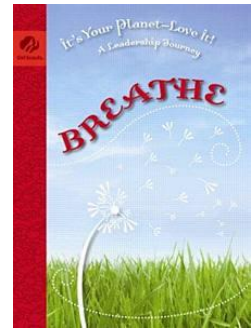


It's Your Planet - Love It! Cadette - Breathe



Basic Description

- Focuses on the many aspects of air through the use of all of the senses
- Girls learn about
 - Noise
 - Air Pollution
 - Global Warming
 - Deforestation
 - Renewable Energy – windmills
- Career section – girls can learn about a variety of jobs related to air
- Also includes little breaks for relaxation, cooking and self-reflection

What do they earn and how do they earn them?

- Aware Award
 - Keep an Air Log
 - Identify experts who can guide you to greater air awareness
 - Increase Your awareness about the issues that impact the Earth's air
 - Determine the most important reason you care about the Earth's air
- Alert Award
 - As an ACT (Air Care Team), choose an air issue to act on together
 - Ideas for projects are listed on pages 68-69 of the leader guide
- Affirm Award
 - Gather proof of progress or improvement through your efforts to educate and inspire. How are your efforts benefiting the environment?

Possible Field Trips or Community Partners

- Yoga studio
- Wind Farm
- Visit the symphony or concert to explore sound
- Visit a sound studio

Additional Programming Ideas for Troop Meetings or Field Trips

- Do some of the activities at camp or a retreat instead of troop meetings
- Make some of the recipes listed in the book or find other "air" recipes
- Spend time journaling in nature – listen to the sounds, feel the air – how does it feel?

Other Thoughts or Helpful Hints

- It is helpful that each girl have her own copy of the Journey book
- The green boxes throughout the leader guide provide great ideas for additional programming

Interest Projects & Other Program Connections

- Architecture and Environmental Design IPP
- Eco-Action IPP
- The Food Connection IPP
- From Stress to Success IPP

Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Leader in Action Award

The Leader in Action (LiA) Award is an official award for Cadettes who mentor Brownies through the WOW – Wonders of Water Journey. It is different from the LiA received in the It's Your World, Change It Journey. Requirements for earning can be found on pages 20-21 of the Cadette leader guide for Breathe.