Girl Scout Cadettes

It’s Your Journey Choose It!

First Four Meetings
Congratulations on deciding to become a Girl Scout Troop Leader! As you’ve probably heard in your training already, the Girl Scout National Program Portfolio helps girls build leadership skills they can use to help make the world a better place. We hope that you find this guide helpful in getting started.

Inside is an overview of four meetings you can use as you begin to meet with your troop. We encourage you to read through it before you begin. The sessions are designed to offer girls a sample of the themes of each Journey series. Then the girls choose which series they want to start using with the troop, all while promoting a girl-led, cooperative and learning by doing environment.

Like the sample sessions offered in the Journey Adult Guides, these are just a sample of what your troop can do. You can substitute other activities to meet the needs of the troop. Some of these specific troop needs might be based on the size of your group, your meeting space, and the girls’ interests. Local volunteers such as your Mentor, Service Unit Manager or other troop leaders can help give ideas and tips for working with girls.

If your troop is getting started near one of the Council’s product sales (Cookies or Magazines & Munchies), you will receive information and activities to prepare your girls. These activities will help the girls develop the skills they’ll need for successful sales. Learning by earning is one of the many ways girls use the Girl Scout Leadership Experience to build self-confidence and leadership skills.

Want to get started on a Journey in a shorter time?

You can skip some of the suggested activities. Girls can try out activities and choose their journey in one, two, or three sessions. You can do this by leading the girls through only the ☺ activities in each session.
Goal:
In this session, girls will be introduced to the It’s Your World Change It Journey. Girl Scout Cadettes explore relationship obstacles and the impact first impressions have on relationships.

Today’s Meeting Includes the Following Activities:
- Beneath the Surface
- What Starts With Me Can Change the World!
- Navigating the Maze of Relationships

Materials:
- Beach Ball with questions taped on it (see below)
- Plain white paper
- Markers, crayons or colored pencils
- Magazine, newspapers, photos etc
- Surveyor’s tape
- Masking or painter’s tape
- Tape measure
- Navigating the Maze handout, one per girl (see attached)
- Optional: Healthy snack

In advance:
Inflate a beach ball, and use thin permanent marker to write Beneath the Surface questions from the list (see attached). Then, use masking or painter’s tape to cover the questions.

As Girls Arrive:
It’s important to always have a quiet activity for the girls to do while they wait for the meetings to start. For this meeting, as girls arrive, invite them to work together to set up the maze that will be used later in the meeting.

Opening Ceremony: If your group is new to Girl Scouts: Bring the girls together in a circle. Practice making the Girl Scout sign. Ask them to say the Girl Scout promise aloud with you, reading it one line at a time and having them repeat it after you. Explain that the Girl Scout Law tells all the good ways that Girl Scouts treat one another and the world, being kind and considerate, friendly and helpful, caring and thoughtful. Let them know that the law is an important part of Girl Scouting that they will learn throughout their time as Girl Scout Cadettes. Take turns going around the circle saying your name and something they’d like to do with the group.

If your group has been together a while: Ask the girls to open the meeting by reciting the Pledge of Allegiance and the Girl Scout Promise together. Ask for a volunteer to lead the group in this opening. Then ask the girls to take turns sharing something they’d like to do with the group.

Business: This is a good time to talk about any product sales activities, field trip ideas or other info the group needs to discuss or make decisions about. Let the girls know that they will discuss business at every meeting, as they work together to choose what they will do and when they will do it!

Beneath the Surface In this game, girls discover and name some of their special talents or qualities, and then discover and appreciate what other girls bring to the group. Have the girls stand in a circle. The girls can pass or toss
the ball to another girl in the circle. When a girl has the ball, she peels the tape off a question and shares her answer with the group. Keep going until everyone has had a turn, or all the questions have been answered.

**What Starts With Me Can Change the World!** Using the materials provided create a poster to represent what this means to you. Girls can draw or cut out pictures from magazines to add to their posters. When they are complete, hang them up or set them out on a table to dry. Give the girls are few minutes to browse the gallery and then come together to talk about the posters. What did you like about them? Was there something that inspired you or surprised you?

**Navigating the Maze of Relationships:** Using the surveyors tape and painter's tape, lay out the maze according to the diagram. Before beginning, talk with the girls about relationships and how other people can influence our behavior. One type of influence is called peer pressure.

Give each girl a copy of the handout and ask them start at the point of the maze. Instruct them to read the questions to themselves, and then decide which way to go, depending on whether they would answer yes or no.

Once the girls have gone through questions 1-6, stop and talk to the girls about where they ended up at the end of the maze. The farther to the left they are at the end, the more they would resist peer pressure. Ask those girls to share some tips on how they handle those types of situations.

Have the girls begin the maze again. Once they have completed the maze, reflect with them again. The farther to the left they are at the end, the less peer pressure they put on their friends. Talk to the girls about this sort of behavior, how it makes them feel when their friends pressure them, is there such a thing as “good” pressure?

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Beneath the Surface Questions:

Something obvious about me is…

Only a few other people know that I…

My biggest fear is…

A time when my impression of someone was very wrong was…

The nicest thing someone has ever done for me is…

Two words people use to describe me are…

Before people get to know me, they assume I…

The funniest thing that ever happened to me was…

A song that always makes me happy is…

If I could excel at only one artistic talent, it would be…

If I could excel at only one sport, it would be…

My family made me proud when…

The first thing I notice about someone new is…

The first thing I hope others notice about me when we meet is…

Three qualities a leader should have are…
Navigating the Maze layout

18 ft

3 ft
1. Have you ever changed your appearance or clothing style to please others?

2. Would you or have you ever done something wrong because you thought it would make you fit in (shoplifting, smoking, told a lie)?

3. Would you not do something you really wanted to do because kids you want to be friends with weren’t doing it?

4. Have you ever gone along with the crowd to the mall or the movies even though there were other activities you really would have enjoyed more?

5. Have you ever decided something was “too corny” for you because you saw other kids rolling their eyes, even though you thought it was worth it?

6. Have you ever silently gone along with something that you knew was just mean?

7. Have you ever tried to get a friend to give you answers to a test or a tough homework assignment?

8. Have you ever pushed a friend to do something she really did not feel comfortable doing?

9. Have you ever made fun of someone who said “no” to something everyone else was doing?

10. Have you ever acted mad towards a friend to try to get her to do what you want her to do?

11. Have you ever asked a friend to drop another friend because you didn’t like them?

12. Have you ever done something else you think was a form of peer pressure?
Goal:
In this session, girls will be introduced to the It’s Your Planet Love It Journey. Girl Scout Cadettes explore how scents in the air make them feel, and how they use the air.

Today’s Meeting Includes the Following Activities:
- Deep Breathing and Relaxation
- Scent Sense
- Air Time!

Materials:
- Scentsy items like sliced citrus fruits, peppermint tea or candy, cinnamon, vanilla extract, pinecones, a jar of seawater, aromatic flowers (roses, honeysuckle, jasmine), herbs (basil, cilantro, rosemary), jars of essential oils (lavender, eucalyptus, tea tree, natural soaps etc.)
- Optional: Healthy snack
- Assorted items that use air; bubbles, Frisbee, paper airplanes, kites, balloons, bubble gum, bubble wrap, etc.
- Plain white paper or cardboard
- Markers, crayons, colored pencils

As Girls Arrive:
It’s important to always have a quiet activity for the girls to do while they wait for the meetings to start. For this meeting, as girls arrive, invite them to work together to set up the Scent Sense activity for later in the meeting, or to catch up with their sister Girl Scouts.

Opening Ceremony: If your group is new to Girl Scouts: Bring the girls together in a circle. Practice making the Girl Scout sign. Ask them to say the Girl Scout promise aloud with you, reading it one line at a time and having them repeat it after you. Explain that the Girl Scout Law tells all the good ways that Girl Scouts treat one another and the world, being kind and considerate, friendly and helpful, caring and thoughtful. Let them know that the law is an important part of Girl Scouting that they will learn throughout their time as Girl Scout Cadettes. Take turns going around the circle saying your name and their favorite thing to do that requires air.

If your group has been together a while: Ask the girls to open the meeting by reciting the Pledge of Allegiance and the Girl Scout Promise together. Ask for a volunteer to lead the group in this opening. Then ask the girls to take turns sharing their favorite thing to do that requires air.

Business: This is a good time to talk about any product sales activities, field trip ideas or other info the group needs to discuss or make decisions about. Let the girls know that they will discuss business at every meeting, as they work together to choose what they will do and when they will do it!

Scent Sense: Let the girls know that in this activity, we’re going to concentrate on our sense of smell by thinking about all the scents that travel through the air and into us. Invite the girls to help arrange the scentsy things at stations around the room. At each station, put a blank piece of paper or cardboard and some markers. Guide a quick brainstorm of the ways that scents make us feel—energized, happy, relaxed, etc, just long enough to get those
Cadette lightbulbs going. Then invite the girls to rotate through the stations, savoring each scent and jotting down a few words, phrases, doodles, on the paper or cardboard to explain how the scent makes them feel.

After the girls have visited all the stations, reassemble the group and share the collages created by their words and images. Then ask “What scent did you like best of all? Why? How did it make you feel? Was there a scent you didn’t like so much? Why? On an average day in your life, are you tuned into the scents that make you feel good? Why or Why not? Are you distracted and preoccupied? Is there too much else going on in our air? What unpleasant smells get in your way some days? Car exhaust? Cleaning products? Stinky gym clothes? Cigarettes? Stale air? Garbage? “

**Deep Breathing:** Have the girls brainstorm a list of some of the issues that stress them out. Explain that it’s important to make time and space for yourself to de-stress a little and think about what you value and, based on that, how you might work through some of the problems that cause stress in your life. Ask the girls to share any good stress busters they use. Then, try the exercises from experts at Dartmouth College with the girls (see attached).

After you’ve had a chance to try them, talk to the girls about when they might use these techniques. Encourage them to try them at home and share them with others!

**Air Time!** Let the girls know that sometimes we can use air in other ways to let out some steam. Weather and location permitting, take the girls outside to enjoy some air. Bring out the air activities you brought along, and let the girls choose how they’d like to spend their air time.

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### Optional: Snack

Some troops like to have snack time to give the girls some energy and time to chat. This will depend on your group, when you meet, and the rules of the space you’re using. Use your kaper chart to help select helpers to pass out snack, napkins, and anything else you’ll need. When it’s time to clean up, use the kaper chart to select helpers to help with clean up. Everyone should help clean up, but the clean-up helpers remind everyone that “A Girl Scout always leaves a place better than she found it.”

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### Closing: Friendship Squeeze

Ask the girls to join together in a circle. Explain that they will now join hands for a special closing to their time together. Explain that in a Friendship Circle, everyone gathers in a circle where they cross their right arm over their left in front of them and hold hands with the girls on either side. Once everyone is silent, one girl starts the friendship squeeze by squeezing the hand of the person to her left. One by one, moving clockwise, each girl passes on the squeeze until it travels all the way around the circle.

**Before you break for the evening, let the girls know that we’ll be talking about points of view at our next meeting. Ask them to bring a paper tube such as from paper towels, toilet paper, wrapping paper etc. They will need it for a recycled project they will be working on!**

Finally, thank the girls for a great first Girl Scout Cadette gathering. Let them know that you really look forward to their next time together.
Breathing Awareness and Deep Breathing

1. Lie down or sit in a comfortable chair, maintaining good posture. Your body should be as relaxed as possible. Close your eyes. Scan your body for tension.

2. Pay attention to your breathing. Place one hand on the part of your chest or abdomen that seems to rise and fall the most with each breath. If this spot is in your chest you are not utilizing the lower part of your lungs.

3. Place both hands on your abdomen and follow your breathing, noticing how your abdomen rises and falls.

4. Breathe through your nose.

5. Notice if your chest is moving in harmony with your abdomen.

6. Now place one hand on your abdomen and one on your chest.

7. Inhale deeply and slowly through your nose into your abdomen. You should feel your abdomen rise with this inhalation and your chest should move only a little.

8. Exhale through your mouth, keeping your mouth, tongue, and jaw relaxed.

9. Relax as you focus on the sound and feeling of long, slow, deep breaths.

Complete Natural Breathing

1. Sit or stand with good posture.

2. Breathe through your nose.

3. Inhale, filling first the lower part of your lungs then the middle part, then the upper part.

4. Hold your breath for a few seconds.

5. Exhale slowly. Relax your abdomen and chest.
Goal:
In this session, girls will be introduced to the It’s Your Story Tell It Journey. Girl Scout Cadettes begin to explore their relationship with, and their view of, media.

Today’s Meeting Includes the Following Activities:
- Logo Evolution
- How Many Ads Do You Wear?
- Becoming View Finders

Materials:
- Logo Evolution pages (see attached).
- Movie Camera Moods and Moves sheet (see attached).
- Markers, crayons, colored pencils
- String or yarn
- Optional: Healthy snack
- Cardboard tubes (from toilet paper or half a paper towel tube), one per girl
- Black construction paper
- Clear tape
- Scissors
- Hole punch

As Girls Arrive:
It’s important to always have a quiet activity for the girls to do while they wait for the meetings to start. For this meeting, as girls arrive, invite them to work together to set up the materials for the Movie Camera Moods and Moves and Becoming a View Finder activities.

Opening Ceremony: If your group is new to Girl Scouts: Bring the girls together in a circle. Practice making the Girl Scout sign. Ask them to say the Girl Scout promise aloud with you, reading it one line at a time and having them repeat it after you. Explain that the Girl Scout Law tells all the good ways that Girl Scouts treat one another and the world, being kind and considerate, friendly and helpful, caring and thoughtful. Let them know that the law is an important part of Girl Scouting that they will learn throughout their time as Girl Scout Seniors. Take turns going around the circle saying your name and at least one type of media they’ve been exposed to in the last week.

If your group has been together a while: Ask the girls to open the meeting by reciting the Pledge of Allegiance and the Girl Scout Promise together. Ask for a volunteer to lead the group in this opening. Then ask the girls to take turns sharing at least one type of media they’ve been exposed to in the last week.

Business: This is a good time to talk about any product sales activities, field trip ideas or other info the group needs to discuss or make decisions about. Let the girls know that they will discuss business at every meeting, as they work together to choose what they will do and when they will do it!

Logo Evolution: Show the girls the log on page 1 of the Logo Evolution sheet. See if any of the girls recognize what copy it belongs to. If no one guesses correctly, let them know that it is from Xerox! The Haloid Photographic Company was founded in 1906 and manufactured photographic paper and equipment. The company changed its
name to Haloid Xerox in 1958, and then to Xerox in 1961. Show the girls the logos from page 2. Note how the logo changes, and try to spot the reasons they changed or didn’t change, as the case may be. Then ask the girls ‘Should logos really matter that much? Is it like judging a book by its cover, or judging a person by the way she looks rather than what's inside? Why or Why not?’

**How Many Ads Do You Wear?** What happens when a logo is placed on a t-shirt or a bag? Is this a way for companies to get free advertising? Where else do company names appear free of charge?

As girls offer examples, raise these questions:

Who paid for that logo to be where we can see it? Why was it worth paying money to display that brand name? What are the pros and cons of taking part in this aspect of fashion (if the girls need a nudge to start talking, ask What does it say about you, for example, if you wear a low cost brand splashed across your chest? A high cost brand? No brand?)

**Becoming a Viewfinder:** The girls are probably aware that most media-making takes a lot of preparation- a ton work goes on before the filming, taping, recording, publishing, or broadcasting of any media production. Remind them that this is a direct connection to the Girl Scout motto; Be Prepared.

Then ask: To release a movie, what do you think needs to happen first? Go all the way back to writing the screenplay. Girls might say “Actors get chosen, actors rehearse, the director directs them, costume designers design costumes, technicians work out lighting and sound, designers and builders make sets or props.

Point out that all that preparation happens well before the cameras roll. Most movie scenes aren’t shot in the order we see them. That means a lot of planning is needed later too, to pull it all together. Shooting a movie can take years! It’s a creative and collaborative process.

Now use the Becoming Viewfinders handout to lead the girls through finding their own “view”. (See attached)

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**Optional: Snack**

Some troops like to have snack time to give the girls some energy and time to chat. This will depend on your group, when you meet, and the rules of the space you’re using. Use your kaper chart to help select helpers to pass out snack, napkins, and anything else you’ll need. When it’s time to clean up, use the kaper chart to select helpers to help with clean up. Everyone should help clean up, but the clean-up helpers remind everyone that “A Girl Scout always leaves a place better than she found it.”

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**Closing: Friendship Squeeze**

Ask the girls to join together in a circle. Explain that they will now join hands for a special closing to their time together. Explain that in a Friendship Circle, everyone gathers in a circle where they cross their right arm over their left in front of them and hold hands with the girls on either side. Once everyone is silent, one girl starts the friendship squeeze by squeezing the hand of the person to her left. One by one, moving clockwise, each girl passes on the squeeze until it travels all the way around the circle. Finally, thank the girls for a great first Girl Scout gathering. Let them know that you really look forward to their next time together.
Take a look at this logo.
Make Your Own Director’s Viewfinder!

1 Cut 2 identical black circles, with a radius 1/2” wider than the opening in the tube. (Trace a container top, such as a plastic coffee-cup lid.)

2 Trace the tube’s opening at the center of Circle 1.

3 In pencil, mark a rectangle that is a bit wider than it is tall in the center of Circle 1. Cut out the rectangle by folding the circle in half and snipping along the marked lines.

4 Cut 5 small V-shaped notches, spaced evenly around Circle 1, cutting from the outer edge of the circle to the inner traced circle. Fold the resulting tabs at the line for the tube’s opening.

5 Place this tabbed circle over one end of the tube, so that the pencil-lined circle matches the tube’s opening and the rectangle “window” falls in the center.

6 Fold the tabs all around the circle. Tape them to the tube.

7 Circle 2 will be used to adjust the area viewed. Fold the circle in quarters and cut out a 1/4 pie wedge so that a 3/4 circle with an “L” remains. The “director” slides this “L” against the window in Circle 1 to zoom in on the framed shot visible through the tube.

8 Punch a hole at the other end of the tube, and through Circle 2. Loop the string or yarn through both holes, long enough to let them hang loosely around your neck.
# Movie Camera Moves and Moods

<table>
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<tr>
<th>NAME OF CAMERA MOVE</th>
<th>HOW THE CAMERA MOVES</th>
<th>&quot;MOOD&quot; CREATED</th>
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<tbody>
<tr>
<td>Pan left</td>
<td>Swivels from right to left</td>
<td>- An overview or &quot;establishing shot&quot;; surveying the landscape</td>
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</table>
| Pan right           | Swivels from left to right | - Done quickly: detachment  
                      |                      | - Done very slowly: lingering sentimental attachment  
                      |                      | - Going back and forth: a feeling of searching and seeking |
| Tilt up             | Pivots up to point upward (Example: from toes to head of subject) | - Toward sky, or toward light: uplifting, adventurous, joyful  
                      |                      | - Up to a person: feeling small and dominated |
| Tilt down           | Pivots down to point downward (Example: from head to toes of subject) | - From sky to eye level: coming back to "reality"  
                      |                      | - From eye level toward ground: sad, melancholy |
| Zoom in             | Framing changes gradually from a wide shot to a close-up. The frame holds a lot, then closes in on just a detail. | - Slowly: anxiety or intensity, romance, intimacy  
                      |                      | - Quickly: panic, anxiety, sudden interest, alarm |
| Zoom out            | Framing changes gradually from a close-up to a wider shot. The frame holds a small detail, then opens up to reveal more of the scene. | - Feeling of being a "fly on the wall" or "above it all"  
                      |                      | - From close-up to medium shot: easing into a scene  
                      |                      | - From medium to long shot: leaving a scene |
| Dolly (right, left, forward, or backward) | Slides smoothly in the direction indicated. To make this move a smooth one, the camera is set on a wheeled cart (or dolly), on a track. Sometimes the move is called a "tracking shot," especially if it snakes around a lot (following the path of one character, for example). | - Busyness and crowdedness  
                      |                      | - Feeling of being followed or of following a subject  
                      |                      | - From over the shoulder: point of view of a character |
**Goal:**
In this session, girls will choose the journey they want to work on first. Girl Scout Cadettes discover what they care about and team up for a great adventure!

**Today's Meeting Includes the Following Activities:**
- *Journey Quiz*
- *Stamp of Approval*
- *Tally Up the Votes!*
- *GS Taboo Game*

**Materials:**
- Journey Quiz (one per girl)
- Small stickers, markers, or crayons
- Voting Ballots (see attached)
- Optional: Snack

**As Girls Arrive:**
It's important to always have a quiet activity for the girls to do while they wait for the meetings to start. For this meeting, as girls arrive, invite to try out the Journey Quiz. Their answers might be helpful for when they vote later on in the meeting.

**Setting up the Voting Station:** Hang the vote sheets on the walls low enough that the girls can see them. Place stickers or markers nearby. Or you might decide that the girls could sway the votes if they are not sure about choosing differently than their friends. Set up a system for secret ballots: use slips of paper with the three journeys listed (attached). Have girls use a pencil marker or sticker to indicate which Journey they choose. Fold the paper, and drop in the ballot box! You or a helper could arrive a few minutes early to get this station ready. Or perhaps a couple of girls who arrive early could assist in setting it up.

**Opening Ceremony:** Start the discussion by inviting the girls to say the Girl Scout Promise together. You might tell the girls, “Before we begin to talk about and choose our journey, let's start our meeting with the Girl Scout Promise just like we have been doing at our meetings.”

Talk to the girls about all the fun things they've done together so far in Girl Scouts. Allow each girl to talk about something she liked about what they've done so far in your meetings or something they hope to do with the group.

**Investiture:** Your first order of business for this meeting is to talk about and plan your troop investiture ceremony. An investiture is when new members say the promise and commit themselves to the Girl Scout Movement. There are no formal requirements for this ceremony, but it typically includes an opening, the group recites the promise and the girls receive their Daisy Girl Scout pin. Often family and friends are invited to share in this special tradition.

Here are some tips for working with the girls to plan a ceremony:
1. **Devote sufficient time to planning the ceremony.** Good ceremonies have a clear purpose and enrich the meaning and mood of the ceremony.

2. **Use Journey adult guides and *The Girl’s Guide to Girl Scouting*** to help girls plan their ceremonies.

3. **Take safety precautions** when using candles or fires, or when the girls construct bridges or platforms. Refer to *Volunteer Essentials* and the *Safety Activity Checkpoints* (available through your council) for specific advice.

4. **Add personal elements to traditional ceremonies.** Use favorite poems, songs, stories, and sayings, or have the girls write something new.

5. **Consider the role of colors and symbols** that the girls might use in their ceremony.

6. **Observe flag etiquette** when the girls hold flag ceremonies.

When working with girls at this age level, you might find that you need to decide most of the logistics but with your help the girls can make decisions about whether to offer refreshments, choosing a song or poem, or displaying some of their work. Once you know when and where the ceremony will be, and what support you will need, be sure to share that information with troop parents so everyone is prepared and feels welcomed.

You can find inspiration online or via Pinterest or by asking other leaders in your service unit. SU Facilitators, Recognition Committee or a GSWNY Program staff member can also be a good resource when looking for ideas.

**It’s Your Journey Choose It!**: Let the girls know that we’re ready to start a Girl Scout Journey but first we have to choose it! Explain to the girls that a Journey is an adventure we’ll have together during our Girl Scout activities. Each Journey focuses on different topics, and we’ll also earn badges, go on field trips, make art projects, play games have lots of fun! Remind the girls about all the exciting things they can do in each of the journeys:

- **You are Amazing!** In the Amaze journey, girls discover their values and learn to develop healthy relationships.

- **Take a Breath of fresh air!** Girls will learn what’s in the air around us and how to make air quality a priority for everyone when they work on the Breathe journey.

- **Free to be MEdia** In the journey MEdia, Girls learn to recognize the messages in advertising and how to use that to help get their own message out to others.

**Give your stamp of approval**: It’s time to give your stamp of approval. Invite the girls to vote for the one(s) they most want to try out first. Explain how to vote, based on your set up earlier. If you gave them more than one sticker, they can divide their votes based on multiple interests. Or the girls can draw a heart or star or a smiley face on the sheet for the Journey they want to vote for. The Journey with the most votes will be the one the troop begins.

**Tally up the votes!**: Once all the girls have had a chance to put their stamp on the journey they chose, count up the votes for each one. Once the votes are tallied, the winner can be announced, but also let the girls know, there will be opportunities to choose to learn about other topics, so if their first choice was not selected, there will be times when
The troop will do other things that are of interest to them (learn more about the world, take field trips, do art projects, play games, and earn badges!

**GS Taboo:** A girl picks a card and tries to get the group to say the top word or phrase without using any form of the word or any of the words listed below it. Can compete in teams or play just for fun with the group. See attached for cards.

### Optional: Snack

Some troops like to have snack time to give the girls some energy and time to chat. This will depend on your group, when you meet, allergies and the rules of the space you're using. Use your kaper chart to help select helpers to pass out snack, napkins, and anything else you’ll need. When it's time to clean up, use the kaper chart to select helpers to help with clean up. Everyone should help clean up, but the clean-up helpers remind everyone that “A Girl Scout always leaves a place better than she found it.”

### Closing: Friendship Squeeze

Ask the girls to join together in a circle. Explain that they will now join hands for a special closing to their time together. Explain that in a Friendship Circle, everyone gathers in a circle where they cross their right arm over their left in front of them and hold hands with the girls on either side. Once everyone is silent, one girl starts the friendship squeeze by squeezing the hand of the person to her left. One by one, moving clockwise, each girl passes on the squeeze until it travels all the way around the circle. Finally, thank the girls for another great Girl Scout gathering. Let them know that you are really excited to begin the Journey they chose tonight, and congratulate them for working together as a team!
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JourneyMatch:
Find the perfect Journey for your girls!

Circle your girls’ top choice for each question

Which of the following activities would you like to do at your next meeting?
   a. Create your own make-up
   b. Try foods from around the world
   c. Write and illustrate stories to share with friends

If you could help one cause, what would it be?
   a. Planting trees to help save the earth
   b. Finding ways to help victims of a recent earthquake
   c. Starting a campaign to get drivers to stop texting

In my free time, I like to:
   a. Do outdoor activities, like play sports or go hiking
   b. Go on trips to different places
   c. Surf online, send emails, draw pictures

My favorite Petals, Try-its, Badges, or IPs have focused on:
   a. Science, weather, or the outdoors
   b. Relationships, family and friends
   c. The arts – painting, dancing, sewing

What is your dream job?
   a. Inventing new ice cream flavors
   b. Actress
   c. Interior decorator

If your girls answered mostly:
   a’s – It’s Your Planet – Love It! is a great fit with their interests
   b’s – It’s Your World – Change It! would match their interests
   c’s – It’s Your Story – Tell It! is a good choice for their interests