



It's Your World, Change It!

Brownie Quest

Girl Scout Brownie Journey Perfectly Effortless Program

Thanks to Girl Scouts of Northern Indiana Michiana
for sharing this resource with Girl Scouts of the Missouri Heartland.

Brownie Quest Jump Start Guide

Introduction

Thank you for volunteering with the Girl Scouts. You are about to embark on an exciting experience for both girls and yourself. The following activities have been developed with the Girl Scout Leadership Experience (GSLE) in mind. As girls have fun they will also be learning about themselves, developing leadership and hands on skills that will last a lifetime and building the courage and confidence to become the leaders of tomorrow.

The main resources to provide the Girl Scout program are the Journey book sets and the Girl's Guide to Girl Scouting. In this Jump Start Guide we have joined activities from both guides to make an easy to follow guideline to provide girls with the best possible Girl Scout experience.

Journey Resources

The Journey book set includes an Adult How to Guide and a girl book. The Adult How to Guide contains general Girl Scout information such as how to work with a group of girls, Girl Scout traditions and suggested meeting session activities. These activities are based on the GSLE so girls receive the full intended benefits of the Girl Scout program. The girl book is just that! For the girls to take home, look through; complete the included activities, etc. The Adult How to Guide does not always follow the girl book page by page. Journeys build leadership skills in girls and offer Leadership Awards. Journey activities can be tailored to fit the needs of your troop.

Girl's Guide to Girl Scouting

The Girl's Guide to Girl Scouting is the other essential piece to the Girl Scout Leadership Experience. This resource provides activities in the form of proficiency badge requirements to enhance the Journey experience. By earning badges girls develop hands-on skills they can use while completing a Journey. The guide contains the Girl Scout Brownie Handbook, The Girl Scout Leadership Experience Map, a Brownie Awards Log, other fun activities for girls to complete, and the Legacy Badge requirements. Additional Skill Building Badge sets include even more badges for the girls to earn.

Earning Proficiency Badges

Throughout the year girls may want to learn more about a topic. Badges help girls learn new skills. Girls may then choose to use these new skills to help them along their Journey. It may take several meetings or even one entire meeting to earn a badge. It is fine to occasionally take a break from Journey activities to complete badge activities.

Legacy Badges

Each badge lists the purpose of the badge, the five steps it takes to earn the badge, and tips before starting the badge. Each step lists three choices for how to complete the step. There are also sections on how to link the badge to a Journey, more fun to explore and how to give service using their new learned skill. Badges can be incorporated into your Journey experience at any time. Just try to link the badge to what you are currently doing in the Journey, if possible. It is up to the leader if a girl has earned a badge. If sessions are missed girls may complete requirements at home with the help from their family.

Skill Building Badges

Each Journey series has a set of five additional skill building badges. These sets can be purchased separately. They are structured and earned in the same way as the Legacy Badges.

Financial Literacy Badges

Two Financial Literacy Badges are available to Girl Scout Brownies. Brownies can earn one of these badges per year.

Cookie Business Badges

An excellent time to earn the Cookie Business Badges is right before or during the Girl Scout cookie program. Girl Scout Brownies can earn one per year.

How to Use this Jump Start Guide

This Jump Start Guide has pulled activities from both the Journeys and the Girl's Guide to Girl Scouting and joined them into one easy to follow guide that provides the Girl Scout Leadership Experience. Just as with the Journeys, these activities can be tailored to fit your situation and the needs of your group of girls. This resource shares a description of the Journey theme, an overall goal for each session; a list of supplies needed, pre-meeting preparations and detailed activity plans. Each session is planned to fill an hour and a half time span. Depending on the progress of your girls, your meeting may run shorter or longer. That's ok. The main purpose of the activities is to satisfy the overall goal of the session. If you feel you have accomplished the goal then you are good to move on to the next session. Once you get the hang of how a meeting is run you can begin to plan your own activities using the GSLE as a guideline.

Awarding Earned Awards

As the girls progress through the activities they will earn awards. The leadership awards are earned while the girls develop leadership skills through Journey activities. Girls will learn things about herself and the world around her while learning what it means to advocate for what you believe in. Proficiency badges are earned while building hands-on skills such as computer expert, healthy eating, first aid, outdoor skills, etc. Earned awards may be presented to girls immediately after earning them or held for a Court of Awards presentation.

Enhancing the Journey Experience

Using the Girl Led component of the GSLE, troops are encouraged to add in additional activities to the Journey Experience. Adding in earning badges of the girls' choice, games, songs, guest speakers, outdoor activities, field trips, overnights, camping, etc. can add fun and adventure to the Journey.

Brownie Quest

During the Brownie Quest, three girls, Campbell, Jamila, and Alejandra, embark on an adventure together; The ELF Adventure. ELF stands for “explore, link arms, and fly.” During the first few chapters of the story, girls discover the importance of friendship, and how to apply the different skills and talents of their sister Girl Scouts.



Throughout the Journey, girls will learn about, and earn, three keys. These keys are the Discover Key, the Connect Key, and the Take Action Key, all leading up to the Brownie Quest Award. Each key focuses on a different leadership skill. Activities throughout this Journey are related to the keys, and even include activities on safety and recipes for healthy snacks. Below is a brief description of what girls will learn through each key.

Discover Key

Girls will discover themselves and their families by using activities in the book, and begin to share information during troop meetings.

Connect Key

Girls will learn about the many circles of their lives, and begin to connect to the girls in their troop, as well as their community.

Take Action Key

Girls will feel inspired to make a difference which in turn, will enable the girls to choose and complete a Take Action Project.

Brownie Quest Award

Girls will reflect on what they have learned and how to continue to be a good leader. If the keys are put together, the girls discover they have unlocked the keys to leadership.

There are many options and ways to enhance a Journey experience. Possible field trips and community partners include; places where girls can complete their Take Action Project, visit a zoo or place where the girls can go on a quest and follow a map, or even create a scavenger hunt or “quest” for the girls to help them understand the idea of the Journey.

Next, you will find Sample Sessions for this Journey. Sample Sessions can be changed and altered to fit your specific needs.

SAMPLE SESSION 1

GOAL

The girls will discover their own unique qualities and the qualities of their sister Brownies. Then find values within the Girl Scout Law.

SUPPLIES NEEDED

- Page 49 of the girl book and pages 53–55 of the adult guide
- Markers
- Small decorative stickers (optional)
- Light ball
- Poster board with each girls name written on a star
- Ten strips of paper each with one part of the Law written on
- “It” and “Other” cans (can be old coffee cans) and wide craft sticks
- Brownie Quest Map

PRE-MEETING

Set up a table with arrival activity material. Display the Brownie Quest Map which is found tucked inside the adult guide.

ARRIVAL ACTIVITY

Have girls complete the “Finding the First Key, Discovering Me” activity found on page 49 of their Journey book. Have girls use markers and any other decorative stickers to make this their own unique star. Girls may require some assistance, so be sure to have some troop committee members or older Girl Scouts to help.

OPENING

Have girls gather in a circle, called the Brownie Ring. Welcome the girls and introduce yourself and any additional volunteers that are present. To get everyone to know each other better, complete the Ball Toss activity found on page 46 of the adult guide. This game will help you and the girls discover their special talents and qualities and appreciate what other girls bring to the Brownie Ring.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

ACTIVITY 1

Have girls complete the Going ELF activity on pages 47–49 of the adult guide. See page 44 of the adult guide for suggestions on ways to set up the search.

ACTIVITY 2

Then have girls, with assistance, complete the “Discovering Values” activity found on page 50 in their book. If time allows, ask for girls willing to share their results with the troop. Once everyone willing to share has finished, refer to page 50 of the adult book to wind down from the search.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for a donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

CLEAN-UP

Allow time to get everything cleaned up—remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Give each girl a stapled copy of the take home letter, and family star activity, found on pages 53–55 of the adult guide. Encourage her to share and complete the star with her family, and bring the star back to the next meeting. Close with teaching the girls the Friendship Circle and Squeeze.

SAMPLE SESSION 2

GOAL

The girls play a team building game, then take time to reflect on the end result. Girls will work together to create a Brownie team agreement, the first step in discovering the second key on the Brownie Quest.

SUPPLIES NEEDED

- Poster “Discovering Us” on page 51 of the adult guide, and the Brownie Quest Map
- Markers, stickers and any other decorating supplies
- Poster board/easel paper titled “Our Brownie Agreement”
- Extra photocopies of the “My Family Star” activity found on page 55 of the adult guide and the Discover Chant found on page 91 of the adult guide
- A soccer ball (and hula hoops, if you have them - if not, skip the hula hoops)

PRE-MEETING

Set up the arrival activity and display the Brownie Quest Map and make a “Discovering Us” poster, as described on page 51 of the adult guide.

ARRIVAL ACTIVITY

Have girls finish decorating their family star or decorate the Brownie agreement poster. If a girl was not at the last meeting, this would be a great time for her to complete the “My Family Star” activity found on page 55 of the adult guide.

OPENING

Have girls stand in a circle and review or teach the Girl Scout Promise and Girl Scout sign. The Girl Scout Promise can be found on the front cover of the girl book or the adult guide and information on the Girl Scout sign can be found on page 26 of the adult guide.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Begin to discuss plans for an investiture/rededication ceremony where the girls will receive their Brownie pin. If a girl is brand new to Girl Scouting, this ceremony is called an investiture ceremony where new girls are welcomed to Girl Scouting. If the girls are returning Girl Scouts, this ceremony will be called a rededication ceremony where the girls are rededicating themselves to Girl Scouting. If you have a mix of new and returning Girl Scouts, you do not have to do two different ceremonies. One ceremony can cover all aspects of both an investiture ceremony and rededication ceremony. Have girls determine the when, where, and who to invite, and next meeting they can work out the details of the ceremony.

ACTIVITY 1

Ask each girl to take out their family star activity they completed at home or during the arrival time. Use pages 58-59 of the adult guide to complete the Brownie Star Circle. You don't have to go into the Discover Key Ceremony - the girls will receive all their awards at the end of the Journey.

ACTIVITY 2

Now it is time to move on with the Journey and start connecting as a team. See page 60-61 of the adult guide and play "Pass the Ball, Please." If you have hula hoops, play "Loop the Hoop" as well!

ACTIVITY 3

The girls will now create a Brownie Team Agreement. Follow page 61 of the adult guide for further instructions.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for a donation from each parent to rotate bringing the snacks, you may bring the snack for all girls, or you may leave the decision to each girl to bring in their own snack.

CLEAN-UP

Allow time to get everything cleaned up - remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Sit in a Brownie Ring and show the girls they've reached the first key on the Brownie Quest Map, then ask the girls to look at pages 54 and 55 of their girl book. On these pages, Campbell is looking for ways she can show she cares about her family. Have the girls look at the ideas Campbell comes up with, and have them think of one thing they can do with their family.

SAMPLE SESSION 3

GOAL

Brownies explore the "circles" of their lives and write a letter to a school or town official to seek a healthy living improvement.

SUPPLIES NEEDED

- Copies of the Brownie Team Agreement from last week
- Large sheet of paper with five concentric circles (like a bullseye)
- Paper and envelope for a letter (you could also write the letter on a computer)
- Brownie Quest Map

ARRIVAL ACTIVITY

Give the girls a copy of the Brownie Team Agreement they came up with and invite them to decorate it and put their copy in their Brownie Quest book.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures). Discuss the investiture or rededication ceremony. Help girls make decisions regarding what their ceremony will look like. For ideas, see pages 27 - 29 of the adult guide.

ACTIVITY 1

Take the girls through the Circle Map activity in the adult book on pages 66-67. When you get to the part about family, girls do not need to fill out a healthy living card - they can just take a moment and talk about the healthy living activity they suggested to their family.

ACTIVITY 2

Read "The Case of the Broken Sidewalk" out loud to the girls (page 64 of the girl book). Ask the girls a few questions:

- Why were these kids worried? Has there ever been something that happened to a friend or family member of yours that you worried could happen to someone else?
- Why did the kids decide to write a letter?
- What happened because the kids wrote the letter?

Ask the girls to think about the neighborhood by their school, meeting place, or any other location they might have in common. Ask if there's anything they can think of that needs fixing. Some ideas might include an improved play area at school, a community bike path, or a sidewalk. Have the girls choose an idea and write to an official about their idea. This letter can be very simple - just let the person in charge know about the issue and that the girls would like to help fix it. Brainstorm a few sentences and write the letter together, either in one big group or in a couple small groups if you have a large troop. Have all the girls sign the letter and send it off.

SNACK

You and the girls may opt to have snack time toward the end of the meeting.

CLEAN-UP

Remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Sit in a Brownie Ring and discuss what is coming up at the next meeting. Show the girls where they're at on the Brownie Quest Map - they've reached the second key! Close the meeting with a Friendship Circle and Squeeze. Encourage the girls to read "The ELF Adventure" story in their girl book beginning on page 10 if they haven't already!

SAMPLE SESSION 4

GOAL

Brownies identify a community need that matters to them and begin to create a solution.

SUPPLIES NEEDED

- Brownie Brainstorm Chart (see sample chart on page 77 of adult book)
- Poster board or large paper you can put on the wall for your own version of the chart
- Sticky notes

PRE-MEETING

Make a larger version of the Brownie Brainstorm Chart so all the girls will be able to see it. You could even use a whiteboard/chalkboard if you happen to be in a room that has one.

ARRIVAL ACTIVITY/OPENING

Have the Brownies chat about "The ELF Adventure" in their girl book. Ask the girls to talk about how the girls are Taking Action and making a difference in Green Falls.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

ACTIVITY 1

Let the girls know that the next step toward earning the third key is figuring out where the Brownies need to Fly into Action and make the world a better place! Have the girls think about all the people and places in the neighborhood where you meet that might need help. Let the girls brainstorm their ideas, using the Brownie Brainstorm Chart. Move through each column, giving hints as needed.

ACTIVITY 2

Have the girls get into pairs and link arms. Tell the girls they are going to play, "Ready, Set, Quest". You are going to give them an action, and they need to perform it together. As they are performing the actions, one of the girls needs to tell the other which idea on the Brownie Brainstorm Chart she likes best. Then, they will take a sticky note and put it on the idea that girl said. Then, have the pairs do another couple of activities, and the other girl will share her favorite idea on the chart and they will place a sticky note next to the one she likes best. Some ideas for the actions are:

- Hop on your left foot
- Walk backwards
- Skip
- Flap your free arms

After the girls make their choices, continue discussing which project would be the best choice to do. Have the girls narrow it down to 2 or 3, then if you as the leader need to do a little investigating as to which one will actually work out, that's perfectly okay. The key is to get the girls talking and working together on their ideas.

PLEASE NOTE: If you don't have time for this activity due to the investiture/rededication ceremony, you can simply have the girls raise their hands for which idea they like best.

SNACK

You and the girls may opt to have snack time toward the end of the meeting.

CLEAN-UP

Allow time to get everything cleaned up - remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

End with an investiture/rededication ceremony. If you have parents who attend, this is a great time to "network" with them and solicit help for the Fly into Action project.

SAMPLE SESSION 5

GOAL

Get the girls ready for their Fly into Action Project.

SUPPLIES NEEDED

- Brownie Brainstorm Chart
- Anything the girls need to prep for their project
- A picture frame to decorate and markers or stickers as decorating tools

ARRIVAL ACTIVITY

Have the girls read about Juliette Low on page 72 of their books and complete page 73.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

OPENING ACTIVITY

Have the girls say the Girl Scout Promise and Law.

ACTIVITY 1

Give the girls the scoop on their project, which will be done during the next meeting. Anything special they need to know about the project? Are there items they need to bring, select or prepare? You might even want to invite someone who is going to benefit from the project to come in and speak with the girls.

ACTIVITY 2

Have the girls decorate a picture frame that the girls will later use to make a picture to remember this project. If you'd rather use an actual photo, you can do that too.

SNACK

You and the girls may opt to have snack time toward the end of the meeting.

CLEAN-UP

Allow time to get everything cleaned up - remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Get the girls into a Brownie Ring and tell them how proud you are of them, and remind them of anything they need to know or bring for the Fly into Action project next time.

SAMPLE SESSION 6

GOAL

Girls will complete their Fly into Action project.

SUPPLIES NEEDED

- Whatever is required to complete the Fly into Action project

PRE-MEETING

If your project requires your troop to travel, make sure you have enough drivers and chaperones and follow council travel policies.

OPENING

Gather the girls in the Brownie Ring and share any last minute instructions with them.

ACTIVITY

Do the project and enjoy the experience!

SNACK

You and the girls may opt to have snack time toward the end of the meeting.

CLEAN-UP

Allow time to get everything cleaned up - remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Gather the girls and each one share what they are most proud of, regarding this project.

SAMPLE SESSION 7

GOAL

Celebrate earning all the Brownie Quest Awards

SUPPLIES NEEDED

- Picture Frames
- Brownie Quest Map
- Anything else you want to use for the celebration

ARRIVAL ACTIVITY

Have the Brownie Quest Map on display, along with the Brownie Brainstorm Chart and any pictures you might have from the project day.

BUSINESS

Take attendance and collect dues (if applicable to your troop procedures).

OPENING

Have the girls say the Girl Scout Promise and Law.

ACTIVITY 1

Let the girls make a picture of their favorite part of the Journey and put it into the frame they decorated, or put the photo that was taken during the project into the frame.

ACTIVITY 2

Do a Court of Awards where you present each girl with the Journey awards she's earned. This is a great time to use the chants on page 91 - maybe make copies and cut out the strips so each girl repeats the chant as she receives each key.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You might want to make it a "special" snack, since this is a celebration of all the girls' hard work.

CLEAN-UP

Allow time to get everything cleaned up - remind the girls that a Girl Scout leaves places cleaner than she found it.

CLOSING

Let the girls know what's next! Will you some badges? Sell cookies? Prepare for a field trip? Let them know what they have to look forward to in Girl Scouting.

ADDITIONAL ACTIVITIES

As time allows consider enhancing your Journey experience with several of the following.

- Guide the girls in earning a Legacy Badge of their choice. Legacy Badges and their requirements are found in the Brownie Girl's Guide to Girl Scouting. Try to link or associate whatever badge the girls pick to their Journey experience.
- Guide the girls in earning a badge of their choice from the additional Skill Building Badge sets. Skill building Badge sets are purchased separately from the Girl Scout shop and include 5 badges per set. Try to link or associate whatever badge the girls pick to their Journey experience.
- Earn a Financial Literacy Badge. Requirements can be found in the Girl's Guide to Girl Scouting.
- Earn a Cookie Business Badge. Requirements can be found in the Girl's Guide to Girl Scouting.
- Spend time preparing the girls to participate in the fall product or cookie programs.
- Host a cookie booth.
- Help the girls complete the bridge to Junior activities. Activities are found in the Girl's Guide to Girl Scouting.
- Do community service.
- Invite a guest speaker to your meeting.
- Go on a field trip.
- Plan an overnight.
- Plan a camping trip at one of the Girl Scout camps.
- Talk about summer camp opportunities.

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