

girl scouts 
of the northwestern
great lakes
888.747.6945
www.gsnwgl.org

Welcome to Girl Scout

cadettes 

WHAT DID YOU DO TODAY?



Welcome to Girl Scout Cadettes!

Through your leadership and willingness to volunteer, girls in 6th, 7th, and 8th grades will have the opportunity to learn about themselves, build new friendships, and make the world a better place.



Understanding Healthy Development in Girls

Just being attentive to what girls are experiencing as they mature is a big help to girls. So take some time to understand the likes, needs, and abilities of Girl Scout Cadette level girls. As you listen and learn along with girls, you may find it useful to review the highlights of their development. What follows are the developmental abilities and needs of girls in grades 6, 7, and 8. You'll also find these listed in the adult guide of each leadership journey, along with tips for how to make the most of them as you guide and partner with girls. Of course, each girl is an individual, so these are only guidelines that help you get to know the girls.

<i>Girl Scout Cadettes</i>	
At the Girl Scout Cadette level (sixth, seventh, and eighth grades), girls . . .	This means . . .
Are going through puberty, including changes in their skin, body-shape, and weight. They're also starting their menstrual cycles and have occasional shifts in mood.	<i>Being sensitive to the many changes Cadettes are undergoing—and acknowledging that these changes are as normal as growing taller! Girls need time to adapt to their changing bodies, and their feelings about their bodies may not keep up. Reinforce that, as with everything else, people go through puberty in different ways and at different times.</i>
Are starting to spend more time in peer groups than with their families and are very concerned about friends and relationships with others their age.	<i>That girls will enjoy teaming-up in small or large groups for art projects, performances, and written activities, as well as tackling relationship issues through both artistic endeavors and take-action projects.</i>
Can be very self-conscious—wanting to be like everyone else, but fearing they are unique in their thoughts and feelings.	<i>Encouraging girls to share, but only when they are comfortable. At this age, they may be more comfortable sharing a piece of artwork or a fictional story than their own words. Throughout the activities, highlight and discuss differences as positive, interesting, and beautiful.</i>
Are beginning to navigate their increasing independence and expectations from adults—at school and at home.	<i>Trusting girls to plan and make key decisions, allowing them to experience what's known as "fun failure:" girls learn from trying something new and making mistakes.</i>

What Cadettes Do*

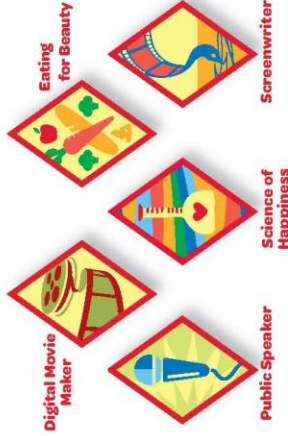
Use them all with
The Girl's Guide to
Girl Scouting

Choose a Journey
and earn the awards

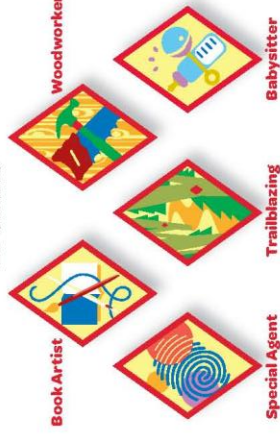


Want to earn
more Badges? Add
the Badge sets

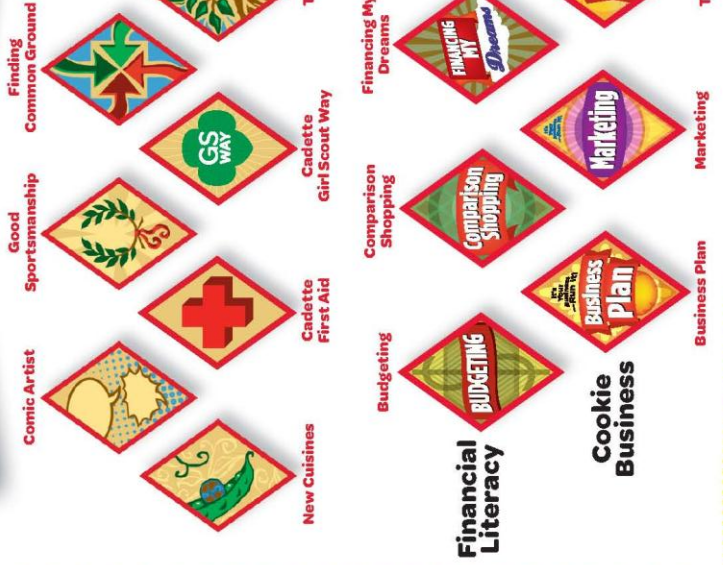
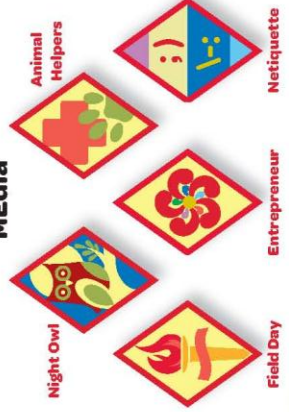
amaze!



Breathe



MEDIA



* Remember to add in trips, outdoor adventures, the cookie sale and more! See ideas in all the girls' books.

The Girl's Guide to Girl Scouting

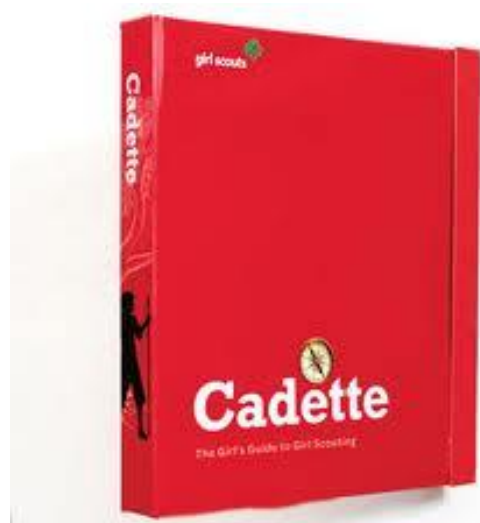
The *Girl's Guide to Girl Scouting* is our primary program resource for girls. This resource book contains all the criteria for earning many of the badges Girl Scouting is famous for, but it also includes much more! Each guide contains:

- **A colorful, easy-to-use binder** specially designed for girls at each level. The binder comes chock full of essential information and badge activities—plus girls get to customize their own experience by choosing and adding in additional badge sets.
- **Legacy, Financial Literacy, and Cookie Business badge activities**
- **My Promise/My Faith Award Criteria**
- **A detailed diagram** showing where girls place the badges, pins, or awards with pride on their vests or sashes.
- **Ideas to help** girls tie their badges right into their Journeys.
- **Vintage illustrations and quotes from Girl Scout history** to help girls feel connected to the proud traditions of the past.
- **An awards log** showing girls every award and badge available at their level, as well as the entire badge program at every level, so girls can see how their skills will grow in Girl Scouting
- **Criteria for other Cadette-level girl awards and Leadership opportunities, including earning the Silver Award.**

If girls wish to earn even more badges than those included in the Girl's Guides, additional skill-building badge activity sets are also available, covering a wide array of topics.

For a complete listing of all available Cadette Badges and Awards, please see the Award Record pages included in this booklet.

It is considered a best practice that all girls in the troop have their own books. This way, they can work on additional badges or criteria outside of the troop meetings, share projects with their families, and have a keepsake and record of their Girl Scout Experience.



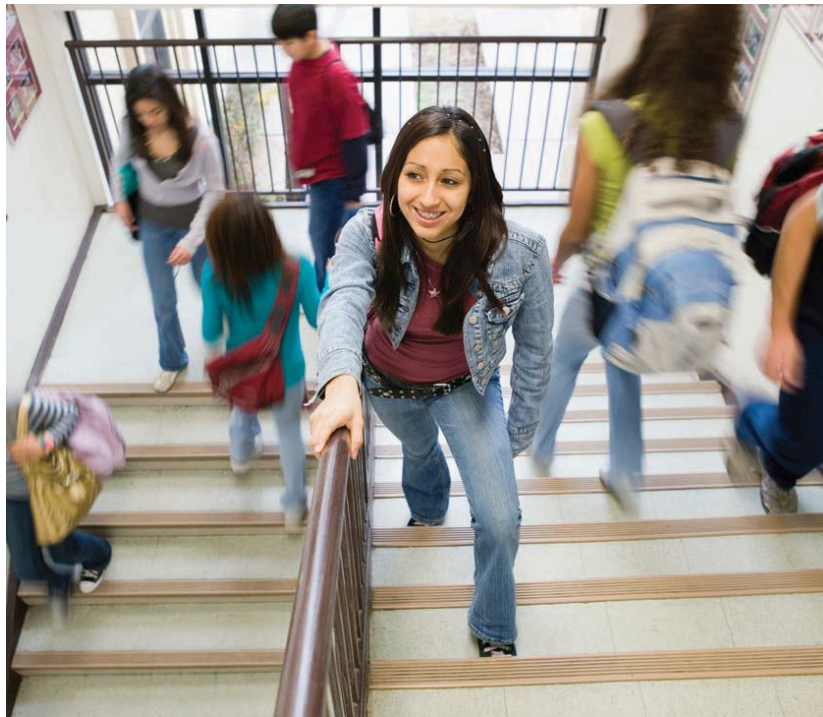
Girl Scout Cadette Leadership Journeys

What is a Journey?

A key part of the New Girl Scout Leadership Experience is the Leadership Journey, a coordinated series of activities grouped around a theme. The activities included in the Journey guides may be done by troops, groups, individually registered girls, or as part of larger program events. Each grade level journey series includes an adult guide and a corresponding girl book. (The facilitator set includes one girl book and one adult guide. Sets are available for \$15 in all Council Shops. Additional copies of the girl's workbook are available for \$7). The adult guide includes sample meeting sessions, activity ideas, and tips for successfully providing a strong leadership experience for girls. The adult books are a wonderful resource, because they are very flexible!! A troop/group could hold a meeting completely following the sample sessions included in the book, or choose only specific pieces selected by the girls. The girl's guide includes activity pages, stories and materials that support the activities planned in the leader guide.

There are specific Leadership Journeys designed for each grade level. The first series of Journeys, released in 2008, is titled ***It's Your World – Change It!*** These initial Journeys invite girls to explore a leadership theme developed especially for their age group. The second set, ***It's Your Planet – Love it!***, has an environmental theme, and focuses on using the keys to leadership for the good of the earth and all of its inhabitants. ***It's Your Story – Tell It!*** focuses on storytelling and creative expression.

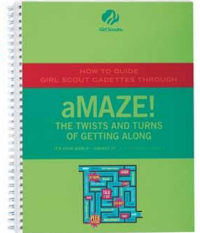
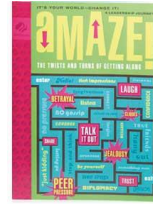
Each journey is tied to some of Girl Scout's 15 national outcomes for girls, as defined in the Girl Scout Leadership Model. These outcomes are integral to the three leadership keys, Discover, Connect and Take Action. (see preceding pages for Girl Scout Cadette Outcome review)



It's Your World --Change it! Series:

aMAZE: The Twists and Turns of Getting Along

Life is a maze of relationships, and this Journey has Girl Scout Cadettes maneuvering through all its twists and turns to find true friendships, plenty of confidence, and maybe even peace. The adult guide offers tips for talking about relationship issues with girls, and pointers for understanding Cadettes' development and creating a safe, welcoming space. As girls twist and turn through aMAZE, they gain tips and strategies for creating healthy relationships for themselves and those around them and begin to build more positive and peaceful relationships in the world around them.



During this Journey, girls have the option of earning one, two or three Girl Scout awards, and they can work toward them as one big team, as mini teams or individually.



- ❖ **The Interact Award** signifies that girls can advance peace in the world around them—one interaction at a time. To earn it, girls must complete three of the nine Interact Challenges—though they can do as many challenges as they like! These challenges invite the Cadettes to try small—and positive—new ways of interacting in their daily lives.

- ❖ **The Diplomat Award** focuses on how a diplomat "possesses skill or tact in dealing with others." To earn the award, Cadettes demonstrate that they can use something they have learned about relationships to design and implement a project that benefits others.

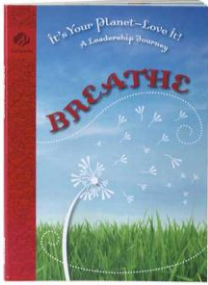
- ❖ **The Peacemaker Award** invites girls to collect relationship "tools" they can use and pass on to others along the Journey. The girls earn the Peacemaker Award at the end of the Journey by reviewing all the tools they've collected and making a commitment about how they will continue using them throughout their lives.

Girl Scout Cadettes also have an opportunity to earn an award by taking a leadership role with Girl Scout Brownies.

- ❖ **LiA (Leader in Action) Award** allows girls to work directly with Girl Scout Brownies. Brownies (and their volunteers) will appreciate having Cadettes along on the Journey, and Cadettes will benefit from having the opportunity to have a position of responsibility. The steps for Cadettes to earn the LiA are in the Adult Guide for "Brownie Quest" and also [available online](#) (PDF, 645KB).



It's Your Planet - Love it! Series:



Breathe!

Take a deep breath. How do you feel? What do you see? Hear? Smell? Get set to focus all your senses on air. In this series, Cadettes engage all five senses as they clear the air – their own and Earth's. While measuring air quality and acting to improve it, girls also find their flair, think about "Hair", and perhaps try an éclair. From cigarette smoking to deforestation, they get an aerial view of many issues!

During this Journey girls may earn the following awards:

- ❖ **Aware** – Girls will keep an air log, identify two experts who can guide them to greater air awareness, increase their AWAREness about the issues that impact Earth's air. They will choose an air issue they want to act on together.
- ❖ **Alert** – Girls will choose an Air Care Team (ACT) they would like to educate and inspire. They will decide what to ask their Air Care Team to do and decide how to reach them to inspire them to act on their air issue.
- ❖ **Affirm** – Girls will gather proof of progress or improvement through their efforts to educate and inspire. They will share the impact with their ACT and maybe even go further.



Girl Scout Cadettes will also have an opportunity to earn an award by taking a leadership role with Girl Scout Brownies.

- ❖ **Girl Scout Cadette WOW! Wonders of Water LiA (Leadership in Action)** – Girl Scouts has always had a tradition of older girls helping younger girls. In the *It's Your Planet – Love It* series of leadership journeys, Girl Scout Cadettes have air and Brownies have water. Think of the power of bringing these two grade levels and all their Girl Scout power together! That's what the LiA (Leader in Action) Award is all about. The LiA encourages Cadettes to be key assistants on a Brownie team's **WOW! Wonders of Water** journey. All the steps to the award are in the Cadette LiA letter found in the Adult Guide for both the Girl Scout Cadette and Brownie journey, and also available online (PDF, 892KB).



It's Your Story - Tell it! Series:

The "It's Your Story—Tell It!" Leadership Journey series uses a storytelling theme in a fun and grade level relevant way for girls to better understand themselves and their potential. Building a strong sense of self is an underlying goal of the series, which was made possible in part by a generous grant from the Dove Self-Esteem Fund.

The Journeys give girls opportunities to develop leadership skills through fun and engaging multidisciplinary content and activities. On this Journey, an emphasis is also placed on media literacy and creative expression. All along the Journey, girls have opportunities to engage in a variety of arts, including performing, visual, culinary, and new media, to tell their stories and take action to make the world a better place.

MEdia

Cadettes look for the ME in media and learn how they can shape media – for themselves, their community and the world.

Leadership Awards

- ◇ Monitor Award – Cadettes have taken stock of media in their world and the influence it has
- ◇ Influence Award – Cadettes understand the importance of having media reflect the realities of their world
- ◇ Cultivate Award – Cadettes have made a personal commitment to cultivate a new perspective on media

Journey “Side Trip” Ideas

Expand on the theme of the Journey by trying one or more of these activity ideas.

Cadette Guide

aMaze

- Visit a restaurant or store owned by a person from another country
- Go to a debate
- Go to a mall or fair and observe how people get along
- Gather around a campfire and tell your favorite friendship stories
- Visit a corn maze or labyrinth in your area; after talk about what you learned
- On World Thinking Day, reflect on how girls and women around the world are creating peace
- Make and swap friendship bracelets or pins

Breathe

- Take a yoga class
- Go to a concert
- Invite a guest speaker to come to your troop meeting to talk about meteorology
- Visit a planetarium
- Do a project to encourage people to carpool, bike, or take public transportation to work or school
- Tour a building or a business using alternative sources of energy

MEdia

- Tour a radio station, newspaper office or a television station
- See a movie
- Invite a reporter to be a guest speaker at your troop meeting
- Write a news story about an activity your troop did
- Go for an advertising scavenger hunt; how many different forms of advertising did you see?
- Invite someone who works in the fashion industry to be a guest speaker at your troop meeting

Girl Scout Cadette Award Record for _____

This form is a tool for volunteers. Use the form to keep record of each girl's achievement. (The girls can keep record of their achievements in their Girl's Guide to Girl Scouting books!) This form is not intended to be displayed or shared with other girls, and does not need to be turned in to the Council.

AMaze Journey Awards

Journey Award	Date Completed	Date Received
The Interact Award		
The Diplomat Award		
The Peacemaker Award		

Breathe Journey Awards

Journey Award	Date Completed	Date Received
Aware Award		
Alert Award		
Affirm Award		

MEdia Journey Awards

Journey Award	Date Completed	Date Received
The Monitor Award		
The Influence Award		
The Cultivate Award		

Girl Scout Cadette Legacy Badges

Badge	Requirements	Date Completed	Date Received
Cadette Girl Scout Way	1 2 3 4 5		
Comic Artist	1 2 3 4 5		
Finding Common Ground	1 2 3 4 5		
New Cuisines	1 2 3 4 5		
Cadette First Aid	1 2 3 4 5		
Good Sportsmanship	1 2 3 4 5		
Trees	1 2 3 4 5		

Girl Scout Cadette Financial Literacy Badges

Badge	Requirements	Date Completed	Date Received
Budgeting	1 2 3 4 5		
Comparison Shopping	1 2 3 4 5		
Financing My Dreams			

Girl Scout Cadette Award Record, Page 2

Girl Scout Cadette Cookie Business

Badge	Requirements	Date Completed	Date Received
Business Plan	1 2 3 4 5		
Marketing	1 2 3 4 5		
Think Big	1 2 3 4 5		

Girl Scout Cadette Skill Building Badges: It's Your World- Change It!

Badge	Requirements	Date Completed	Date Received
Public Speaker	1 2 3 4 5		
Eating for Beauty	1 2 3 4 5		
Digital Movie Maker	1 2 3 4 5		
Screenwriter	1 2 3 4 5		
Science of Happiness	1 2 3 4 5		

Girl Scout Cadette Skill Building Badges: It's Your Planet- Love It!

Badge	Requirements	Date Completed	Date Received
Trailblazing	1 2 3 4 5		
Babysitter	1 2 3 4 5		
Woodworker	1 2 3 4 5		
Book Artist	1 2 3 4 5		
Special Agent	1 2 3 4 5		

Girl Scout Cadette Skill Building Badges: It's Your Story- Tell It!

Badge	Requirements	Date Completed	Date Received
Animal Helpers	1 2 3 4 5		
Netiquette	1 2 3 4 5		
Night Owl	1 2 3 4 5		
Field Day	1 2 3 4 5		
Entrepreneur	1 2 3 4 5		

Make Your Own Badge

	Badge Topic	Date Completed	Date Received
Year 1			
Year 2			
Year 3			

Girl Scout Cadette Award Record, Page 3

Other Awards for Girl Scout Cadettes

Award	Steps	Date Completed	Date Received
International Friendship Pin			
Safety Award			
My Promise My Faith (Year 1)	1 2 3 4 5		
My Promise My Faith (Year 2)	1 2 3 4 5		
My Promise My Faith (Year 3)	1 2 3 4 5		
Global Action Award			
World Thinking Day Award			
Cookie Activity Pin			
Medal of Honor			
Bronze Cross			
LiA, It's Your World- Change It!			
LiA, It's Your Planet- Love It!			
LiA, It's Your Story- Tell It!			
Cadette Program Aide	1 2 3		
Silver Torch Award	1 2		
Cadette Community Service Bar			
Cadette Service to Girl Scouting Bar			
Cadette Journey Summit Award	1 2 3		
Girl Scout Silver Award	1 2 3 4 5 6 7 8		
Bridge to Girl Scout Senior Award	1 2		

The Girl Scout Leadership Experience in Action

The diagram below highlights the Girl Scout Leadership model. Our Girl-focused activities and methods lead to life-long skills and outcomes!

Leadership Keys

Discover *Girls understand themselves and their values and use their knowledge and skills to explore the world*

Connect *Girls care about, inspire, and team with others locally and globally*

Take Action *Girls act to make the world a **better** place*



National Leadership Outcomes

DISCOVER OUTCOMES

1. Girls develop a strong sense of self.
2. Girls develop positive values.
3. Girls gain practical life skills.
4. Girls seek challenges in the world.
5. Girls develop critical thinking.

CONNECT OUTCOMES

1. Girls develop healthy relationships.
2. Girls promote cooperation and team building
3. Girls can resolve conflicts.
4. Girls advance diversity in a multicultural world.
5. Girls feel connected to their communities, locally and globally.

TAKE ACTION OUTCOMES

1. Girls can identify community needs.
2. Girls are resourceful problem solvers.
3. Girls advocate for themselves and others, locally and globally.
4. Girls educate and inspire others to act.
5. Girls feel empowered to make a difference in the world.

DISCOVER
+
CONNECT
+
TAKE ACTION
=
LEADERSHIP

Discover
Connect
TAKE ACTION

Growing with Girls: From Leader to Advisor

As the girls grow in their Girl Scout leadership skills, adult volunteers must transition from leader to advisor. The focus in working with Cadettes is to mentor and foster independence as girls plan their program to discover, connect, and take action to make their world a better place. Girls in 6th through 8th grades can develop their leadership skills through Journeys, badges, earning the Silver Award, and more!

Getting girls going in Girl Scout Cadettes can be a balancing act between suggesting things for them to do and taking over. Girls of this age don't want (and many times do not need) to be told what to do. The girls themselves must set the course for the group to follow. Adult Advisors should only provide the support and encouragement needed to get them started on the path!

The Girl Scout Leadership Experience, like all Girl Scouting, is flexible. As new GSUSA materials are introduced, advisors should share information on options for earning awards and leadership development with their girls. As the girls plan their meetings and activities, their options are nearly unlimited!

As the girls and advisors work together to design their own unique program, keeping the Keys to Leadership in mind – Discover, Connect, Take Action – will provide a framework for a balanced, fun, and meaningful programs in which girls of middle school age discover their true leadership potential.

Things to keep in mind when planning meetings with Cadettes:

- ❖ A few general guidelines for working with girls in this age group are noted below. Please see the *aMAZE* adult guide for additional tips on working with girls of middle school grade levels!
- ❖ The first few gatherings should be relaxed and laid-back. You and the girls need to get to know each another and they need to get to know one another, too.
- ❖ Girls need time to “hang out” and just talk.
- ❖ Girls love to learn what interests they have in common.
- ❖ Girls want to know what options are available for Girl Scout Cadettes. Be prepared to share lots of options, ideas, and up to date information.
- ❖ Girls need the ability to decide themselves which activities they can or want to participate in.
- ❖ Both girls and their parents develop many demands on their time in middle school and high school. A flexible schedule and the ability to think “outside of the box” in planning activities is vital to the continuation of older girls in Girl Scouting.

Tips for getting started:

- ❖ Ask the girls how often they want to meet.
- ❖ Let them know how often you are available. If you can't meet weekly, don't disappoint them by letting them decide on weekly gatherings before you tell them!
- ❖ ASK them what kinds of things they think would be meaningful and fun to do as a Girl Scout Cadette group.
- ❖ Explore their personal interests and goals. How can these be tied in to troop activities?
- ❖ Be prepared with some suggestions from the Journeys.
- ❖ DISCUSS what topics they would be most interested in for community field trips and guest speakers. Have a list of topics to get the conversation going. Would they like to invite a business owner, an athletic trainer, a college professor, a cancer researcher, a hotel manager, an artist, a doctor, a police officer? The list is virtually endless. The girls themselves should choose.
Adult Advisors may need to mentor the girls in contacting potential community contacts or presenters, but they should do it themselves. It is a good experience, even though it may be scary the first time. The girls will have many contacts with women relatives, friends or neighbors who share their leadership journey with the girls.



Brainstorming: Generating Ideas!

Brainstorming is an excellent way of developing many creative ideas on an issue. It works by focusing on the issue, and then coming up with LOTS of ideas about it! Ideas should deliberately be as broad and odd as possible, and should be developed as fast as possible. Brainstorming is a lateral thinking process.

During brainstorming sessions there should be *no criticism of ideas*. You are trying to open possibilities and break down wrong assumptions about the limits of the problem. Judgments and analysis at this stage will stunt idea generation. Ideas should only be evaluated once the brainstorming session has finished - you can then explore solutions further using conventional approaches.

Group brainstorming can be very effective as it uses the experience and creativity of all members of the group. When individual members reach their limit on an idea, another member's creativity and experience can take the idea to the next stage. Therefore, group brainstorming tends to develop ideas in more depth than individual brainstorming.

Brainstorming in a group can be risky for individuals. Valuable but unique suggestions may appear silly at first mention. Because of this, advisors need to chair sessions tightly so that other participants do not crush new ideas and leave group members feeling humiliated.

Suggestions for effective brainstorming sessions:

Plan ahead, and have the girls select a girl moderator. The advisor should support, mentor and redirect only when absolutely necessary.

The moderator's role is to:

- ❖ Clearly define the issue to be discussed, and lay out any criteria to be met.
- ❖ Keep the session focused on the issue.
- ❖ Ensure that no one criticizes or evaluates ideas during the session. Criticism introduces an element of risk for group members when putting forward an idea. This stifles creativity and cripples the free running nature of a good brainstorming session.
- ❖ Encourage an enthusiastic, uncritical attitude among members of the group. Try to get everyone to contribute and develop ideas, including the quietest members of the group.
- ❖ Let people have fun brainstorming. Encourage them to come up with as many ideas as possible, from solidly practical ones to wildly impractical ones. Welcome creativity!
- ❖ Ensure that no train of thought is followed for too long.
- ❖ Encourage people to develop other people's ideas, or to use other ideas to create new ones.
- ❖ Appoint one person to note down ideas that come out of the session. A good way of doing this is to use a flip chart. This should be studied and evaluated after the session.



Girl Scout adette Troop Structure and Governance

In order for girls to have a successful Girl Scout Cadette group, they need leadership from within. Adults should guide them in the process of cooperative learning and learning by doing – not by doing it for them.

Troop government or structure is usually most effective when chosen by the girls. This may be formal or very informal. Let the girls decide how structured they want this to be. If they start with NO kind of group government, they may eventually see the need for some kind of structure before long! This is part of their learning experience.

If the girls have Girl Scout background, they are familiar with the “patrol” system and the “executive board” system.

- ❖ In the “**patrol**” system, the group is divided into smaller groups called “patrols.” The patrol discusses topics that concern the entire group, such as trips to take, times for special gatherings, presenters to invite, etc. Each patrol appoints a patrol leader and the leaders of all patrols meet to make the final decisions for the entire group. Thus, each voice is represented through the patrol leader.
- ❖ In the “**executive board**” system, a leadership team or steering committee is elected to represent the entire group. This smaller group should have, but not be limited to, a president, secretary and treasurer.

The length of time in leadership positions should be limited in order to give all girls an opportunity to lead.

Girls will discover new concepts about leadership, as well as connect with each other and take action to make the troop more effective through deciding on the structure themselves. Girl Scout Cadettes are able to propose structures, select their type of governance, and set up and implement a leader selection and rotation system. Encourage the girls to evaluate the system and make changes on a regularly set basis.

First Meeting Tips:

First-time Girl Scouts

If girls are meeting each other for the first time, advisors may need to plan and structure the first and possibly second gathering. Most often, the first gathering will be focused on activities that are FUN to girls of the Girl Scout Cadette grade level and on team-building/getting to know one another. The next gathering will often involve idea sharing and planning, and kick off how the Girl Scout Cadettes themselves see their meetings and what will work for the girls, advisors, and parents.

Girl Scouts who have already been a troop

If the girls have been a group for a long time, the first gathering for them will be the forum to kick-off how the girls see themselves in their new role as Girl Scout Cadettes and what type of gatherings will work for the girls, advisors, and parents.

Whether first-time or long-time Girl Scouts, Girl Scout Cadettes and their advisors are encouraged to “think out of the box” regarding meetings and gatherings. Deciding on the gathering formats themselves is an essential activity for a girl that encourages cooperative learning and learning by doing.

Advisors can guide the planning by asking the girls (and themselves!):

- ❖ How often can we truly get together?
- ❖ What format and places will work best – bi-weekly evenings? Meeting at a coffee place? Saturday mornings? Monthly sleepovers?
- ❖ What do girls want to accomplish when gathering?
- ❖ How can the Girl Scout program support the girls in their lives and other activities?

The Leadership Journey materials provide a sample schedule for an eight-session Journey. This is a resource that can support your gathering plans and provide girls building blocks for planning additional activities and designing their goals and plans for the year.



Meeting Ideas from Cadette Leaders

The following are real life examples from Girl Scout Cadette advisors regarding gatherings that are successful for their troops.

- ❖ “Field trip and meetings are often combined for us. What works really well is to hold meetings some place other than the same old location. Starbucks, a favorite pizza/burger place, or Barnes and Noble have all worked well for us. Plan a meeting around a sleepover, miniature golf, a movie, a mall trip (makeovers are fun at cosmetic counters). We only have traditional meetings at school on occasion! New ideas for places to go just seem to pop up as we work our way through requirements on Journeys, Badges, Girl Scout Silver Award, etc.”
- ❖ “My girls like to talk at meetings. Whatever I have planned, I have to make sure they can talk while they work, or the work won't get done. And the most talkative? Of course, my own daughter!
- ❖ “Our meetings often follow this plan:
 - Time set at the beginning for "networking"...informal chit chat
 - Organized activity/Badgework/JOURNEY for a limited time
 - Cooperative Learning Activities
 - EATING
 - Partner work to share back to whole group on discoveries and connections
 - Planning for action outside of typical meeting time/place
 - Sleepovers rather than typical meetings for special occasions
 - Council Program with a lunch/meal after as our meeting
 - The girls really wanted to get away from the typical opening we had done as younger Girl Scouts. (flag/promise/law) We save it for special events.”



These ideas can be shared with the girls in your troop – the girls will use them as a catalyst for their own decisions on how to structure their own unique Girl Scout gatherings.

A Sample Gathering Structure

The following is a structure that the girls may use to create their gatherings:

❖ **STARTING POINT:**

- While girls may not want an official “ceremony” to opening the meeting, be sure to have SOME way of indicating that the meeting has started.

❖ **BUSINESS - DISCUSSION: *Take care of troop business now.***

- One of the girls should be responsible for taking attendance. Collect any forms such as permission slips or other items that the girls may be bringing back. Discuss or brainstorm future plans and projects such as field trips, service projects.

❖ **ACTIVITY: *This is the main part of the meeting for the girls.***

- Activities will vary: speakers, presentations, service projects, sports clinics, etc. Make sure that the Girls are taking a primary role in the selection, planning, and facilitation, and that all activities align with the Leadership Experience!

❖ **CLEAN-UP: *See section on task assignments***

❖ **ENDING: *A time to wind down and wrap up the meeting.***

- You need to have some way to wrap up and review, and to indicate the meeting is over and it is time to leave.



Materials for First Gathering

- ❖ **Name tags** – Set out something unique for making nametags – at the Girl Scout Cadette level, more than paper, scissors and crayons will be needed to start the meeting off creatively. Have multi-media supplies such as scrapbooking materials, fabric, magazines, cloth, or miniature artwork available - be creative in the supplies provided! Have the girls design nametags and use as needed.
- ❖ Have something for them to **eat and drink**. After this first gathering, girls can decide if snacks are needed and how they should be provided.
- ❖ **Troop Box** - Have a sturdy cardboard or plastic box, preferably with handles, to carry the items you will regularly need at group meetings. They may be obtained by purchasing them with funds donated by the parents, by having each family donate certain items, or by securing a sponsor willing to provide items. They will be kept in the troop box and taken to every meeting. File folders for each girl can serve as a “mailbox” for important information and forms needing completion.
- ❖ **First Aid Kit** – The first aid kit should be on hand at every meeting. Groups can start with a small kit and later the girls can organize and create a kit specific to the troop needs and activities.
- ❖ **Resource books** such as *The Source*, the Girl Scout Cadette Journey books, and Girl’s Guide to Girl Scouting.
- ❖ **Three-ring binder** with divider inserts for keeping troop records such as individual girl records, girls’ health history forms, finance records, troop calendar, troop newsletters, etc. As organization progresses, many of these records can be organized and maintained by girls.
- ❖ **Materials for on-the-spot activities** depending on the grade level and maturity of the girls. Construction paper, markers, pencils, scissors, crayons, and glue are options, but so are teen magazines, news magazines, or graphic novels that can encourage on the spot discussions during “down time”. Discuss with the girls – they can organize what they would like to have on-site.
- ❖ Optional - an **American flag** (a small one on a dowel is fine) or a **Troop Flag** are great troop items.

A Sample First Meeting

NAME TAGS: Let each girl decorate a name tag and print her name on it.

Try to visit and talk with the girls as they arrive so you will feel more comfortable with each other. Encourage the girls to get to know each other also! During the first meeting, if girls are communicating well, you may want to let them continue for a while.

SNACK (if preferred at this time) This should take 10 to 15 minutes



BUSINESS - DISCUSSION: Make the Girl Scout QUIET SIGN by holding up right hand, palm open. If girls don't recognize the quiet sign, then explain. This is a respectful way to get their attention and bring the group together. Nobody likes to be yelled at, or shushed!

Introduce yourself to the girls and ask each girl to introduce herself. A circle works well for this activity. Another adult (and later a girl) can take attendance as girls introduce themselves. Provide a short "check in" – each girl can provide a "weather report" on her day or tell a "little-known" fact.

Note: Now that the girls are beginning to know each other's names, you could try the Autograph Hunt or the Bingo game. When activity slows down, have girls report out what names they have on their sheets.

ACTIVITY: - Give each girl, pair of girls or small group of girls a Journey book or the Girl's Guide to Girl Scouting. Allow 15 minutes or so for her/them look through the book and find an activity that looks like it would be interesting to do. Explain that not all girls will want to do the same things. It may be that small groups will do different things, and that many activities can be done on their own with you (or another adult) advising them. When time is up have the girls share what they have found.

Brainstorm (see page 11) things they think would be fun for the group to do. It isn't necessary to start working toward an award at this time (or any other time, for that matter!) Just find some things that the girls would enjoy doing. You might suggest a guest presenter or a low-cost activity. They won't be making a decision at this time about what they will be doing. It might even be better to have them think it over until the next gathering. As they get to know one another better they can begin working toward earning awards, if they want to, and to set goals for the group.

CLEAN-UP (See Assignment of Tasks)

CLOSING: The quiet sign can be used as needed. Finalize any business, such as announcements/questions, distribute any papers they need to take home, make announcements, remind them of the next gathering, etc. The final activity should be meaningful - another check-in, or a Friendship Circle, or another short inspirational moment. Girls will enjoy planning this and going home with a sense of completion and inspiration.

Note: Most of these gathering activities can be planned and led by girls, once they have established structure and a leadership rotation.

Example Activity: Autograph Hunt Icebreaker

Autograph Hunt

Change the statements to fit your group. Girls get signatures for each blank. Nobody can sign a paper more than one time!

- ❖ Someone who has planned an overnight trip: _____
- ❖ Someone who has a FACEBOOK site: _____
- ❖ Someone who reads the daily newspaper: _____
- ❖ Someone who did volunteer service during the summer: _____
- ❖ Someone who has visited a politician's office: _____
- ❖ Someone who has opened a bank account: _____
- ❖ Someone who has filed or helped file a tax return: _____
- ❖ Someone who has decided on a particular college they would like to attend: _____
- ❖ Someone who would like to travel in their future career: _____



Example Activity: Get Acquainted Bingo

Get Acquainted Bingo

Change the statements to fit your group. Girls get signatures for each blank. Nobody can sign a paper more than one time! Entire card can be filled, or lines, or rows. This can be done by individuals or teams.

Served as a Counselor-In-Training at a Girl Scout camp	Has been to a Girl Scout site outside of their city/town	Is in the school band or orchestra	Has made dinner for their family
Has run a 5K (or longer) race	Has a current CPR certification	Has already decided on their major for college	Has a dream vacation plan outside the USA
Serves as a class, school, or club officer	Has volunteered on a regular basis with a non-profit agency	Is on a school sports team	Has organized a camping trip
Has made a speech in front of 30 or more people	Has visited another state	Has set up a website	Has earned the Girl Scout Bronze Award

Task Assignments

- ❖ Girls can **learn by doing** in examining the tasks that need to be done and creating systems to both define, delegate, and evaluate their successes. Girls learn to lead by not only doing small tasks, such as collecting the permission slips for an upcoming event, providing some kind of snack for the day, recording dues or other monies coming in, but by organizing projects, identifying tasks, and creating a system for accomplishment of these duties.
- ❖ For routine tasks at meetings, girls may wish to design “Kaper Charts.” Kaper Charts are a good way to rotate jobs and tasks (which are known as kapers) that need to be done when the girls gather. The types of kapers will vary according to the needs of the group. Kaper assignments may be individual or group, depending on the size of the job or the size of the troop.
- ❖ Kaper Charts are a suggested tool for Girl Scout Cadettes, not a requirement. Girls can be encouraged to DISCOVER – for example, to discuss the many options used in business or schools for accomplishing such tasks; CONNECT – work with each other to design a system for their group; and TAKE ACTION by using the system and then evaluating its success.
- ❖ If girls choose to use a Kaper Chart, here are some ideas for its use:
 - A Kaper Chart is a poster that lists several tasks and who will do them. By listing the girls' names on the Kaper Chart, it becomes a ready reference to show who has had a turn and who has not. The size of the chart is determined by the needs of the troop. Is there a place to display it? Are the girls' names being listed individually or by groups? Is there enough room on the chart to describe the tasks? There is no "right way" to make a Kaper Chart. The girls will decide when the “kapers” should be rotated each time the group gathers or at regular intervals.

Set-up room	Take minutes of meeting	Financial records and report	Maintain records	Welcome and introduce speaker	Closing activities
D'anille and Rose	Lynn and Sonya	Heaven	Debbie	Janika and Norma	Cho and Sandy

Girl Scout Cadettes in Multi-Level Troops

Girl Scout Cadettes may often be members of multi-level troops, with girls of many younger grade levels. This can be an opportunity for learning and service, but also a challenge to create a safe space for Girl Scout Cadettes to develop their own age-appropriate program with their peers.

Advisors to multi-level troops can keep the following points in mind to ensure that Girl Scout Cadettes stay and thrive in multi-level troops:

- ❖ If possible, have one adult (or more) that works specifically with each grade level in the troop.
- ❖ Ensure that Girl Scout Cadettes have time and space to be with their grade level.
- ❖ Ensure safe and confidential space in which Girl Scout Cadettes can share concerns and sensitive issues that may not be appropriate in settings with younger girls.
- ❖ Support Girl Scout Cadettes in selecting and participating in activities/Council programs that are just for Girl Scout Cadettes.
- ❖ Allow Girl Scout Cadettes to have ownership of projects/activities they develop and implement with younger girls.
- ❖ Ensure that the role of Program Aide is just one small part of their activity in the multi-level troop.
- ❖ And most of all ensure that Girl Scout Cadettes are provided the guidance and support needed to work on their own achievements and leadership experience journey.



Girl Scout Cadette Field Trips and Outings

Girl Scout Cadettes value the opportunity to learn by doing through outings. Many troops and girls value outdoor experiences. However, keep in mind that some girls may prefer field trip experiences that involve no heat, bugs, or camping! While planning trips, girls learn about setting financial goals, organizing transportation, and connecting with other organizations, and ultimately discover a larger world.

As girls grow, they will want to create adventures further than their home town. However, don't overlook the fact that many girls (and adults) may not have had the chance to explore attractions in their own backyard! So discuss all options. A trip to a local previously un-visited location can be economical and FUN!

Sample ideas for Cadette Outings:

- ❖ Festivals
- ❖ Restaurant dinners (night on the town)
- ❖ Bookstores – a great gathering location also
- ❖ Attend a sporting event together (Professional or one that one of the girls is actually playing)
- ❖ Ice skating/roller skating
- ❖ Musicals and plays
- ❖ Jewelry studio/store that also gives classes on jewelry making/beading
- ❖ Challenge courses
- ❖ Museums
- ❖ Radio stations/TV stations
- ❖ Real estate agent to learn about choosing an apartment
- ❖ Spa days

Planning an extended trip?

- ❖ Please remember to consult the GSNWGL troop travel policies, available in *The Source*. For some travel opportunities, Council pre-approval is required.
- ❖ GSNWGL has a great trip planning resource guide available on our website!

Travel Planning Coach:

If your Cadette troop is planning a Savannah Birthplace trip, International Trip, or Travel Camping experience, and you would like additional resources on planning this type of trip, we may be able to match you with a coach. A coach is an experienced volunteer who has successfully worked with troops on similar trips, and can share ideas, planning strategies, and support on an as-needed basis.



Take Action through **COMMUNITY SERVICE OPPORTUNITIES**

Service has always been a vital part of Girl Scouting, and Juliette Low made service a cornerstone of the Girl Scout movement she founded. Service projects offer Girl Scout Cadette a unique opportunity to help address needs in their community. At the Girl Scout Cadette level, girls can take on more involved projects, and take a greater leadership role in all areas of project planning, implementation and evaluation.

Through service, girls:

- ❖ **Discover** themselves and learn what issues are important to them.
- ❖ **Connect** with others, while learning about the needs of their communities.
- ❖ **Take Action** to address those needs.

Troops may choose to participate in a [GSNWGL Council-Wide Service Project](#) or plan and implement their own, based on local needs.

How to choose a good service project

Adult troop leaders can guide the girls in determining:

- ❖ Girls' interests and skills
- ❖ Community needs or wants
- ❖ If outside help or resources are needed
- ❖ How much time the project will take
- ❖ Safety considerations

Criteria for a good service project

As a troop leader, ask yourself these questions:

- ❖ Is it age appropriate?
- ❖ Is it within the skill level of the girls?
- ❖ Does it follow Girl Scout Safety Activity Checkpoints?
- ❖ Does it provide opportunities for girls to Discover, Connect and Take Action?
- ❖ Does it allow the girls to see the results of their efforts?

How to determine if a project works for your troop

- ❖ **Identify a problem** – Have the girls identify issues or needs of the community, problems observed or experienced first-hand or learned about from media or bulletins in places of worship. Ask girls to select one in which they have a genuine interest and narrow it to a scope and size they can handle.
- ❖ **Look at possible solutions** – What can girls do to help? What other community groups might be able to participate? What resources or skills do the girls have that might make a difference? How much time are they willing to spend? Identify a target population and the number of girls available to serve. Evaluate practical aspects like transportation, safety, equipment, budgets, etc.
- ❖ **Make a commitment** – Community service should be ongoing, not isolated. One time projects are not as effective as continued opportunities to serve. All projects need not be large or time consuming but rather provide a series of experiences that help girls become responsible citizens.
- ❖ **Reflect on the impact of service** – Giving service can change the way we look at our own lives. Service can influence career plans and promote new attitudes. Beyond evaluation, reflection allows girls to consider what the experience has meant personally.

Safe and sound service projects

Refer to Safety Activity Checkpoints for health and safety guidelines for all Girl Scout activities. Each troop is given a copy of this supplement with *The Source*. Check with your Service Team or Membership Manager if you need a copy.

Additional considerations

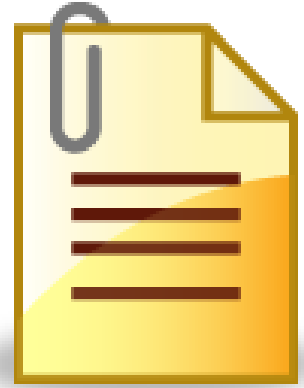
Girl Scout service projects:

- ❖ Cannot raise funds for another organization
- ❖ Cannot endorse commercial projects or services unless you have received written permission from GSUSA and it must be consistent with Girl Scout principles and activities.
- ❖ Cannot work on or support a political campaign as a Girl Scout.

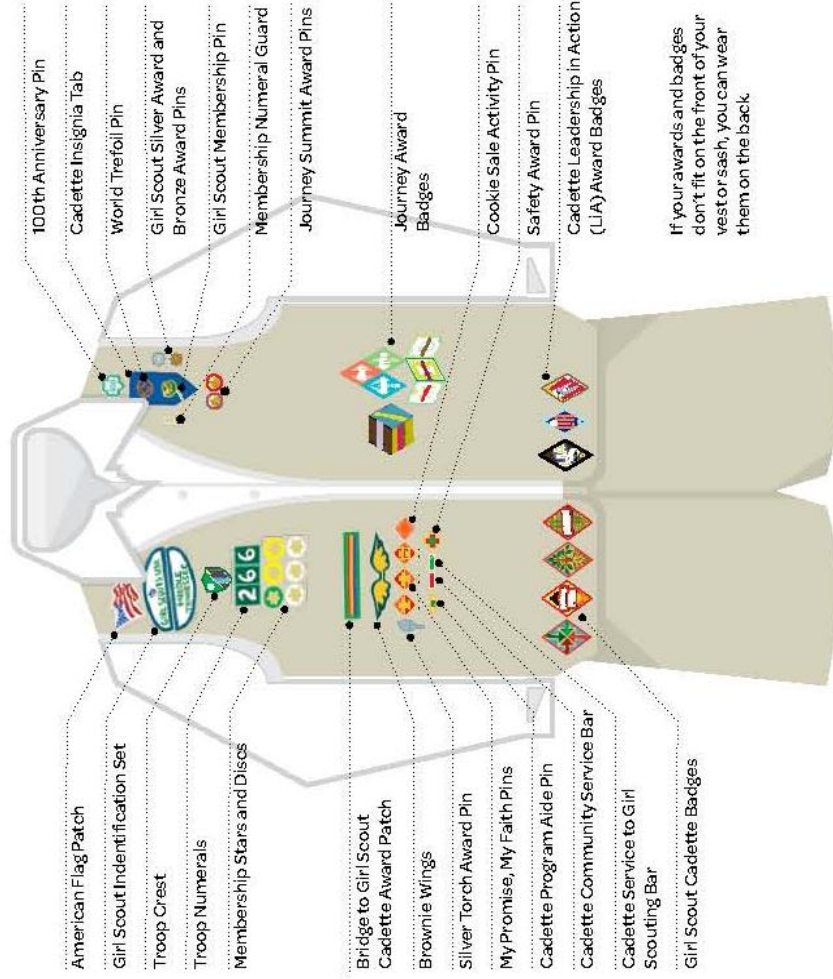
RECORD KEEPING

Advisors will want to support girls in their achievements by keeping accurate records. Whether the girls choose to earn the Girl Scout Cadette Awards included in the Leadership Journeys, Badges from the Girl's Guide to Girl Scouting, or the Silver Award, you can assist them by recording their progress.

Girl Scout Cadettes should be involved in developing a system for tracking these in the troop, but mentoring will be needed. Girls should also be encouraged to track their own achievements, but records can be lost and misplaced. A helpful advisor truly will serve by also maintaining progress records. This can also help you to see if a girl "stalls" in her progress and needs a nudge to get her going again! Find out what's happening. Maybe she has lost interest in that topic or has a barrier she is not sure how to overcome! You can serve as mentor and advisor to assist her in overcoming the barrier or choosing another topic of more interest.

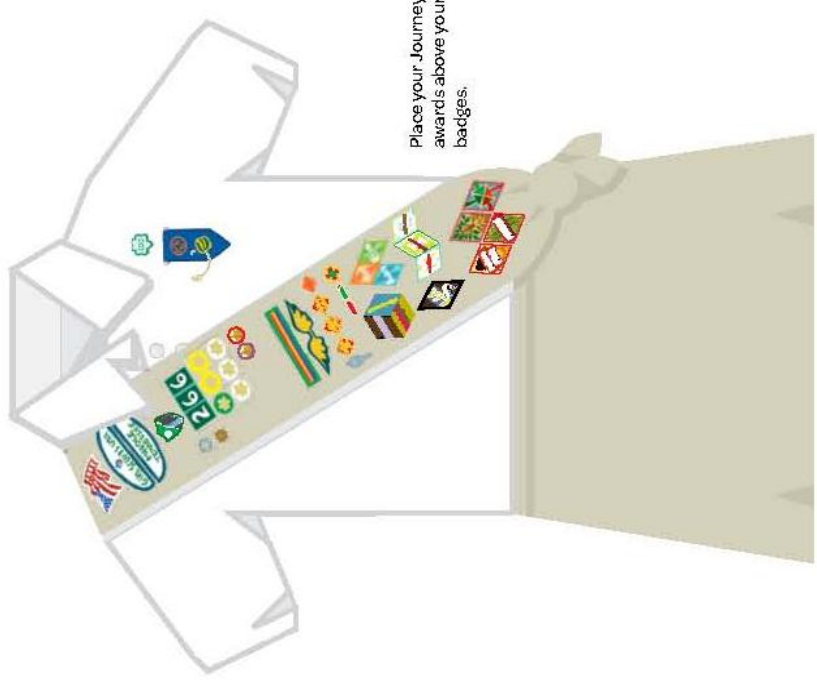


Girl Scout Cadette Vest



If your awards and badges don't fit on the front of your vest or sash, you can wear them on the back.

Girl Scout Cadette Sash



Place your Journey awards above your badges.

Girl Scout Silver Award

Have you ever looked around your neighborhood or school and wondered how you could make a change for the better? Going for the Girl Scout Silver Award – the highest award a Girl Scout Cadette can earn – gives you the chance to show that you are a leader who is organized, determined, and dedicated to improving your community. Earning the award puts you among an exceptional group of girls who have used their knowledge and leadership skills to make a difference in the world.



Here are the steps you'll take to earn your Girl Scout Silver Award:

1. Go on a Girl Scout Cadette journey.
2. Identify issues you care about.
3. Build your Girl Scout Silver Award team *or decide* to go solo.
4. Explore your community.
5. Pick your Take Action project.
6. Develop your project.
7. Make a plan and put it into motion.
8. Reflect, share your story, and celebrate.

Once you complete your journey, the suggested minimum time for earning your **Girl Scout Silver Award is 50 hours**. These suggested hours are a guide. You can start by planning the time in chunks, dividing it up by the steps.

As a Girl Scout, you are committed to doing your very best with each step, but how much time per step is different for every Girl Scout, so the hours aren't a rule. Remember, too, that the hours include the fun and challenges you'll share with your Girl Scout Silver Award team. Each step you take toward making a difference in the world around you gives you a great chance to learn and grow, and that will make your award project an amazing one!

To download the Girl Scout Silver Award information packet, visit our Council website, www.gsnwgl.org.

If you have additional questions regarding the Girl Scout Silver Award, please contact your local Community Development staff member.

Tips for Money-Earning Projects



Monetary needs for a Girl Scout Troop should ordinarily be covered by profits from the Fall Product Program and Cookie Program. However, if you find your troop needs more money for a special event, be sure to submit a Request for Money-Earning Approval form before beginning your project! These forms are available in the Forms section of *The Source* and on the website.

Girl Scout Cadettes can select, organize and execute these ideas with support and mentoring! Fundraising is an ideal activity that can be girl-led, cooperative and is hands-on learning by doing!

Here are some projects that troops have undertaken and have found successful. Be sure to check and follow *The Source* and *Volunteer Essentials* with any money-earning project. Keep money in a safe place, under adult control at all times.

1. Conduct a "Game Day" for children. Girl Scout Cadettes can lead games for younger children and charge a minimal amount for attending.
2. Carnivals are lots of fun! Girl Scout Cadettes can set up their own booth at school or church carnivals, or get together with other Girl Scout troops and put on their own carnival. Costs must be kept minimal, and charges for attending should also be small.
3. Spaghetti dinners for families, neighbors, relatives, teachers and other friends are good, but much of the work will fall upon the leader(s). Be sure you have enough help, and sell tickets ahead of time.
4. Face painting may be a good project for Girl Scout Cadette. Be sure to have "patterns" for the girls to use.
5. Bake sales are popular and work! Make arrangements with school, church, or a local merchant for a good location and be SURE to have enough adult supervision.
6. Craft sales are often successful, but plan carefully to be sure the costs don't run too high.
7. Recycle aluminum cans.
8. Hold a multi-family garage sale, but be sure to have enough adult help.
9. Hold a father/daughter picnic and "auction" box lunches that the girls have brought.
10. Family days are always fun! Have a "cake walk" for adults with baked goods donated by each family. There could be a "musical chairs" game, charging each participant a small amount, and when the music stops the "winner" will find a sticker on the underside of one of the chair.

Girl Scouting is a learning experience, you know it's happening when:

- ❖ Girls are allowed to make mistakes (non-life-threatening.)
- ❖ Everyone has a chance to voice her opinion.
- ❖ Brainstorming is an accepted way of generating ideas.
- ❖ Girls and adults are talking with each other.
- ❖ Girls are participating in self-government.
- ❖ Girls and adults say “our” project.
- ❖ The leader asks the girls what is going to happen.
- ❖ Girls are making their own plans and adults are encouraging them.
- ❖ There is evidence of compromise.
- ❖ Girls are actively directing an event.
- ❖ Discussions are among girls, more than between adults and girls.
- ❖ Adults are close enough to answer questions when needed...and far enough away not to interfere.
- ❖ Girls are planning complete events.
- ❖ Girls encourage their friends to join the troop/group.
- ❖ Girls actively participate in evaluation.
- ❖ Older girls' events have greater attendance because they have been planned by girls.
- ❖ Girls take responsibility for getting consultants, drivers, and permission forms, and reading Safety Activity Checkpoints.
- ❖ The leader comes back “less tired” and more relaxed than her girls.
- ❖ The girls take the adults along “to drive the car and sign the checks.”
- ❖ A girl says, “I can do that – I can do anything.”
- ❖ An adult does not speak for the girls when the group is asked to report.
- ❖ Girls and adults trust and respect one another.
- ❖ Strengths are utilized; weaknesses are given an opportunity to strengthen.
- ❖ Everyone's schedules are taken into consideration.
- ❖ Meetings run smoothly and in a timely fashion with everyone participating.
- ❖ Both sides live up to agreements and project commitments.
- ❖ Responsibilities are rotated equally or agreed upon democratically.
- ❖ Girls have equal voice in decision making.
- ❖ Adults can let go of their own ideas, traditions, histories, and stereotypes.

In Conclusion

Thank you for your commitment to working with Girl Scout Cadettes. Your support and guidance will truly make lasting impacts!

If you would like additional support and ideas for working with Girl Scout Cadettes, please consider being matched with a coach! Coaches are experienced leaders, who have worked with these age levels, and can provide ideas and support on an as-needed basis, for more information, please contact your Community Development staff member.



Materials adapted from the Girl Scout of Southwest Texas Resource Guides

Check out www.gsnwgl.org for more Girl Scout activities!