



It's Your Story, Tell It!

aMUSE

Girl Scout Junior Journey Perfectly Effortless Program

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

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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 resources to make an easy to follow guideline to provide girls with the best possible Girl Scout experience.

Journey Resources

The Journey book sets include 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 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 Junior Handbook, The Girl Scout Leadership Experience Map, a Junior 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 time during 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 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 the leader may decide if 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 Leaves are available to Girl Scout Juniors. Juniors 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 Juniors can earn one per year.

Other Awards Girl Scout Juniors Can Earn

There are multiple awards available for Girl Scout Juniors. One major award is the Bronze Award. The Bronze Award is a leadership adventure for all Girl Scout Juniors across the country. More details and information can be found in the Bronze Award Guideline booklet found in the Girl's Guide to Girl Scouting. Information can also be found at www.gsusa.org. As you guide girls in earning their Bronze Award, they develop more confidence, meet new people, and have the kind of fun that happens when girls team up with other Girl Scouts to make a difference.

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 the 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 photography, 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.

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During aMUSE, girls will be able to have a voice, and learn how to express that voice. High self-esteem is linked to confidence and other positive benefits for girls. Girls will learn about different roles, role models, breaking stereotypes, and how they can make a change in a story or their community. Throughout the Journey, girls will be able to make their own decisions, express their own opinions, and also be social while gaining leadership skills.

Girls have the opportunity to earn three awards in this Journey.



Reach Out!

Girls will understand the many roles women and girls play around them, and the leadership skills used to play those roles. Girls earn this award by keeping a Casting Call Log, found in the girl book, and by performing an interview or hosting a panel discussion.

Speak Out!

Girls are aware of stereotypes and they take action to try to stop them. Girls earn this award by completing three Speak Out! activities, and team up to choose a stereotype and create and tell a story to help stop it.

Try Out!

This award is given to Girl Scout Juniors at the final celebration. Girls now have the courage and confidence to try out new roles.

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 an acting class or see a performance on stage. Girls may also enjoy creating their own performance for friends and/or family.

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

Girls are introduced to the Journey and begin to think about the roles they currently play, and roles they hope to be in the future.

SUPPLIES NEEDED

- Sticky notes with roles on them (see pages 29 and 31 in the Adult Guide for ideas)
- Big plastic tub for the Team Prop Box

ARRIVAL ACTIVITY

Have the girls complete the “Five Favorite Girl Characters” activity found on page 12 of the girl book. This will get girls thinking about different roles they encounter every day.

OPENING

Have the girls pick sticky notes and put them on themselves or on other girls - the idea is that the role listed on the sticky note would be a good fit for that person. Ask the girls to look at the notes and have a discussion as to why or why not those roles are a good fit. If there were roles that weren't chosen for anyone, ask why.

BUSINESS

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

ACTIVITY 1

Collect the sticky notes back and now let the girls take turns picking a sticky note and acting it out. See if the girls can guess the role! Let every girl has have a couple turns.

ACTIVITY 2

Introduce the idea of having a Team Prop Box, as explained on page 32 of the Adult Guide. Encourage the girls to think of items that can be added. The items can be the real item or a picture - it's up to them to decide. Encourage them to bring items for next week or if you want to draw them, that's great too.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Have the girls sit in a circle and let each of them share what they wrote in the “Five Favorite Girl Characters” exercise. Close with a friendship circle and squeeze.

SAMPLE SESSION 2

GOAL

The girls will gain a better understanding of roles and complete the Casting Call Log.

SUPPLIES NEEDED

- White paper
- Markers, pencils, crayons

ARRIVAL ACTIVITY

Have the girls work on page 13 in their girl book, asking them to create a new character.

OPENING

Have girls gather in a circle. Take the girls through the opening activity on page 35 of the adult book, which asks them to think of a thing that girls are typically expected to be in life. Let them “shake it off” if they feel like that role doesn’t fit them!

BUSINESS

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

ACTIVITY 1

Have the girls open their books to pages 16-17. Give the girls time to fill out their log and have a discussion with them about some of the roles they see and whether or not they would like to play them.

ACTIVITY 2

Have the girls play a game of quick draw! Give them different roles to draw quickly - ideas are tennis player, doctor, nurse, flight attendant, pilot, scientist, scuba diver, librarian, secretary, mail carrier, president, banker...you get the idea. Give them just a short time to draw each character. When they’re done, ask the girls if they’ve drawn each one to be a man or a woman and why. Ask them if they know anyone already in those roles, or if their ideas about the role could be based on TV shows or movies.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Have the girls put in the things they brought for the Team Prop Box, or let them draw some items. If you have time, encourage the girls to pull out one of the props and say a role in which she thinks that prop could be used. Also, let the girls know that you will be doing an Investiture/Rededication Ceremony at the next meeting. Close with a friendship circle and squeeze.

SAMPLE SESSION 3

GOAL

The girls will reach out to women in their community to explore some of the roles available to them.

SUPPLIES NEEDED

- Photos of women in different roles (Magazines are a good source for examples!)
- Anything required for the Investiture/Rededication ceremony

ARRIVAL ACTIVITY

Have girls add anything else they've brought for the Team Prop Box and let them talk about the contents on their own.

OPENING

Have girls gather in the circle. Review the Girl Scout Promise and the Girl Scout Law.

BUSINESS

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

ACTIVITY 1

Check in with the girls and see if they've added anything to their Casting Call Logs, or thought about them at all after the last meeting. If they have any new insights, encourage them to share! Then, let them look at some of the magazines you brought and have them find pictures of girls and women in roles they'd like to know more about. Have each girl choose a person fulfilling a role and have them come up with one question they would ask her, if they could.

ACTIVITY 2

For the next activity, the girls are asked to interview women about their roles. They can either do this on their own, or you can have a panel discussion and ask women to come to the next meeting. If the girls opt to do this on their own, spend some time looking at pages 28-31 in the girl book. If they'd rather have a panel discussion, check out pages 44-46 in the adult book to guide them in planning the discussion and identifying who to invite.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Hold the Investiture/Rededication Ceremony. Close with the friendship circle and squeeze. Invite any ceremony visitors to join in the circle.

SAMPLE SESSION 4

GOAL

The girls will learn more about roles women play in real life and in the media.

SUPPLIES NEEDED

- packaging from products or ads from a magazine

ARRIVAL ACTIVITY

If you are doing a panel discussion, have the girls set up the room for the guests. If you are not, have the girls review their interview notes so they'll be prepared to talk about it!

OPENING

If you are doing a panel discussion, take the opportunity to welcome your guests, and let the girls introduce themselves. If you are not doing the panel, open the meeting with the Girl Scout Promise and Law.

BUSINESS

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

ACTIVITY 1

If you are doing the panel discussion, now is the time! Not doing the panel discussion, let the girls report back on their interviews and what they learned. If you're doing the panel discussion, you will most likely not have time for activity two.

ACTIVITY 2

Place the ads and packaging collected on a table, and then create three areas - products for girls, products for boys, and products for girls and boys. Let each girl take a turn choosing an ad or package and placing it in one of these categories. Remind them that this choice is based on the ad or packaging only, not who they think would like to use the item really. Let the girls talk about whether or not they agree with the advertising choice. You may need to remind them to be respectful of others' opinions. If you need some questions to help guide the conversation, check out page 51 of the Adult Guide. Be sure to ask the girls how they would change the ads if they could!

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

End the meeting with a friendship circle and squeeze.

SAMPLE SESSION 5

GOAL

The Juniors team up to create an educational and inspiring story about stereotypes that send others a call to action - to stop stereotyping.

SUPPLIES NEEDED

- pencils
- ball of yarn

ARRIVAL ACTIVITY

Have the girls draw the picture that is missing in the comic strip on page 26 of the girl book.

OPENING

Take the girls through the opening activity on page 57 of the Adult Guide, asking them to come up with a story.

BUSINESS

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

ACTIVITY 1

Talk with the girls about what stereotypes are and ask them if they can think of any. Work as a group to fill out the stereotype tracker in the girl book on page 27.

ACTIVITY 2

Now it's time to brainstorm! As the girls talk about stereotypes, let them think about which stereotype they would like to bust. It's okay if the girls have trouble agreeing at first - make sure everyone has the chance to speak and share their feelings.

ACTIVITY 3

Once the girls have decided on a stereotype to bust, let them know that they will be coming up with a story to share with others about busting that stereotype. Have the girls start thinking about how they would like to put their story together - a skit? A comic? A puppet show? Who is the audience for their story? Look at pages 60-64 of the Adult Guide for tips on guiding girls through this process. Are you running out of time to talk about this today? That's okay! You can continue the conversation at the next meeting.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

End the meeting with a friendship circle and squeeze.

SAMPLE SESSIONS 6 AND 7

GOAL

The Juniors work together to create their story and inspire others to stand up to stereotypes.

SUPPLIES NEEDED

- Whatever supplies are needed to create the story.

OPENING

Before Session 6, have girls look at pages 38-41 of the girl book, talking about different ways to tell a story. Before Session 7, have girls look at pages 42 and 43 in their girl book and start creating a story using Daisy's characters.

BUSINESS

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

ACTIVITY

For both sessions, it's all about preparing your story! If girls hadn't decided on their story format in the last meeting, help them decide now and begin preparations. For story ideas and tools to divide the work, look at pages 67-75 in the Adult Guide.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

End the meetings with a friendship circle and squeeze.

SAMPLE SESSION 8

GOAL

The Juniors tell their story to educate and inspire others about the importance of stopping stereotypes.

SUPPLIES NEEDED

- Whatever is needed for the story presentation

ARRIVAL ACTIVITY

Have the girls complete any setup or prep that is required before they share their story.

OPENING

Gather the girls together and give them a pep talk, as they might be nervous. Let them know how awesome they are for busting their stereotype!

ACTIVITY

It's ShowTime! Have the girls perform or share their story in whatever manner they've chosen.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Gather the girls in a circle and have them share one thing they loved best about sharing the story today. Close with a friendship circle and squeeze.

SAMPLE SESSION 9

GOAL

The Juniors explore what beauty means to them, how they see it themselves, and how it informs their story.

SUPPLIES NEEDED

- A collection of art books (these can be checked out from your local library)
- An assortment of craft supplies, including white paper

ARRIVAL ACTIVITY

Have the girls work on pages 60-61 in their girl book, asking them to think about when they've tried something new and how it went when they did so.

OPENING

Gather the girls in a circle and ask each one to name something they like about themselves. Go around the circle several times, if the girls are up for it!

BUSINESS

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

ACTIVITY 1

Introduce the “roll call log” to the girls from the girl book, pages 58-59. Give the girls a few minutes to get started on it then let them know that as they think of roles they play, they can keep adding to this chart until the next meeting.

ACTIVITY 2

Have the girls look at the art books you’ve brought in and complete the “Defining Real Beauty” activity on page 79 of the Adult Guide.

ACTIVITY 3

If there is time, have the girls work on “My Favorite Costume” on pages 66-67 of their girl book. They can draw a picture or think about a picture they have at home and bring it in for next time.

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Be sure to check out the snack ideas and recipes listed in each session.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

LOOKING AHEAD

Let the girls know that they should bring an accessory that they really like to wear to the next meeting.

CLOSING

Have the girls gather in a circle and think about what they would call their life story now if they had the chance to write it all down. What would the title be? Ask them to think about it and share. Close with a friendship circle and squeeze.

SAMPLE SESSION 10

GOAL

The Juniors explore how healthy bodies support them in taking on roles.

SUPPLIES NEEDED

- An iPod or CD player - something with which to play music
- Magazines with pictures of women performing all sorts of roles

PRE-MEETING

Let the girls know that they should bring a favorite accessory to this meeting.

ARRIVAL ACTIVITY

Have the girls look at page 69 of their girl book and have them jot down a few thoughts about how they feel while wearing their favorite accessory.

OPENING

Invite the girls to pick a song that they all know. As the girls sing, have girls take turns being the conductor. When the conductor raises her arms, the girls should sing fast. When she puts her arms down, they should sing the song slowly. The conductor can even signal to have half the group sing fast, half the group sing slowly - it's up to the conductor!

BUSINESS

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

ACTIVITY 1

Have the girls strut their stuff on the runway! Let each girl show off her featured accessory in a runway show, then talk about why it's her favorite. For ideas on what to ask girls about how they feel when wearing this item, check out the Adult Guide on page 85.

ACTIVITY 2

Have girls look at the magazines or pictures you brought in, showing women in action in all different roles. Take the girls through the discussion on page 86 of the Adult Guide, letting the girls know that a healthy body is what helps women perform their roles most!

ACTIVITY 3

With the time you have left, let the girls know that one of the best ways to be healthy and strong is with exercise, and one of the best ways to exercise is to dance! Let the girls have a dance party!

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. Let the girls know that they should bring an accessory that they really like to wear to this meeting.

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Let the girls know that next week will be a celebration of their accomplishments along this journey! Get the girls' feedback on what they would like their celebration to include. Close with the friendship circle and squeeze.

SAMPLE SESSION 11 - THE CELEBRATION!

GOAL

The Juniors celebrate their accomplishments as they complete the *aMUSE* Journey.

SUPPLIES NEEDED

- Whatever is needed for your court of awards/Journey ending ceremony

ARRIVAL ACTIVITY

Have the girls get out all of the mementos they have from this journey, including the Team Prop Box, and do any other set up required of the Court of Awards.

OPENING

Gather the girls and have them each name a role they now see as a possibility that they might not have considered before they completed *aMUSE*.

BUSINESS

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

ACTIVITY 1

Hold a Court of Awards ceremony to give the girls all the awards they earned by completing the Journey (and any other awards they earned along the way can be handed out as well).

ACTIVITY 2

Autograph time! Take some time to let the girls autograph each other's books, like the stars that they are!

SNACK

You and the girls may opt to have snack time toward the end of the meeting. You may ask for 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. You might want to make this a "special" snack, since it is a celebration!

CLEAN-UP

Have all girls participate in cleaning up. Remember, Girl Scouts leave their space cleaner than how they found it!

CLOSING

Let the girls know some options as to what roles they can play in Girl Scouts next! Is it cookie seller? Summer camper? Girl Scout Cadette? Let the girls know what they have to look forward to next on their Girl Scout journey!

ADDITIONAL ACTIVITIES

As time allows consider enhancing your Journey experience by adding in several of the following.

- Guide the girls in earning a Legacy Badge of their choice. Legacy Badges and their requirements are found in the Junior 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 Cadette 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.

Girl Scouts of the Missouri Heartland
877-312-4764 | gscouts@girlscoutsmoheartland.org

2136 William Street, Suite 178, Cape Girardeau, MO 63703
1420 Girl Scout Way, Dexter, MO 63841
230 Metro Drive, Jefferson City, MO 65109
1202 S. Range Line Rd., Suite 8, Joplin, MO 64801
210 S. Ingram Mill Rd., Springfield, MO 65802