Service Project: Pompom Animals
Time: 20 minutes

Purpose: To start thinking about doing service for others as a member of a team.

Special Notes: These animals are for the spring. You can easily do this same project for other holidays such as making Santa’s beard out of a white pompom or a pumpkin with an orange pompom.

Materials:
• Animal Shape print outs
• Yarn
• String and tape (optional)
• Scissors
• Markers

Prior to doing this project, call a nursing home and make sure they can use the tray favors and ask how many you will need to make.

Explain to the girls that to complete this journey, the girls will be tackling a Take Action Project. This project will be fairly large and involved and it will be a project of the girls’ choosing. To get them started thinking about service and teamwork, we have selected a smaller project. Talk with the girls about people in nursing homes can be very lonely. Their families are sometimes far away and busy and can’t come to see them very often. To brighten their days, we will be making tray favors that they will receive with their meals.

To make the animals, cut a hole in the center of each shape. Draw a face or other features onto the animal. Wrap yarn through the hole all the way around until the main art of the animal body is filled with yarn. Slide scissors along the entire outside of the animal, cutting the yarn loops loose from each other. Give your animal a haircut. Tape a string to back if you so choose for hanging.

Herstory: Harriet Tubman Is

Time: 10 minutes

Sitting in your circle, ask one girl to read the top of page 16 from their journey book (everything above the spider picture). Next, ask a few other girls to take turns reading page 17.

Let the girls know that we are going to talk about one of the most celebrated female and African American heroes, Harriet Tubman. Show the girls her picture on page 19. Ask the girls if anyone knows who she was. Explain that Harriet Tubman, or Moses as she was called, was a woman born into slavery in Maryland.

For almost every reason we can think of, this was a woman who never should have been considered powerful. In fact, Harriet wasn’t even born a slave. Harriet’s mother’s master had placed in his will that when he died, all of his slaves were to be freed. However, upon his death, his daughters decided not to honor this legally binding will, and they kept their slaves. So, technically by the time she was born, her mother should have been a free woman, making Harriet free too.

In every sense of the word, here was a woman whose power had been literally stolen from her. But Harriet wasn’t willing to accept that. She began fighting for her own right’s and the rights of others at a very young age. An example of this passion for the rights of others was shown through her friendship with another male slave who had run away while Harriet was still in captivity. She heard his master talking about how he had figured out where he was hiding and that he was going to go get him back. Harriet went the back way and warned this slave. When the master showed up to collect his slave, Harriet stood in the doorway and wouldn’t let him in. The man picked up a brick, and threw it at her head. For months, Harriet was on the verge of death. And, even after she healed, she suffered from seizures and narcolepsy where she would just fall asleep mid conversation and then wake up like nothing had happened and keep on talking.

Ask one of the girls to read the rest of Harriet’s bio on page 19. After, talk with the girls about how they need to consider women like Harriet when they think that life is too hard or too unfair or the obstacle in their way is too big. If women like Harriet can do what she did, in a time when women and certainly African American women, had absolutely no power, think of what the girls can do now if they just put their hearts and their minds to it.
Closing Ceremony: 10 feet in the air!

Time: 10 minutes

Purpose: Using teamwork to think outside the box.

Special Note: Instead of ten feet, use the number of feet as you have girls. For instance, if you have five girls in your troop, you use the number 5.

In your circle, explain to the girls that you have a special challenge for them. Do not tell them that this is a team challenge. Let them know that they can use anything in the room to complete this challenge (monitor that so it doesn’t get out of control, however. We don’t want them climbing on cabinets). Tell them that the challenge is simple, to get 10 feet into the air.

Allow the girls a few minutes of struggling and getting on chairs and jumping, before you show them the solution. Some troops may guess it without needing to be shown. Come back into the circle and ask each girl to pick one foot up. Ten feet are now in the air.

Explain to the girls that this was a funny example, but still it illustrates the fact that sometimes a task seems impossible if we are not using a team of other people to help us.

Finally, just as with how you finished the other meetings, give the girls paper, pencils, and scissors, and ask them this time to think for a moment about what is their biggest concern for the world. Or you could reword it as biggest wish for the world. This could be anything: animal welfare, starving children, curing cancer. Encourage the girls to get their wish down to just a few words since they have to write it as many times as there are girls. After they are finished, have them put their biggest wish into everyone’s box.
Opening Ceremony: My Strong Chain
Time Allotment: 20 minutes

Purpose: We each have a lot of strengths and talents. But look what happens when we connect our strengths with each other.

Special Note: To complete this project in a much simpler manner, make paper chains with loops of paper.

Materials:
• Mini clothespins
• Pretty scrapbook paper
• Scissors
• Ribbon
• Template from website provided
• Glue dots

Remind the girls that over the last many weeks we have been learning about how our passions, strengths, and talents make us, us. This activity reinforces the fact that every time we gain a new skill or passion, our chains get stronger. Ask the girls to take a few minutes and think about every strength and interest they have. Remind the girls that we are not talking about physical strength but character traits and skills. If the girls are having trouble, ask them to reference the Girl Scout Law. Are they friendly or helpful? Are they courageous? Instruct the girls to jot down these words as they come to their mind.

Use the tutorial and templates found on this website to create paper bows. http://www.spoolandspoonblog.com/2013/03/paper-bow-how-to-free-template.html

Before assembling the bows, ask the girls to write those strength and passion words on the back side of each paper ribbon hanging down from the bow. They should write one strength or talent per ribbon part, so two strengths per bow. The girls should make as many bows as they can think of strengths and passions.
Service Project Continued
Time: 20 minutes

Continue making the tray favors from the last meeting. Point out to the girls that this is another power of team. Many hands make light work. Can the girls imagine trying to make that many tray favors all by themselves?

As the girls work, talk with them about page 33-35 of their journey book. What makes a good team good? What can cause a team to go bad?

After the girls are done, instead of placing the bow on a box, as in the picture, have the girls use the mini-clothespins to hang their bows from ribbon or yarn, as in the second picture provided in this guide.

When the girls are finished with their strength chains, come back into your circle and talk about them for a few minutes. What did they write and why? Say something like, “Wow, look at how powerful each of you is as one individual.” Then say, “But look what happens, when we connect our chains.” Line the chains up on the floor end to end. Explain that this is the power of team. When we bring all of our strengths and interests together, look at how much bigger our chain becomes.

http://www.spoolandspoonblog.com/2013/03/paper-bow-how-to-free-template.html

http://www.pinterest.com/pin/140948663312845157/
Comic Relief
Time: 20 minutes

Read the comic strip story in their journey book beginning on page 46. Assign each girl a role like a play or have them take turns with the lines. Discuss the story afterwards.

Now its time for the girls to be the heroines in their own comic book story. Break the girls into groups to work on their own comic book story. Suggest they use page 68 to get themselves thinking about what their stories should entail.

Explain to the girls that they will have fifteen minutes to write their script and practice. At the next meeting, they will practice again and then perform their story for the rest of the troop.

Closing Ceremony:
Time: 10 minutes

Bring the girls together in a circle with their boxes. We’ve added to our boxes every meeting, but we’ve not seen what anyone else has written yet.

Ask them to open their boxes now and pull out all of the little papers. Line the papers up in front of themselves so that they can clearly see them all. Give the girls a minute to look over them. Can they find their own papers? Do they remember what they wrote? Can they think identify who some of the other papers may belong to? Now ask the girls to put the papers into their proper categories; strengths, wishes for the world, and passions. Are any of the papers the same or similar? Has more than one girl said her passion was basketball or her biggest wish was to find homes for animals?

Explain that starting with the girls next meeting, they will be starting to identify and work on a take action project. To do so, they will be thinking about their own skills and how those talents could be used to benefit others. From looking at the pieces of paper in front of them, do the girls see anything that jumps out at them as a project to work on?

Extension Activity:
Did the girls enjoy making the tray favors for the nursing home? Maybe they would like to give them out themselves. Nursing homes are always looking for groups to come in and spend some time with their residents. The girls could help with bingo, make crafts, play games, or have a birthday party for the residents. If the girls are interested, plan your next meeting to be at a nursing home, brightening the day of others.
Session 5
Power of Team Wrap-up and Power of Community

Opening Ceremony: Who am I Collage Coasters
Time Allotment: 15 minutes

Purpose: Serves as a takeaway reminder what the girls learned about power and themselves through this journey.

Special Note: This project calls for ceramic tiles. You can buy these at a Habitat Restore for ten cents each. If you don’t have a restore, they are not that much more at a home improvement store. If you can’t use tile for some reason, there are many other things you could cover, just get creative!

Materials:
• Ceramic Tiles
• Mod Podge (satin or gloss finish)
• Foam brushes
• Felt or little
• Glue Gun
• Comic books or comic strip printouts from the internet, or newspaper comics, or magazines.

Invite the girls to look through the comic books or magazines you brought and find anything that reminds them of their talents, passions, and strengths. These can be words or phrases. They can be pictures of things or people. Ask the girls to cut those things out and then lay them on top of their tiles to get an idea for how they want their collages arranged.

When they are happy with the layout, invite them to spread a layer of mod podge over their tile and then one at a time, spread a thin layer of mod podge onto the back of their image. Lay the image onto the tile and press from the center of the image out to make sure the air bubbles are gone. Continue until all of their images are adhered. Coat the entire front with one more layer of mod podge.

Invite the girls to talk about their project and why they chose what they did.

After the project is dry, cut a felt square to cover the backside and hot glue on.
Superhero costumes and Comic Story Prep

Time Allotment: 30 minutes

Purpose: Fun way to prepare for their comic skits.

The girls will be performing their skits for each other next. Invite them to take this time to get into their roles. How better to do that than to look the part!

Bring in many different things the girls can use as props. Whatever you have lying around your house will work. Toilet paper, newspaper, old sunglasses, ribbon, old costume jewelry. See how creative the girls can get turning junk into clothing!

Here are three other ideas you can use to add to their costumes:

1. Using a glue stick, adhere construction paper to the outside of a toilet paper tube. Place fun foam shapes all over the tube, leaving one section free from the bottom to the top. Cut a slit in this free section. The toilet paper tube is now a superhero wrist cuff.
2. Buy cheap party masks. Draw a design on the back side of the mask, cutting away under the eyes and over the eyes in a decorative fashion for a more super hero looking mask.
3. Cut the bottom out of a trash bag and then cut any design into the bag, fringe, a slit, scallop edging. Open the bag and put it on like a skirt, using the ties to tie it into you.

After the girls are finished with their costumes, make sure they take some time to practice their skits.

http://www.pinterest.com/pin/226305949997932711/
**Performances**

Time: 15 minutes

Invite the girls to perform their skits. This may take more or less time depending on how many groups you have and how long their skits are.

**Take Action Discussion**

Time: 25 minutes

Materials: Journey Book, butcher block paper, markers.

Have the girls take turns reading page 66 of their journey book. Discuss the difference between service, like you did for the nursing home, and a take action project, which looks at the root cause of why something is happening. Help them to understand this concept better by reflecting on the questions on page 67. Next, talk with the girls about what community is using page 69 of their journey book.

Use the butcher block paper for the community mapping activity on page 71. Each girl should think about who is part of her community and which communities is she part of.

Bring the girls back together and have them take turns reading the example projects on pages 39-40, 74 and 75.

Finally, break the girls up into groups. Ask them to use their wish boxes and pages 72-73 of their books to brainstorm on some possible projects. Do any of the categories listed match any of their wishes for the world or passions? What are some other ideas the group has? Allow the girls to brainstorm for about 10 minutes and then bring them back together again. Have each group report out. Are there any overlapping themes?

Maybe the girls still aren’t ready to identify an exact project yet, but hopefully by this point at least a general idea or topic is starting to emerge. Ask the girls to go back to their community map and write in anyone or anything that might be connected to that theme. Invite the girls to think about what might be some next steps in narrowing down their project. Who could they talk to? Where could they go to find out more about what interests them?
Sample Take Action Project
Reverse Delivery Route

Did your girls finish the tray favor service project? Did they actually go to a nursing home and visit with the residents? If so, they probably got to see how wonderful it is to relieve someone’s loneliness for at least a few hours. Turn that one time act of kindness into a long term take action project by collecting and donating a very common household item; magazines and newspapers! Even in this digital age when more and more people are accessing their print online, still many people have these resources lying around their home, cluttering things up. A magazine is a very simple, yet effective way to get someone’s mind off how lonely they are in a nursing home or how scared they are in a doctor’s waiting room. This project also has another added benefit of being good for the Earth. Instead of having all those magazines end up in a landfill or waiting to be recycled, you can recycle them now by sharing them with others.

Advertise your project with friends and family members and in the community at large. Set up regular collections times and points every month or even every quarter. Identify doctor’s offices, nursing homes, women’s shelters and any other place you can think of where people might want to utilize these magazines.

In return for people donating their old reading material, offer to host a Pinterest learning day. Many people save magazines because there is a recipe or idea they want to try. Usually, however, they can’t remember where they saw the recipe in the first place so the recipe never gets made and the magazine never gets recycled. Offer to show potential donators how to get online and pin those recipes and ideas so that they always know where they are. In exchange, ask them to sign up to be on your reverse delivery route.
<table>
<thead>
<tr>
<th>The Mission</th>
<th>How I Completed the Mission</th>
<th>Were there any results?</th>
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<tbody>
<tr>
<td>Do a chore for a sibling or parent without being asked</td>
<td></td>
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<tr>
<td>Write a note to someone telling them how much you appreciate them.</td>
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<td>Smile at three random people in one day</td>
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<td>Secretly remove any trash from your mom or dad’s car</td>
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<td>Make a special treat to share with someone such as cookies</td>
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<td>Ask a parent what you could do to help them that day do it without complaining</td>
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<td>Listen during class and participate in the discussion</td>
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<tr>
<td>Help prepare the meal for your family</td>
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<tr>
<td>Do your homework without being asked</td>
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<td></td>
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<tr>
<td>Clean your room without being asked</td>
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<tr>
<td>Tell someone you love that you love them</td>
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<tr>
<td>Do something nice for someone you don’t know well</td>
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<tr>
<td>Talk kindly for one whole day. No bad-mouthing anyone and no complaining</td>
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IT'S YOUR WORLD—CHANGE IT!
A LEADERSHIP JOURNEY

AGENT of Change