The First 8 Meetings

A World of Girls uses stories to help girls find clues about how they can create positive change in the world – change that affects girls.

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

“Getting into Girl Scouts: Amuse”: Use this with your Adult Guide

“Getting into Girl Scouts” provides ideas for the first 6 meetings that include activities related to the Journey, supply lists and opening/closing activities; ideas for field trips and sample emails to send your Girl Scout families. “Getting into Girl Scouts” helps you structure time with the girls, planning tips, a checklist for each session, and provides helpful hints along the way.

Getting Started:

Review your adult guide to the Journey and the girl book to see how things are laid out and what activities make sense for you. Do the same with “Getting into Girl Scouts” to see how they
match up and help you plan. Of course, you don’t have to follow the guide or booklet word for word—once you get a topic started, listen for where girls want to take it! Use the supply list to prepare for your meeting. Then send an email to the families afterwards to tell them what the girls learned and upcoming events.

Consider planning a field trip or two that relate to the Journey. There are a few ideas on the first page of the Journey outline.

**Information on Journey awards:**
There is the opportunity to earn three leadership awards in each Junior Journey. Only the 1st one is included in this 6 week guide.

- The first award is the Reach Out Award. Girls will explore the many roles women and girls play in the world. They earn it by keep a Casting Log and do an interview or panel discussion.
- Speak Out Award is the second award. Girls become aware of how stereotypes could hold themselves and others from trying on roles, and they Take Action to help stop stereotypes. They earn it by completing three Speak Out activities and team up to choose a stereotype and tell a story to help stop it.
- The final award is the Try Out Award. Girls have courage and confidence to try out new roles. They earn it by keeping a Role Call log and complete two other Try Out activities.

**Next Steps:**
1. Consider completing the Journey and earning the rest of the awards. Using the Getting into Girl Scouts: Amuse Guide you will start the Speak Out Award in Week 5. To complete the award follow Sample Sessions 6, 7 and 8 in the adult guide. You might choose to do this before Week 6. Then use Sample Session 10 and page 78 of the girl book to complete the Try Out Award.

2. Use the Girl's Guide to Girl Scouting to complete Junior badges.
Objective:
Introduce girls to Girl Scouting by teaching them the Girl Scout Promise and Girl Scout traditions.

Outcome:
Girls feel connected to their community and develop healthy relationships.

Supplies:
Trefoil Sheet – one per girl
Yarn
Crayons/Markers
Ball of String
Scissors
Hole Punch

Activities:

1. **Welcome/Make Name Tags (10 minutes)**
   - Use a trefoil with the Promise on the back and make a name tag for each girl. She could put her name on the front and something she likes to do.
   - Supplies needed
     - Trefoil for each girl
     - Yarn
     - Crayons/markers
     - Scissors
     - Hole Punch

2. **Girl Scouts is …. (5-10 minutes)**
   - Ask the girls what they think Girl Scouts is.
     - Girl Scouts is an organization for girls like you all over the world. We will be going on a Journey and earning badges. We explore nature, science, financial literacy and more. We will be learning leadership and taking action to make a difference in our community.
   - What do they want to do as a Girl Scout?

3. **Go over any rules/expectations and the Girl Scout quiet sign. (5-10 minutes)**
   - Consider having girls help brainstorm a list of how they expect each other to act at Girl Scout meetings and events.
   - Girl Scout Quiet Sign – Girl scouts use the quiet sign when everyone is talking and it’s time to be quiet. Someone raises her hand and stops talking. As others see her hand in the air, they raise their right hands and stop talking too.
4. Get to know you game (15-20 minutes)
   - Any get to know you game will work but below is one option.
     o Web of Friends – Toss a ball of yarn around a circle as each girl says her name and one thing about herself.
       1. Supplies – You will need a ball of string.

5. Girl Scout Promise (10-15 minutes)
   - Ask the following questions:
     o What is a promise?
     o Why is it important to keep our promises?
     o What if we forget?
     o What do the words “I will try” mean?
   - Teach the Girl Scout symbol (right hand, three fingers).
   - Teach the Girl Scout Promise. You should say a short phrase and then have them repeat you. Go through it a few times. If you have time, you might talk about what each part means.
     o On My Honor, I will try to serve God and my country, to help people at all times and to live by the Girl Scout Law.
   - Promise Reminders – have the girls trace the promise on the back of their nametags. Read it one more time once the girls have completed tracing.
     o You might consider collecting the nametags for the first few meetings and then passing them out again.
   - Supplies
     o You will need markers/crayons.

6. Clean Up (5-10 minutes)
   - Tell the girls that Girl Scouts always leave a place looking better than how they found it. Ask each girl to be responsible for her own place and her own supplies.

7. Closing Friendship Circle (5-10 minutes)
   - This is a Girl Scout tradition and a great way to end every meeting.
     o Have the girls form a circle, then cross their arms so that their right arm is over their left arm. They then hold the hands of the girls on either side of them.
     o One girl or leader starts the circle by making a silent wish, then squeezing the hand of the girl on her left with her right hand.
     o Each girl squeezes the next girl’s hand in turn, until the squeeze “gets back” to the first person.
     o The first person then says “Goodbye Girl Scouts” and the girls can either twist out of the circle or just drop hands.
   - This might also be a great time for you to have the girls talk about what they learned at the meeting or make announcements for the next meeting/activity.

More to Explore

- Field Trip Ideas:
  o Participate in a service unit or council sponsored event.
- Speaker Ideas:
o Invite a troop of older Girl Scouts to a meeting to share about their experiences.

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 started our Girl Scout troop.

We had fun:
  • Getting to the girls in our troop.
  • Learning the Girl Scout Promise

Continue the fun at home:
  • Looks through your Girl’s Guide to Girl Scouting to see if there are activities you would like to do at home.

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 coming to Girl Scouts!
Objective:
Introduce girls to Girl Scouting by teaching them the Girl Scout Law and continuing practicing the Promise.

Outcome:
Girls feel connected to their community and develop healthy relationships.

Supplies:
Name tags from the previous week
Additional name tag supplies if you have a new girl

Activities:

1. Welcome (5-10 minutes)
   - Pass out the name tags to the girls. If you have new ones, have them make a name tag.
   - Ask the girls what they learned at the last meeting.
   - As a group say the Girl Scout Promise. You might need to say a line and have them repeat it again. You could also have them read it from their name tags.

2. Get to Know You Game (15-20 minutes)
   - Any game will work but this is one option.
     - Name Chase - The child who is "it" stands up and walks around the outside of the circle tapping each child on the head and saying their name, with prompting if necessary. At some point, when she taps a child on the head, she will say the name of the group instead (Girl Scouts). The chosen child must now jump up and chase the first child around the circle, trying to tag "it" before she can sit down in their place. If she succeeds, "it" has another go. If she fails, she takes over as "it".

3. Girl Scout Law (10-15 minutes)
   - Say: "When we say the Girl Scout Promise we say that we will live by the Girl Scout Law. Today we are going to learn the Girl Scout Law."
   - Have them repeat a line after you. Take a moment to talk about what each line means to them.
     - I will do my best to be
       - Honest and fair,
       - Friendly and helpful,
       - Considerate and caring,
       - Courageous and strong, and
       - Responsible for what I say and do,
     And to
     - Respect myself and others,
Respect authority,
Use resources wisely,
Make the world a better place,
And be a sister to every Girl Scout.

4. **Read the Brownie Story (15-20 minutes)**
On My Honor, I will try:
To serve God & my country
To help people at all times
And to live by the Girl Scout Law.
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.

Awards Earned:
Reach Out Award

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 14-25 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 staff members on how they facilitated the activities.

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
  (good starting place is page 29 of the adult guide)
- Hat or bag
- Pre-prepared slips of paper with active roles of girls (use page 31 to help you start)

Week 2
- Copies of the “Casting Call Log” – Page 16 of the girl book
- Pencils with erasers
- Drawing paper

Week 3
- Photos of women in real-life roles
- Copies of planning sheet and invitations
- Markers/crayons
- Legal size copy paper for each girl
- Scissors
- Paper doll stencil to trace (optional)
- Various craft supplies (optional)

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

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

**Week 6**
- Art books with a range of images or various pieces of art found on the internet
- Sticky notes
- Pencils/pens
- Large sheet of paper, chalkboard, or white board with writing implements
- Art supplies (colored pencils, paints, paper, bits of fabric, buttons, etc.)
- Selection of portraits of women and girls in any medium (books, magazines, or photos)
- Hand mirrors, one per girl

**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.
  - In sample session 4, when looking at ads, you might also consider finding a few commercials on YouTube.
  - Put together a scavenger hunt with activities that play to different girls’ strengths, like the comic book story in the book.
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.

Outcome:
Girls develop a strong sense of self.

Supplies:
- Pre-prepared sticky notes with roles girls/women can play (good starting place is page 29 of the adult guide)
- Hat or bag
- Pre-prepared slips of paper with active roles of girls (use page 31 to help you start)
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)

Activities:

1. Opening (10 minutes)
   - Flurry of Roles – Page 29 of the adult guide
   - You might want to prepare enough for girls to have 2-3 stick notes each.
   - Take some time to introduce the Journey’s themes. Use page 30 of the adult guide and pages 4-9 of the girl book to help you.

2. Take The Stage Activity (10 minutes)
   - Page 31 of the adult guide
   - Get the girls moving by playing a game of charades. This activity will help girls begin practicing different roles.

3. Character Brainstorming (20 minutes)
   - Pages 12-13 of the girl book
   - Spend some time talking about the roles that females can play in life. Have each girl brainstorm the roles that five of her favorite characters play. Talk about what girls hear versus what they believe their role should be in life. Take time to brainstorm a new character.

4. Closing & Looking Ahead (10 minutes) Roles and More Roles!
   - Closing Ceremony – Page 33 of the adult guide
• 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.
• Encourage them to be on the lookout for the roles that girls and women play in their lives.

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

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.
• Talking about our favorite female characters.

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!

Outcome:
Girls develop critical thinking skills.

Supplies:
- Copies of the “Casting Call Log” – Page 16 of the girl book
- Pencils with erasers
- Drawing paper
- aMUSE - adult guide
- aMUSE - girl book (one for each girl)

Activities:

1. Opening (10 minutes)
   - Girls Are Supposed to Be… - 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.

2. Time to Mingle (5-10 minutes)
   - Page 36 of the adult guide.
   - This is an active game to play after school and a change for girls to learn more about each other.

3. Logs and Leaders (10-15 minutes)
   - Page 37 of the adult guide, 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.

4. Quick Draw (20 minutes)
   - Page 38 of the adult guide
   - This activity shows girls that sometimes the stereotypes we have of each other can limit the roles that we think are available to us. Complete both parts of the activity. You might also use the green box on page 38 of the adult guide to help facilitate additional activities.
5. Closing (10 minutes)
   - Tell the girls to look for stereotypes during the next week.
   - 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)
   - Role-Play Switcheroo – Pages 39-40 of the adult guide
   - 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.

Outcome:
Girls become resourceful problem solvers.

Supplies:
- Photos of women in real-life roles
- Copies of planning sheet and invitations
- Markers/crayons
- Legal size copy paper for each girl
- Scissors
- Paper doll stencil to trace (optional)
- Various craft supplies (optional)
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)

Activities:

1. **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.

2. **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!

3. **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.

4. **Closing** (10 minutes)
   - Page 47 of the adult guide
   - 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 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.

Outcome:
Girls gain practical life skills

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

Activities:

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

2. 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.

3. 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)
- If a panel discussion will not work in your troop, do Ads Assume Activity on 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 team up to create a story about stereotypes that sends others call to action – to stop stereotyping.

**Outcome:**
Girls advocate for themselves and others

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

**Activities:**

1. **Opening (5-10 minutes)**
   - A Good Yarn - Page 57 of the adult guide

2. **Stereotypes (10-15 minutes)**
   - Pages 58-59 of the adult guide
   - Before you begin take a moment to remind girls what stereotypes are and what you have talked about.
   - You might consider sharing the stories about women on pages 24-27 and 50 of the girl book.

3. **Writing the Story (20 minutes)**
   - Pages 60-61 of the adult guide
   - You might to divide girls into small groups and mix up the age groups so that older girls can help the younger ones.

4. **Sharing Our Story (10-20 minutes)**
   - Pages 62-63 of the adult guide
   - If possible have the girls share with an outside audience. If not, have them perform for each other.

5. **Closing (5-10 Minutes)**
   - Challenge girls to look at stereotypes during the next week. If they are a negative stereotype encourage the girls to speak out against them.
• 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)
• Pages 66-75 of the adult guide – Continue working on the stories the girls have created and complete the Speak Out Award.

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:
• Learning about stereotypes.
• Exploring how to write and tell stories.

Continue the fun at home:
• Help your daughter look at stereotypes during the next week. If they are a negative stereotype encourage her to speak out against them or talk about why they are considered negative.

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

Outcome:
Girls gain practical life skills – girls practice healthy living.

Supplies:
- Art books with a range of images or various pieces of art found on the internet
- Sticky notes
- Pencils/pens
- Large sheet of paper, chalkboard, or white board with writing implements
- Art supplies (colored pencils, paints, paper, bits of fabric, buttons, etc.)
- Selection of portraits of women and girls in any medium (books, magazines, or photos)
- Hand mirrors, one per girl
- aMUSE - adult guide
- aMUSE- girl book (one for each girl)

Activities:

1. Opening (10 minutes)
   - Me and You – 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.

2. Defining Real Beauty (15 minutes)
   - Pages 79-80 of the adult guide
   - Try to find a wide range of artwork for the girls to use so that each girl can find something she truly finds beautiful.

3. Picture This & Mirror, Mirror (20-30 minutes)
   - Pages 81-83 of the adult guide
   - Try to find a wide range of women to really spark a conversation.

4. Closing Ceremony (10 minutes)
   - Page 83 of the adult guide
• 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)
• Arty Party – Page 83 of the adult guide
• 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:
• Defining real beauty and determining what we find beautiful in ourselves.

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!