Summary:
Want to fly a plane? Lead a rock band? Win Olympic Gold? Or maybe you have another big role you want to try! aMUSE lets you try on any role you can imagine, and inspire others to try on their dream roles, too. aMUSE is your ticket to all you can do.

What You Need:

Amuse girl book: Each girl needs her own girl book. There are pieces of this that you’ll use with the girls, and other portions may be read by the girls at home.

Amuse Adult Guide: Use this to guide girls through the Journey
Awards Earned:

Reach Out!
Juniors will earn this award when they understand the many roles women and girls play in the world around them and the leadership skills used to play them.
Earned through:
- Flurry of Roles (Week 1)
- Logs and Leaders (Week 2)
- Panel (Week 3 & 4)

Speak Out!
Juniors will earn this award when they are aware of how stereotypes could hold themselves and others back from trying on roles, and they Take Action to help stop stereotypes.
- Role Play Switcheroo (Week 1)
- Quick Draw (Week 2)
- Stereotype Shredding (Week 5)
- Speak Out project (Week 5, 6 and 8)

Try Out!
Juniors will earn this award when they have the courage and confidence to try out new roles.
- Me and You (Week 7)
- My “Role Call” Log (Week 7)
- Listening to Your Inner Critic and Me x 3 (Week 7)

Getting Started:
Before you begin this Journey, take a few moments to familiarize yourself with the following session outlines as well as the girl book and adult guide for “aMUSE”. It is helpful to read pages 8-25 of the adult guide and then read the story in the girl book. Once you have reviewed these, use the session outlines and the adult guide to review each week’s activities. You know your group and some activities might need to be modified before beginning. You might also talk to other leaders on how they facilitated the activities.

Helping Girls Take the Lead
Here are some easy tips to let the girls take the lead:
- Have girls sign up for roles to lead each part of the meeting including taking attendance, leading the Girl Scout Promise and Law and more!
- Let the girls lead songs and games. You may have to teach them the first time around, but they will get the hang of it very quickly. Also, girls may have their own games and songs to teach you!
- Keep an eye out for girls who have not expressed their opinion during the meeting.
- Initiate a voting system to vote on new ideas so every girl is heard.
Supplies Needed by Week:

Most Weeks:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)

Week 1
- Pre-prepared sticky notes with roles girls/women can play (see sample list in Week 1)
- Bowl or bag
- Pre-prepared slips of paper with active roles of girls (see sample list in Week 1)
- Boy and Girl Stickers – one for each girl

Week 2
- Poster board or large sheets of paper
- Pencils with erasers
- Drawing paper

Week 3
- Copies of planning sheet and invitations (page 45-46 of the adult guide)
- Markers/crayons
- 2 pipe cleaner per girl
- One large button per girl
- Yarn in various colors
- Glue
- Felt or other material
- Various craft supplies (optional)

Week 4
- A few women to participate in the panel discussion.

Week 5
- Ball of yarn
- White paper slips
- Paper, pens, or pencils
- Chart paper
- Whiteboard or chalkboard with markers or chalk

Week 6
- Supplies for their Speak Out projects

Week 7
- Pencils/pens

Week 8
- An audience
More to Explore – Adding to Your Journey Experience

- Field Trip Ideas:
  - Visit a theater, see a play or a puppetry show
  - Participate in an acting workshops
  - Visit a business or location with a woman the girls’ admire and learn more about their job.
  - See a storyteller
  - Visit a photo display at an art museum
  - See a professional story-teller or theater performance.
- Other ideas
  - Have girls dress up as their favorite character or role model.
  - Consider continuing to bring in women role models or various career options after the panel discussion.
  - Put together a scavenger hunt with activities that play to different girls’ strengths, like the comic book story in the book.

Additional Idea - Daily Theme
Help the girls learn about possible careers as well as see themselves in those careers. Each meeting the Juniors could start by brainstorming different careers under a specific theme. Then they will pick a profession for the day and add it to their label. So, on the medical profession day, a girl named Monica Foster could either write Monica Foster, Doctor or Dr. Monica Foster or Monica Foster, MD. All day she could request that people call her Dr. Foster. Possible themes are below.

First week: What do you want to be when you grow up?
Week 2: The Arts
Week 3: Medical Field
Week 4: Athletes
Week 5: Outdoor Careers
Week 6: Helping Professions
Week 7: Science Professions
Last week: What do you want to be when you grow up?
Objective:
This week, the girls will get introduced to the Journey and begin looking at the roles that girls and women play in their lives.

Supplies:
- aMUSE - adult guide
- aMUSE - girl book (one for each girl)
- Pre-prepared sticky notes with roles girls/women can play (see sample list below)
- Bowl or bag
- Pre-prepared slips of paper with active roles of girls (see sample list below)
- Boy and Girl Stickers – one for each girl

Activities:
1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Flurry of Roles (10 minutes)
   - See page 29 of the adult guide.
   - Prepare sticky notes with roles girls and women can play using the sample list on the next page. Make sure you have enough for girls to have 2-3 stick notes each. Place them on a wall or table.
   - Give the girls one minute to grab some roles and stick them on themselves and each other. Tell them to only put roles on themselves or others that are truly a good fit.
   - After you call time, bring the girls together and ask them not to remove their sticky notes. Give them a moment to find all of their notes and read them.
   - Ask some questions related to the roles:
     - What do you think about the roles you chose for yourself? The roles other girls chose for you?
     - Which roles do you think are the best fit for you?
     - Which roles weren’t chosen by anyone? Why do you think that is? Are there roles you never imagined trying? Why? Because you’re young? Because you’re a girl?
     - Student and Girl Scout are roles you play right now. What are some others?
4. Welcome to the Journey!
   • The opening game that you just played will help set the stage for the Journey. You could open with some version of this:
   • “Today we are going to start a Journey that we will be on for the next month or two. We are going to have fun exploring all of the different roles for girls and women. You’ll imagine, create and try out new roles for yourself. You will also encourage others to try new roles. Try to be open to trying out as many roles as possible. You might find a new one that you like! You will also have the chance to several Journey badges!”
   • See page 30 of the adult guide for additional ideas.

5. Take the Stage (15 minutes)
   • See page 31 of the adult guide.
   • Get the girls moving with this role-play game about “active” roles for girls and women? This is a version of charades.
   • Write enough active roles down for each girl to have one and a few extra. Place them in a bowl or a bag. See the sample list below.
   • Invite the Juniors, one at a time, to choose one of the slips of paper out of the bowl and have her jump into the “spotlight” until someone guesses what role she’s playing.
   • Have the girls take turns until everyone has had a chance

Examples of Active Roles: Ballerina, Karate Teacher, Builder, Painter, Conductor (music), Traffic Officer, Baseball Coach, Referee, Drummer, Dog Walker, etc.

6. Role Play Switcheroo (15-20 minutes)
   • See page 39 of the adult guide.
   • Without realizing it, the Juniors may be playing out stereotypical gender roles in their daily lives. To make them more conscious of stereotypes, invite them to take turns role-playing girls and boys in a classroom situation. The roles to play: one teacher and then an even number of boys and girls.
   • Have two types of stickers available, one for girls and another for boys, and let the girls pick which one they want to be during the activity. Select one girl who you know would make a good teacher and have her teach a common school subject, like math or science.
   • Ask the girls to act out a typical classroom scenario, with the teacher in front, asking questions and encouraging discussion. Halfway through, have the boys and girls switch roles. Depending on your group, you may want to invite a new person to be the teacher.
   • After you are finished, lead the girls in a discussion. Here are some leading questions you may want to use:
     o Who put their hands up the most, boys or girls?
     o Who offered up their opinions the most?
     o Who disrupted the most?
     o How did being a boy or girl make you feel or act differently?
     o Now that you have done this, is there anything you want to change about how you act in class?
     o Why do you think boys and girls act differently in class?
7. Closing & Looking Ahead (10 minutes) Roles and More Roles!

- Challenge the girls to go out this week and be on the lookout for all of the roles they see girls and women take on around them. Encourage them to see who can find the most interesting or unusual roles played by women in their lives.
- Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.

Optional (If you have additional time)

- Create a team prop box – Page 32 of the adult guide
- Amusing Snacks – Sandwich “Role” Ups – Page 33 of adult guide
- Character Brainstorming – Pages 12-13 of the girl book.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We began a new journey experience – Amuse. The Journey focuses letting girls try on any role they can imagine and to inspire other to try their dream roles, too. The girls will explore the many roles they play and explore new ones through the use of acting and the theater. We will talk about characters and women they admire. We will also think about common stereotypes of women and girls and explore ways to change them.

We had fun:
- Taking the Stage where we played charades using roles for girls and women.
- Doing a role play switcheroo.

Continue the fun at home:
- Help your daughter be on the lookout for the roles that girls and women play in their lives.
- Read a book about a courageous girl.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Objective:
This week, the girls will use this opportunity to learn more about the roles that they play and even practice some new roles through role-playing!

Supplies:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)
- Poster board or large sheets of paper
- Pencils with erasers
- Drawing paper

Activities:

1. Opening (10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Time to Mingle (5-10 minutes)
   - See page 36 of the adult guide.
   - This is a fun game used by actors to help them loosen up before a performance. Have the girls walk around in one big circle together mumbling “mingle, mingle, mingle” until the leader shouts, “Freeze!”
   - When you shout freeze, the girls need to stop and face the girl across the circle.
   - The leader will point to one girl and she needs to say her name and something about herself.
   - Then the leader points to the girl across from her in the circle. That girl has to repeat exactly what the other girl said, but in a tone decided by the leader. Some examples of tones would be happily, very tired, rushed, boldly, like you are very curious, whiny, like you have a cold, giggly, formally- like you are the president, etc.
   - After the girls have gotten the hang of the game, give them a chance to take over as the leader.
   - Keep playing until all of the girls have had the chance to share and repeat.
4. Logs and Leaders (15-20 minutes)
   - See page 35 of the adult guide. This is a good opening for girls to really talk about being true to themselves rather than being someone people think they should be.
     o Have the girls sit in a circle and ask them to take turns naming one thing that they think girls are expected to be in life (try not to give them suggestions and don’t let them repeat someone else’s answer) and encourage them to speak from their own experience.
     o Tell the girls that there’s nothing wrong with being any one of those things if that’s what you truly are, but you don’t need to meet an expectation that isn’t good or doesn’t feel right to you. Don’t every feel pressured to be anything you’re not.
     o Have the girls think of something they don’t want to be and then to stand up and shake it off.
     o Then let each girl share one thing that describes best who she really is. You can do this in a call and response style where you call out a name, a girl says something, the group claps twice and says “That’s who you’re supposed to be!”
     o Find out which girls found some interesting or unusual roles that women play in their lives. Example, the women who delivers our mail, the veterinarian that takes care of our pets, the woman who takes care of my little sisters, etc.
   - Using page 37 of the adult guide and page 16 of the girl book work through the “Casting Call Log” with the girls. Take some time and allow the girls to fill out their Call Log and then share them by using the questions in your guide book. This will be used to help plan the panel discussion.
     o Use a flip chart or poster board to write down as many roles as they can think of that woman in their life play.
       ▪ Do some women you know play more than one role? Examples?
       ▪ Which of these women do you consider leaders (in their own lives or in the community)? Why?
       ▪ What leadership traits do you see in them that you also see in yourself?
       ▪ Which of these roles would you like to try?

5. Quick Draw (20 minutes)
   - Hand out several pieces of drawing paper, pencils and erasers. You will call out roles played by both women and men and they need to draw the first image than comes to mind for that role. Give them 30-60 seconds per sketch. Tell them stick figures are okay.
     o Possible roles: newscaster, farmer, model, dentist, dancer, mayor, doctor, nurse, restaurant server, pilot, mail carrier, banker, science teacher, etc.
   - Have the girls take a look at their drawings afterward and ask some questions. For example:
     o Take a look at the first picture they drew and ask them if the person is a man or a woman and why.
     o Do you know someone who plays that role in real life? Have you seen someone play that role son TV?
   - Quick Change! Now have the girls go back to their drawings and change an attribute about each of them based on what you call out. You can go back through the list you used before and name something to change. Pick from either gender (male/female), age (young/old) or size (short/tall; large/small).

6. Closing (10 minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.
Optional (If you have additional time)
- All My Roles Paper Dolls – Page 22-23 of the girl book
- Amusing Snacks – Quick-Draw, Open Face Sandwiches – Page 39 of the adult guide

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – *Amuse*.

We had fun:
- Practicing our acting skills while playing Mingle.
- Started our Casing Logs.
- Explored stereotypes through Quick Draw.

Continue the fun at home:
- To earn our Reach Out Award, girls will need to complete a Casting Log on page 16 of their book. They are to be on the lookout for all of the roles girls and women play in their lives. Help them write down who they see and what role they were playing.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Objective:
The girls will reach out to women in their community to explore all of the roles available to them.

Supplies:
- aMUSE - adult guide
- aMUSE - girl book (one for each girl)
- Copies of planning sheet and invitations (page 45-46 of the adult guide)
- Markers/crayons
- 2 pipe cleaner per girl
- One large button per girl
- Yarn in various colors
- Glue
- Felt or other material
- Various craft supplies (optional)

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Casting Call Check-in and “I Wonder…” (10 minutes)
   - Page 43 of the adult guide
   - This will get the girls talking about women they see in their lives as well as other roles available to them.
4. Reaching Out: Planning the Panel Discussion - Team “Call Back” (20 minutes)
   - Pages 43-46 of the adult guide
   - Help girls decide which woman from their Casting Call Log they would want to invite to the panel discussion. Be sure to work with them on appropriate questions to ask their panel of women. It may help to have them write them down so they don’t forget!

5. Role-Model Dolls (15-20 minutes)
   - Pages 20-21 of the girl book
   - Encourage the girls to be creative and come up with a variety of roles that they can play.

6. Closing (10 minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.

Optional (If you have additional time)
   - If a panel discussion will not work in your troop, encourage the girls to interview or research a woman they admire and report back at the next meeting.
   - Amusing Snacks – Green Goddess Dip and Veggies – Page 47 of the adult guide

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – Amuse.

We had fun:
   - Planning our Panel Discussion
   - Making Role Model Dolls

Continue the fun at home:
   - Help your daughter come up with some questions for our panel discussion that will be held at our next meeting.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Objective:
Girls will conduct their panel discussion with some of the women on their casting call log. This will complete the Reach Out Award.

Supplies:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)
- A few women to participate in the panel discussion.

Note:
If a bringing a panel of women in is not possible you could have the girls interview or research women and then present to their fellow Girl Scouts at this meeting.

Activities:

1. Opening (10 minutes)
   - Opening Ceremony – Page 49 of the adult guide

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Crazy Curtain Calls (10 minutes)
   - A curtain call usually comes at the end of a performance. The performers take a bow and the audience applauds. Have the girls line up and take turns doing a really silly curtain call. They can throw kisses, jump around, do a dance, etc. Football players who have just scored a touchdown could also be source of inspiration for this game!

4. Panel Discussion (30-40 Minutes)
   - Pages 43-46, 49 of the adult Guide and pages 16-17 of the girl book
   - You might want to have the girls prepare questions ahead of time to ask the women on the panel.
5. Closing (10 Minutes)
  • Ask the girls one thing they learned from today’s panel or activity.
  • Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.

Optional (If you have additional time)
  • Ads Assume Activity – Page 50 of the adult guide.
  • Amusing Snacks – Mini Popcorn Balls – Page 52 of the adult guide

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – Amuse.

We had fun:
  • Holding our Panel Discussion
  • Completing our Reach Out Award.

Continue the fun at home:
  • Ask your daughter what she learned from our panel.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Objective:
Girls will have the opportunity to create self-portraits and explore new roles.

Supplies:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)
- Ball of yarn
- White paper slips
- Paper, pens, or pencils
- Chart paper
- Whiteboard or chalkboard with markers or chalk

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. A Good Yarn (10 minutes)
   - See page 57 of the adult guide.
   - Have the girls get into a circle and then hand one girl a ball of yarn and ask her to begin the story with one sentence (once upon a time...). Once she has shared her line, she holds on to the end of the thread of year and tosses the ball of yarn to another girl, asking “what happens next?” The next girl adds a line to the story, holds on to the thread while tossing the rest of the ball to another girl, asking “what happens next?” Continue this until all of the girls are holding on to the thread and the story ends.

4. Stereotype Shredding (15 minutes)
   - Begin this activity by discussing stereotypes with the girls.
     - In our own minds we sometimes limit the roles that people in the world can play. When we limit the roles that people can play- even just in our minds- we put people in a roles we
choose for them, rather than roles they choose for themselves. This is stereotyping! Sometimes prejudice results from stereotypes. Prejudice is when someone dislikes another group of people because of their race or religion or gender.

- Now think about how this applies to you. You wouldn’t want other to think about you only in one way, right? That could limit the roles that you could play and the things you could do in the world. It would limit your story.

- Think of at least one stereotype that people have applied to you and write it down on a piece of paper. Feel free to write down any feelings associated with this or false beliefs about things that you cannot do. Then flip the paper over and write a stereotype that you have applied to others and consider their feelings.

- When they have finished, invite them each to come up and shred their paper. Give them the shredded pieces and a piece of cardstock and ask them to create something positive about themselves that is the opposite of this stereotype. For example, if they have been stereotyped as non-athletic, they can create a picture of themselves doing their favorite sport or write something about how strong they are. Girls can be as creative as they want with this project.

5. First, the Stereotypes (10-15 minutes)
   - Use pages 58-59 of the adult guide to lead a conversation about stereotypes.
   - You might consider sharing the stories about women on pages 24-27 and 50 of the girl book.
   - Begin by saying something like, “We all know stereotype puts others into a group without thinking about them as individuals. Think back to those stereotypes we shredded and which ones you think limit you and other girls the most.”
   - Put their ideas down on a poster board of flip chart. After you have collected several ideas, see if some are very close or have been repeated and join them together. Then give the girls each two stickers and have them vote on their top two favorites. Encourage them to consider which one would make an exciting story.

6. Next, the Story Line (10 minutes)
   - Using pages 60-61 of the adult guide help the girls determine how they want to tell their story.
   - Depending on the number of girls in your troop. You can complete this activity as a large group or break them into small groups. If doing it in groups, each group could choose their own stereotype.
   - Here are some possible options:
     - Onstage with storytelling and puppets
     - In song and movement, with a musical performance
     - In words with a picture book or comic book
     - Create a mural or a story quilt
     - Film a video
     - As a skit
   - At the next meeting girls will work on their project. This is just a chance for them to determine how they want to proceed. At the next meeting you’ll bring the supplies they need to create their projects.

7. Closing (10 Minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.
Optional (If you have additional time)

- Stereotype Tracker – page 27 of the girl book
- Your Heart, Your Art, You Part – Page 45 of the girl book

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – *Amuse*.

We had fun:
- Telling a group story
- Learning about stereotypes
- Starting our Speak Out Award project

Continue the fun at home:
- Talk about possible stereotypes that affect girls.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Objective:
Girls will team up to create a story about stereotypes that sends others call to action – to stop stereotyping.

Supplies:
- aMUSE - adult guide
- aMUSE - girl book (one for each girl)
- Supplies for their Speak Out projects

Activities:
1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Choosing Our Audience (10 minutes)
   - Talk about who they would like to share their Speak Out projects with. The audience could be younger girls, parents or they could even find a wider audience at a school assembly.
   - Talk about how the story may change depending on the audience.
   - Once an audience is selected, determine how they will be invited and when.

4. Time to Create (30-45 minutes)
   - Give the girls time to create their Speak Out projects. See pages 67-73 of the adult guide.
   - Let them have as much time as they need.
   - If this meeting isn’t enough, you can give them part of or all of the next meeting. If that is happening just wait add a week/meeting to this schedule.

5. Closing (10 Minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.
Optional (If you have additional time)
- Amusing Snacks – Musie Smoothie and Break a Banana Split – page 74 of the adult guide
- Give a picture a new story – Page 48 of the girl book

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – Amuse.

We had fun:
- Creating our Speak Out projects

Continue the fun at home:
- Ask your daughter about her project

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Week 7

Objective:
Girls will think about the roles they play and how it makes them feel.

Supplies:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)
- Pencils/pens

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Me and You (10 minutes)
   - See page 79 of the adult guide
   - Really encourage every girl to pick something unique to them. Sometimes girls have trouble talking about themselves and are more likely to repeat an answer from a friend. Encourage the girls to consider more than just physical traits. Consider skills, talents, abilities, etc.

4. My “Role Call” Log (15 minutes)
   - See 58 and 59 of the girl book.
   - Girls can either write in their books or you can do it as a group discussion and write it on a chalk board, flip chart or poster board.
   - Ask the girls to list various roles they played over the last week. Examples could include student, daughter, dancer, Girl Scout etc.
   - For each role have them discuss the following:
     - Ask them what skills they used in those roles.
     - How did the role make them feel?
     - How close is this role to the real them?

5. Listening to Your Inner Critic and Me x 3 (10-15 minutes)
   - See page 72 and 73 of the girl book.
   - Have each girl complete both pages in her book.
   - Once they have completed the page, have them share some of the answers they gave.
6. Closing Ceremony (10 minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.

Optional (If you have additional time)
   - Session 9 – Who I am Now – Page 78-83
   - Session 10 – Who I Might Be – Pages 84-89 of the adult guide

Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We continued our journey experience – *Amuse*.

We had fun:
   - Talking about the roles we play now and possible roles for the future.

Continue the fun at home:
   - Encourage your daughter to try out the “Now, Head Out in a Hat or Scarf or…” activity on page 69 of their book, which invites them to wear something a little different than what they usually wear, such as a cool hat or sunglasses, to see how it feels.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!
Outcome:
Girls will show their Speak Out project to their chosen audience. They will also complete the Try Out Award and the Amuse Journey.

Supplies:
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)
- An audience

Before the Meeting:
- At this meeting the girls will be sharing what they've learned during the Journey. They will be completing their Speak Out project and Try Out Award.
- For both activities, it would be helpful to have an audience. You might have them invite parents, another troop or have the girls present to each other.
- You could also consider making the meeting a troop party and serve snacks.

Activities:

1. Opening (5-10 minutes)
   - Welcome everyone to the meeting.
   - Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if the girls know it by heart.

2. Troop Business (5-10 minutes)
   - Possible activities include taking dues, snack, taking attendance, sharing information about an upcoming activity.
   - If possible have the girls lead as many of these activities as possible.

3. Showtime! (The timeline depends on the length of the girls Speak Out project)
   - See Page 77 of the adult guide.
   - Have the girls share their Speak Out projects with their audience.

4. Earning the Try Out Award (10 minutes)
   - See page 91 of the adult guide.
   - Ask the girls one new role they learned about or tried while on the aMUSE Journey.

5. Closing Ceremony (10 minutes)
   - Friendship circle - Girls cross their right arms over their left and hold hands with the girl on either side. A small squeeze is then sent around the circle while everyone is silent.

Optional (If you have additional time)
- Celebrating Me/Celebrating Us – Pages 90-83 of the adult guide
Family Follow-Up Email
Use the email below as a template to let families know what girls did at the meeting today. Don’t forget to fill in the missing information or add additional information.

Hello Girl Scout Families:

We completed our journey experience – *Amuse*.

We had fun:
- Showing you our Speak Out projects.
- Completing the Try Out award.

Continue the fun at home:
- Continue talking about stereotypes and the various roles girls can play.

Our next meeting will be

We will be doing

You can help us by

Girls will need to bring

Other important dates and upcoming activities

Thank you for bringing your Junior to Girl Scouts!