

## **Girl Scout Seniors – *Mission: Sisterhood!***

### **Basic Description:**

This Girl Scout leadership Journey is part of a series that invites girls into the fun and friendly world of storytelling. From real sisters working out together, to a sisterhood of women working for change, this Journey is sprinkled with stories of sisterhood and the benefits they bring to women and the world. Girl Scout Seniors gain personal inspiration from these stories and also an understanding that with sisterhood behind them, they can change the world. Throughout the sessions, Seniors see how diversifying their friendship and sisterhood circles adds richness to their lives and their ability to take action in the world. And built into every sample session in the adult guide is an extensive array of confidence-boosting, creative activities to develop girls leadership skills, including visual art, performing arts and culinary arts. The notion of expanding one's sisterhood is central to the journey. It not only helps girls develop healthy relationships, but also aids girls in feeling connected to their communities locally and globally.

### **What awards can Girl Scout Seniors earn?**

#### **The Sisterhood Award**

On this journey, Seniors have the opportunity to earn the Sisterhood Award, a leadership award that has them exploring the three keys: Discover (girls define a sisterhood issue), Connect (girls work together to create a plan for how to Take Action), and Take Action!

- What it means for Seniors: Girls understand the power of sisterhood in their own lives and in the world.
- How Seniors earn it: As with all leadership awards earned on Girl Scout journeys, the Sisterhood award gives girls the planning, teamwork, and networking skills they need to pursue the Girl Scout Gold Award, the highest award in Girl Scouts.

### Steps to the Sisterhood Award:

1. Define a Sisterhood Issue
2. Develop your Mission
3. Make the Big Decisions!
4. Logistics time
5. Create the Project Timeline

### Possible Field Trips and Community Partners:

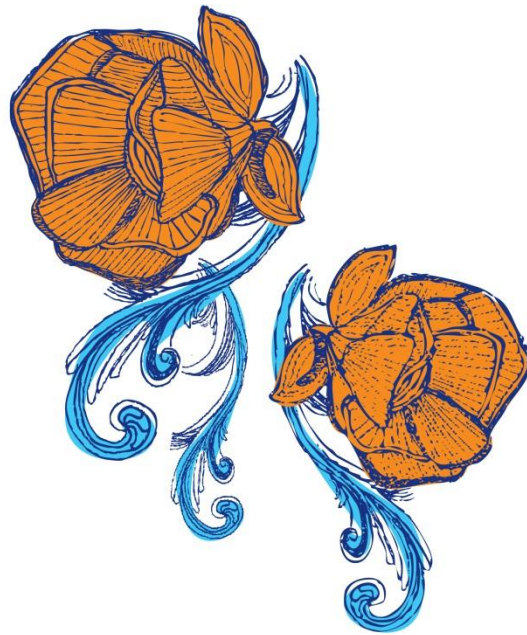
- Invite a local artist to work with them on their Sisterhood Smorgasbord wall hanging!
- Visit an interior decorating center to collect samples to use in creative activities.
- Go see a play and then write and perform their own.
- Visit a tile works for samples
- Visit local restaurants, try foods you never had before, work with a chef or spice expert to learn how to enhance their food experiences.
- Connect with other women's groups to see how they can network.

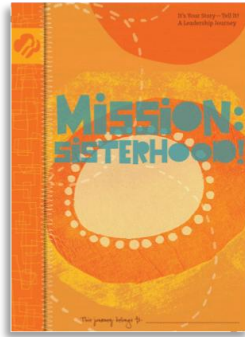
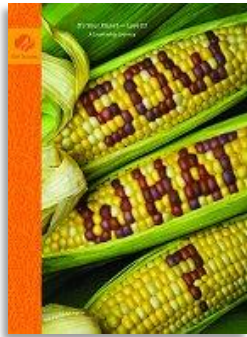
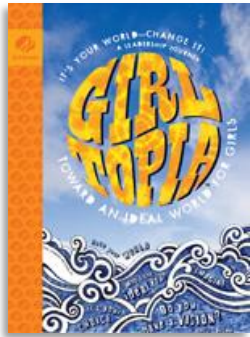
### Additional Programming Ideas for Troop Meetings:

- Complete a Journey (and have your Silver Award) and consider the Gold Award!  
[http://www.gsep.org/media/files/gold\\_award\\_manual.pdf](http://www.gsep.org/media/files/gold_award_manual.pdf)
- Then register for Take Action Award Training on the website [www.gsep.org](http://www.gsep.org) to start the process.
- Buddy Button Bracelets fashioned from buttons the girls exchange can serve as symbols of the close connections they share with friends and sisters.
- Do some of the activities at camp or a retreat instead of troop meetings
- Sisterhood Thank You notes—paper doll thank-you notes, made from vintage wallpaper, wrapping paper, or newsprint, offer a sisterhood of appreciation.
- Friendship key chains or pendants made from two matching pieces of an old jigsaw puzzle remind girls of their connection to one another. (page 42 in the girl book)
- Friendship potpourri made from a base of yellow roses (friendship roses) as well as spices and other ingredients makes life more beautiful and interesting. (page 14 in the girl book)
- Go Online to [www.girlscouts.org](http://www.girlscouts.org) for “Letters Home” ideas, as well as ideas for reaching local experts.

## Other Thoughts or Helpful Hints:

- It is recommended that each girl have her own copy of the Journey book
- Ceremonies, opening and closing, mark the Seniors' time together as special and separate from the rest of their day.
- Creative Activities throughout the adult guide encourage creativity, self-expression and teamwork
- Recipe ideas give the girls a chance to have fun with journey related themes.





## Girl Scout Senior Sample Meeting 1

**Goal:** Girls get to know each other better and begin to generate ideas for their troop year.

**Supplies needed:** Journey adult guides and girl books.

<p><b>Arrival Activity:</b></p>	<p>Invite the girls to make name tags if they don't all know each other. Try to greet the girls as they arrive and encourage them to talk with each other as the rest of the group arrives. If they are engaged in conversation, let them continue for a while.</p>
<p><b>Girl Scout Circle:</b></p>	<p><b>Part A – Business:</b> Sit in a circle. Take attendance and collect dues, which the girls can handle in subsequent meetings. Remind them of the quiet sign. If you have any new girls, quickly explain what this is. Introduce yourself to the girls, if they do not know you, as well as your assistant. Then encourage the girls to introduce themselves and share something they enjoy doing.</p> <p><b>Part B – Sharing:</b> If the girls already know each other, do a “check-in” anyway. You can use the metaphor of the weather report for this. Ask them to describe how they are feeling using a weather term. For example, “lots of sun,” “overcast,” “cloudy but clearing.” Or have them share a little-known fact about themselves.</p> <p>If the group is active, try a Human Bingo game. Each square within the Bingo is something a girl may have done, such as climbed a climbing wall. The girls go around the room and try to find someone to sign each square. Each time they find someone who satisfies that square, she initials it. When she has 5 in a line, she yells, BINGO.</p>

<p><b>Program Activity:</b></p>	<p>Introduce the Journeys for this grade level and any other Girl Scout resources and activity books that you think might interest the girls. Let them spend time going through them. You may want to have them look at these in small groups and encourage them to think about where they would like to start. Have each girl or small group report out with suggestions. In addition to the interest created by the books, brainstorm with them the things they would like to do in their Girl Scout troop. Again, this could be done in pairs, so everyone participates and then the pairs share their list so one troop list might be generated. Discuss next steps.</p>
<p><b>Snack (optional): (10 minutes)</b></p>	<p>This will vary from group to group depending on the time of day the group meets and possibly the duration. Provide a healthy snack for the first meeting and then discuss with the girls how they want to handle this.</p>
<p><b>Clean-up: (5 minutes)</b></p>	<p>If there is clean-up to be done, encourage total participation.</p>
<p><b>Closing: (5 minutes)</b></p>	<p>A Friendship Circle &amp; squeeze, or however the girls determine they would like to close.</p>

