

Journey Sessions by Girl Scout level:
Daisy, Brownie, Junior, Cadette, Senior and Ambassador

Objectives for Journey Sessions:

- Identify the features and benefits of leadership journeys across all levels
- Explain how a journey is built on the Leadership Experience
- Explore how to work with the girl and adult book at this grade level
- Customize Journeys for use in various ways

Time requirement: listed as 140 minutes but time may vary depending on size of group.

Content/Time	Session Details	Materials needed
Pre-session set-up	<ul style="list-style-type: none"> • Post “Welcome” sign • Set-up tables with copies of the books (Journey/Adult Guide) for each participant to use along with handouts. • Distribute Newsprint with learning objectives and others around the room 	Books/Handouts Post-It notes Spot for a parking lot. Newsprint/ markers Newsprint with objectives written and one for Parking Lot
Get into the journeys: 15 Minutes	Greet - ask participants to take a seat at one of the tables – Let participants know they can review the resources for 15 minutes	
First Impression/ Check-In: 5 Minutes	<p>Ask participants to leave tables and the books and join in circle (please modify if there are any special needs). Share some of the benefits of the circle:</p> <ul style="list-style-type: none"> • equal exposure for each member of the group • a continuation of the circle which has traditionally been used in Girl Scouts to mark opening and closing of time together and • chances to make a special connection <p>Encourage participants to use “circle” with girls when they return to their council.</p> <p>Ask participants to give their name and role and to share one brief phrase or word about their first impression of the journeys. We are looking for phrases such as: “Words are powerful,” “Really grade appropriate,” etc.</p> <ul style="list-style-type: none"> – <i>If the group is large please be sure that statements are kept brief.</i> – Have participants return to their seats 	Space for a circle
	<p>Review the learning objectives. Briefly talk about how each of the objectives ties to the New Girl Scout Leadership Experience.</p> <p>Tell participants about the Parking lot for questions</p>	Newsprint With already written Objectives
Leadership Experience – It’s the Engine: 10 Minutes	<p>Refer to the Leadership Model and mention that participants have as a handout for notes.</p> <p>Say:</p> <ul style="list-style-type: none"> – The Girl Scout Leadership Experience is our starting point today because it is the Engine for everything we do in Girl Scouts. As we all learn to use this engine we’ll be creating one consistent national experience. – It’s important to understand that whether girls and volunteers are using a journey, or doing something 	Handout Leadership Model

	<p>else in Girl Scouting – the engine is what will help us all purposefully focus on girls receiving the benefits we intend for girls as they are expressed in those 15 national leadership outcomes (categorized under Discover, Connect, and Take Action).</p> <ul style="list-style-type: none"> – So – let’s just walk through it here – to ground us before we dive back into the journeys. Later, as we work with the journeys, you’ll start noticing all the ways the experience is embedded in the journeys – in a user friendly way for volunteers and in engaging ways for girls. <p>Walk through the diagram</p> <p>Ask if anyone has seen the model before. If so.. Invite them to share why it is called the engine? Name the three leadership keys? Etc.</p> <p>Say: Let’s begin from the right side of the model and talk a little bit about the:</p> <ul style="list-style-type: none"> – Circle on the right – Our ultimate outcome which stems from our Mission statement – Box in the middle – Outcomes – These are the 15 national outcomes from the “Transforming Leadership” book. <i>Remember “outcomes” is really just a way of saying – these are the benefits we intend for girls... they represent how we want Girl Scouting to impact girls! The outcomes are our collective, national intentions for girls!</i> – Circle in the upper left – the Leadership Keys: The keys represent ways to think about activities: Discover - Girls engage in activities that enable them to better understand self and values – <i>Discover is about self awareness and values and not simply a skill. There is much skill building in Girl Scouts from career days to puppets. This is good – we know it will happen. What won’t happen unless we are intentional is exploring how values shape and inform experience!</i> Connect - Team up Take Action - Make a difference <p>Not all activities have to use all 3 keys but do tie to at least one. During the course of a whole journey girls are Discovering, Connecting and Taking Action.</p> <ul style="list-style-type: none"> – Circle in the lower left – the Girl Scout Processes: We have always been about these processes in Girl Scouts. Now we are looking at helping adults use them even more with girls. Be intentional about the processes moving us toward outcomes 	
<p>Why Journeys? What’s the Purpose? 10 Minutes</p>	<p>Say: GSUSA has been challenged with creating a high-quality and nationally consistent experience for all Girl Scouts that will make GS widely available, exciting, challenging, edgy, and fun.</p> <p>We can engage girls in the leadership experience in many</p>	

	<p>ways in Girl Scouting – through a variety of programs for girls and learning opportunities for volunteers. A journey is just one way to make it easier for volunteers to get all the parts of the leadership experience “packaged together.” That way, they can “do” the leadership experience with girls – at the same time they are learning it!</p> <p>Ask: To understand the idea of a national journey, let’s take a moment to think about a journey on a personal level. When we embark on a journey in our own lives (either an actual trip – or just a new experience), what are we hoping and anticipating we’ll find?</p> <p>Brainstorm responses</p> <p>Say: It starts with an invitation to Explore – a call to action. And...???</p> <p><i>Some suggestions if needed. Underlined cited later:</i> <u>Explore new ideas</u> <u>Meet new people – be inspired by their stories</u> <u>Expand our world view</u> <u>Maybe learn a little history</u> <u>Experience a celebration/tradition specific to “travel”</u> <u>Often, by the end, bring back something that reminds you of what you did on the journey and how it may have changed you</u> <u>Journal about it, capture some memories, photos...</u></p> <p>Journey Points:</p> <p>Say: We have created quite a list and these same hopes that we have for journeys are exactly what girls find on their journey along with...</p> <ul style="list-style-type: none"> • A global and multicultural perspective • Girl Scout history and tradition • Encouragement to live the Girl Scout Law • Touches of healthy living and the environment • Tips for girls to customize their journey <p>Ask: Again, think on a personal level. So...What would a “guide” to a journeys that you want to take need?</p> <p>Speak Out: Responses</p> <p>Add: so, these same things that we would want a guide to have are what is included in the adult guide:</p> <ul style="list-style-type: none"> • A basic map/roadmap/plan • The understanding of how to adjust based on interest • Ideas and options about partnering with others • Advice for navigating “tricky parts” • The “Gets it!” factor, knows what is needed • Knows not to do it for participants but lets them try • The ability to challenge/encourage girls to stretch... <p>Before we get further into journeys – we would like to point out one feature – across levels – storytelling. Story telling is woven into the Journeys with differentiation by grade level:</p>	<p>Newsprint For Brainstorm</p> <p>Handout Journey Points</p>
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	<ul style="list-style-type: none"> • <i>Daisy level has the adult reading the story.</i> • <i>Brownie level uses a story of Brownie Friends as a springboard to the actual Quest girls engage in on the journey.</i> • <i>Junior level has stories of heroines, a comic story and an opportunity to write their own story.</i> • <i>Cadette level has girls look at examples of women and girls from around the world as well as role playing scenario.</i> • <i>Senior level has girls look at real life stories that might help with their GIRLtopia vision</i> • <i>Ambassador level has mini-stories of female advocates through the year's timeline.</i> <p>The purpose of all these stories is to motivate and inspire! Ultimately girls will be creating their own stories on this Girl Scout journey.</p> <p>Just as the impact of stories at the Daisy and Brownie levels depends on the adult contribution, the steps of the Take Action at these levels are provided in the adult book along with guidance on making them girl led.</p> <p>Say: Journeys provide girls and volunteers with one, nationally packaged “it’s all in there” resource to jump start them in “revvvvvving” the leadership experience engine.</p> <p>Refer to Handout on Journey Level Summary: Say: Let’s take a brief look at the high points from this particular level of the series. Overall in the “It’s Your World – Change It!” series, girls at each level identify problems and put Take Action plans in motion to change their world.</p> <p>At this level, here’s what’s happening...</p> <p><i>Facilitator Note: Talk through the summary sheet</i></p> <p>Ask: What is the purpose of storytelling at this level?</p>	<p>Handout Journey Level</p>
<p>Exploring the books</p> <p>25 Minutes</p> <p>Discussion 1 min</p>	<p><i>Facilitator’s Note: This period will be used to talk about the journeys, do exploration in the adult book, and do exploration in the girl book. Suggested times are listed in the left column.</i></p> <p>Say: As you can see, the Leadership Experience broadens the participants’ view of the world AND...</p> <p>The journeys should make Girl Scouting easier for volunteers – For years, our busy volunteers have been telling us that they want more specific information about what to do with girls – and how to do it. They want easy access to the program information, all in one place.</p> <p>The journeys have been created to respond to this need; giving volunteers more information about what to do and how to do it – not just theory and concepts...really giving them the tools and the confidence to have a great experience with girls.</p> <p>But most importantly – to understand the purpose – why</p>	<p>Newsprint given to each group to list the high points they find</p>

<p>Review Adult 9 min</p>	<p>the experiences and discussions they will engage in with girls matter and make a difference!</p> <p>It is a big paradigm shift for us...in giving volunteers more – there is more for them to look through, think about... but – unlike us today at this session, they will have more time! They will digest this guide little by little over the course of their journey with girls – not a read and memorize thing – actual tools to do little by little...</p> <p>The great thing is this – as volunteers use their guides – to bring the experience to life with girls, they'll be learning about the leadership experience – and girls – as they go...so even after the journey ends---they and girls will be continually engaged in the leadership experience.</p> <p><i>The adult book and girl book at each level serve a specific purpose and are designed to meet particular needs. To be very clear with this we need to look at the books as two parts of the whole</i></p> <p>Say: Now, <u>in our table groups</u>, let's break into the books and see where these things happen! Please open to the table of contents in the adult guide and let's take a very quick look at some of the parts.</p> <p><i>On this list all but the last topic is information for the adult on how to partner with girls in this journey. So please keep in mind that the adult books have wonderful information on partnering with girls but they are also a complement to the girl books and give specifics on how to guide girls through their journey.</i></p> <p>Let's look at a few topic areas listed in the table of contents. Depending on the grade level, the title may vary slightly.</p> <ul style="list-style-type: none"> • What and How of creating a quality experience • Understanding level characteristics • Sample sessions at a glance • Awards <p>Speak Out: High points from each section and/or other topics of interest.</p> <p>Small group exercise: Say: The guide book for adults should provide the answers to some very important questions when starting the journey. We would like the groups to go through the adult guide book and locate some of these answers to share with the large group.</p> <p>Each group will receive a question and we would like you to search the book and find the answer(s) to your question. Then we will put the answers to these questions together.</p> <p><i>Facilitator's Note: Assign one question to each group. You will be provided with an "answer sheet" for each question to help the groups find their answers. Use it to direct each small group to their section.</i></p>	<p>Handout Exploring the Adult Book</p> <p>Newsprint At tables for lists</p>
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<p>Share Adult 4 min</p>	<p>Post: Post the answers that the groups find.</p>	<p>Completed Newsprint from tables to review</p>
<p>Girl Book 7 min</p>	<p>Say: Now that you know what the guide has, let's take a moment to look at what the girl has. Their journey book (a map, tour guide and journal all in one) contains the main part of what girls need to have lots of fun and learn! Let's take a look at their book now.</p> <p>Let's look at a few topic areas and investigate a few points</p> <ul style="list-style-type: none"> • Theme • New ideas • Inspirational stories • Rich history and traditions of others • Tips on healthy living and/or helping the environment • Fun activities • Opportunities to create, explore, and imagine • Steps that girls can use to "Take Action" • Messages about awards as a reminder of accomplishments • Memory makers <p>Small group exercise: We would now like the groups to go through the girl book and locate some information to share with the large group.</p> <p>Each group will receive a question and we would like you to search the book and find the answer(s) to your question. Then we will put the answers to these questions together.</p>	<p>Handout Exploring the Girl Book</p>
<p>Share Girl 3 min</p>	<p>Post: Post the answers that the groups find.</p> <p><i>Facilitator's Note: Assign one question to each group. You will be provided with an "answer sheet" for each item – page groupings to help the groups find their answers.</i></p>	<p>Newsprint To record answers</p>
<p>Recap 1 min</p>	<p>Ask: Where are we now?</p> <p>Say: So far we have:</p> <ul style="list-style-type: none"> • Seen the leadership experience as the engine! • Thought about "why" journeys have a role in Girl Scouting • Explored what a journey is – and what is in the journey books for girls and volunteers <p>Add: Now we will look at how a journey can fuel a membership pathway.</p>	
<p>Scenarios: 20 Minutes</p>	<p>Say: We have been exploring how a journey provides the content – what girls do in partnership with adults. A "pathway" is about how girls, and volunteers, participate in Girl Scouts.</p> <p>Troop is an important pathway. But, more and more, we know that not all girls or adults can or want to participate in a troop year. All around the country councils provide other ways for girls to belong—sometimes in addition to troop-sometimes instead of!</p>	

	<p>The “pathways work” of the next few years is about trying to move to nationally consistent definitions and approaches to how girls belong...so that we really have a full plan for the membership of every girl—that engages every girl in the Girl Scout leadership experience.</p> <p>Journeys were created to help make this happen---every girl can experience some of the same core leadership content--no matter how she belongs...whether in a troop, in a school day program, in a day camp or through a community collaboration.</p> <p>Brainstorm with the large group on ways that the journeys can be used in their council related to various ways girls are members.</p> <p>Post on newsprint as they are mentioned.</p> <p>Say: For today’s purposes....let’s keep it simple...just some thought starters so you can bring the concept of using the same journey in many pathways home and really “work it”!</p> <p>Check out the “Sample Sessions At a Glance” page and some of the “choices for customizing” in the Adult book for this exercise.</p> <p>Small group exercise based on a Journey scenario:</p> <p>Group divides using a “C-T” scan. Each person chooses one of two scenarios by “voting with their feet” to look at the “C” for Collaboration scenario or the “T” for Troop scenario. Have the “C” and “T” groups self divide into smaller groups if necessary.</p> <p>Have participants complete journeys “worksheet” in small groups.</p> <p>Have each group post key points/ideas on newsprint for scenario at their table. These can be posted to allow other groups to take notes on their findings.</p>	<p>Newsprint For Ideas</p> <p>Handout Journey scenarios</p> <p>Handout Journeys Worksheet</p> <p>Newsprint at tables for participants to use</p>
<p>Break</p> <p>10 Minutes</p>		
<p>Sharing:</p> <p>10 Minutes</p>	<p>Groups present findings from activity including challenges</p> <p>Small groups report on a solution to at least one challenge they may face using journeys to implement pathways in their council.</p>	<p>Completed Newsprint from tables to review</p>
<p>Recap and Q&A:</p> <p>5 Minutes</p>	<p>Recap: Session objectives Check: Parking Lot Accept questions from participants</p> <p>Say: But for right now let’s get ready to “spread the news!”</p>	<p>Newsprint/ Markers</p>

<p>Commercial Break:</p> <p>10 Minutes</p>	<p>Create a commercial on the features and benefits of using the Journeys in Girl Scouting!</p> <p>Say: We would like you to take a look at the benefits of the journey approach – a packaged experience centered on a call to action for girls to explore leadership. You may want to focus on the big picture rather than the content as this is new information. However, please feel free to look through the books to find examples or ideas.</p> <p>Refer to Hand out</p> <ul style="list-style-type: none"> – If possible have groups divide so that each department is represented in the group – Have participants discuss ideas and look through their books, if desired, to find ideas for their commercial. – Groups take 10 minutes to prepare a brief presentation. <p>Each group is tasked with creating a 1 to 2 minute commercial on the features and benefits of using the Journeys in Girl Scouting. Your group will decide whether that will be for this level of Girl Scouting or for all levels. Make sure that your commercial includes the following:</p> <ul style="list-style-type: none"> • features and benefits of the Journey approach • features and benefits of the Adult Guide and Girl Book • importance of the Leadership Experience as the engine 	<p>Handout Create a Commercial</p>
<p>Pitching your commercial:</p> <p>10 Minutes</p>	<p>Share: Groups pitch their commercial.</p> <p><i>Facilitator Note: You may need to manage time either by limiting presentation time or the number of presentations.</i></p>	
<p>Reflection:</p> <p>5 Minutes</p>	<p>Reflection exercise in the Adult’s guide.</p> <p>Say: Being purposeful in our roles in Girl Scouting is a big part of what we are at this moment in Girl Scout history...Volunteers, too, are asked to think about how “who” they are – their own leadership stories – impact girls..</p> <p>Let’s take a look at a reflection question from the adult journey book. Turn to the page following the Leadership Model diagram. Answer it for yourself based on your role in Girl Scouting.</p>	
<p>Session Wrap-up:</p> <p>5 Minutes</p>	<p>Closing Ceremony in Circle – use “popcorn” method for answers – allows “pass” and “no answer” options</p> <p>We have had the opportunity to meet together and share the story of the “Journey” today. In light of your reflections, how will your learning from today’s session affect or change your Girl Scout story?</p>	<p>Space for Circle</p>