

CADETTE BADGE/JOURNEY OVERVIEW

Grades: 6–8



ANIMAL HELPERS BADGE

Animals have always provided humans with food, clothing, and transportation, but today they're also trained to help people with disabilities, find people who are lost, and even discover tumors. And, of course, animals offer us companionship, love, and sheer joy. In this badge, look at how animals help humans. (Researchers say the love of an animal can improve our emotional health!)

Steps:

1. Explore the connection between humans and animals
2. Find out how animals help keep people safe
3. Know how animals help people emotionally
4. Check out how animals help people with disabilities
5. Look at how animals might help us in the future

Purpose: When I've earned this badge, I'll know how animals help humans, and how to help them keep it up.



ARCHERY BADGE

Picture this: You nock (or place) an arrow onto a bow, hook your fingers around the string, draw it back, eye your target, and release! Bull's-eye! Archery is an exciting sport that takes strength, focus, good form, and practice. Get ready to challenge yourself as you build your archery skills and learn how to shoot on a range.

Steps:

1. Get to know archery equipment
2. Learn about archery safety
3. Practice archery before you go on a range
4. Shoot on an archery range
5. Create an archery challenge

Purpose: When I've earned this badge, I'll know how challenge myself as I build archery skills and learn how to shoot on a range.



BABYSITTER BADGE

The magic age for babysitting is 12! That's when most girls say they began sitting—and it's the youngest age at which most parents say they will allow someone to babysit for their children. Whether you're getting ready to babysit in the future or have already started, this badge will help you become the best babysitter you can be.

Steps:

1. Get to know how kids develop
2. Prepare for challenges
3. Focus on play
4. Find potential employers
5. Practice your babysitting skills

Purpose: When I've earned this badge, I'll be prepared to babysit and will have tried out my skills on the job.



BOOK ARTIST BADGE

For centuries, humans have been developing methods to create and bind paper in order to share ideas, knowledge and inspiration with each other and with future generations. The craft of creating books has evolved over time, but the basic human need to share words and pictures has stayed the same. In this badge, try gluing, stitching, and folding your way to shaping your own book artistry style- you'll create some spectacular gifts and keepsakes.

Steps:

1. Explore the art of bookbinding
2. Get familiar with the insides of a book
3. Try out book artist techniques
4. Focus on function
5. Focus on style

Purpose: When I've earned this badge, I'll know how to make different kinds of books.



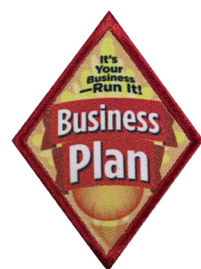
BUDGETING BADGE

There are many ways to spend your money. Should you buy that new book you've had your eye on or save up for a weekend of fun with friends? There's a simple way to help decide: Make a budget-a plan for spending and saving money. This badge will help you learn to create a budget that's right for you.

Steps:

1. Practice budgeting for your values
2. Learn to track your spending
3. Find out about ways to save money
4. Explore different ways to give
5. Create a budget that focuses on your values

Purpose: When I've earned this badge, I'll be able to keep track of my money, save for things I need and want, and help others by giving.



BUSINESS PLAN BADGE

When you earn your Budgeting badge, you find out how to keep track of your money so that you can use it wisely. Basically, a budget is a plan for using your own money. When you run a business, you need a plan for the overall business, including the money you earn and how you want to use it. Create one in this badge!

Steps:

1. Write your mission statement and business goals
2. Increase your customer base
3. Get into the details
4. Make a risk management plan
5. Gather expert feedback on your plan

Purpose: When I've earned this badge, I'll know how to write an effective business plan for my cookie business.



COMIC ARTIST BADGE

Newspaper cartoons, comic books, graphic novels...comic art is a broad, exciting, and growing field. Comics are sometimes described as “sequential art,” through some are only one panel. So what is a comic, exactly? It’s a visual story told however you would like to tell it. Go for it!

Steps:

1. Delve into the world of comics
2. Choose a story to tell
3. Draw it out
4. Frame it in four panels
5. Add the words

Purpose: When I’ve earned this badge, I’ll know how to create my own comic.



COMPARISON SHOPPING BADGE

From cardigans to care, you can buy just about everything online these days. Even if you end up buying an item in an actual store, you can use the Internet to compare prices and find the best deal. Although online shopping is convenient, there are certain things to know so you can make sure that you’re paying a fair price and don’t fall victim to a fraud!

Steps:

1. Learn to comparison shop
2. Find out how to use online reviews
3. Check out the fine print
4. Investigate how to avoid online fraud
5. Know how to manage your online shopping

Purpose: When I’ve earned this badge, I’ll know how to go online to find the best deals on the best products in the safest way possible.



DIGITAL MOVIE MAKER BADGE

A movie doesn’t just tell a story, it shows a story. If you could show the whole world a story, how would it look? Bright and cheery? Fast-paced and full of changes in scene? With what visual would it start and end? You’ve probably spent countless hours watching movies—now’s your chance to show others how you want them to see the world.

Steps:

1. Learn digital video basics
2. Film. Then film some more...
3. Pick the perfect subject
4. Action!
5. Edit and premiere your movie

Purpose: When I’ve earned this badge, I’ll know how to create a digital movie.



EATING FOR YOU BADGE

Nutrition isn't just about maintain a healthy weight: Eating well helps you inside and out. Choosing the right foods can help you sleep better, stress less, and get smooth skin, shiny hair, and strong nails. In this badge, find out how to eat to keep your skin glowing, your mind focused, and your energy flowing!

Steps:

1. Know how good nutrition helps your body stay healthy
2. Find out how what you eat affects your skin
3. Explore how your diet affects your stress level
4. Investigate how what you eat affects your sleep
5. Look at how your diet affects your energy

Purpose: When I've earned this badge, I'll know how to eat my way to a healthy mood, mind, and body



ENTREPRENEUR BADGE

When it comes to innovation, fantastic ideas and creative inventions are only half of the game. The other half involves figuring out if people would buy your invention or use your idea. In this badge, you'll find out what it takes to turn a great idea into a great business.

Steps:

1. Brainstorm business ideas
2. Improve one idea
3. Get into the financial side of things
4. Imagine creating a business
5. Practice sharing your business ideas

Purpose: When I've earned this badge, I'll know how to think like an entrepreneur.



FIELD DAY BADGE

From friends playing in the park to countries competing against one another at the Olympics, games unite us all. And Girl Scouts have been inventing their own games since 1912! In this badge, you'll experience this firsthand by organizing teams and events for an exciting, do-it-yourself field day

Steps:

1. Team up and dress up
2. Host a historical game
3. Play a scientific game
4. Find fun in fiction
5. Stage your grand finale!

Purpose: When I've earned this badge, I'll know how to organize a field day filled with friends and fun.



FINANCING MY DREAMS BADGE

When you daydream about your future, what kind of job do you think you might have? Do your daydreams include owning a home or traveling the world? Now's your chance to dream—and dream big! By earning this badge, you'll explore how your dream job and dream life really match up.

Steps:

1. Explore dream jobs
2. Price out buying your dream home
3. Research dream vacations
4. Make a dream giving goal
5. Add up your dreams!

Purpose: When I've earned this badge, I'll know the realities of budgeting and how to practice financial habits that will help me in the future.



FINDING COMMON GROUND BADGE

Democratic governments exist to help citizens with differing opinions find common ground—the place where people's thoughts, opinions, and beliefs intersect. Whether it's Congress, your state, or the local town council, elected leaders often have to make trade-offs—giving up some things they favor to gain support for others. In this badge, investigate how our government does it and how you can, too.

Steps:

1. Get to know someone different from you
2. Make decisions in a group
3. Explore civil debate
4. Understand a compromise
5. Find common ground through mediation

Purpose: When I've earned this badge, I'll know strategies for bringing people together to find common ground.



FIRST AID BADGE

As you get older, you'll find yourself in charge more and more. That means you need to know what to do if people around you get sick or hurt. Find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious in this badge.

Steps:

1. Understand how to care for younger children
2. Know how to use everything in a first aid kit
3. Find out how to prevent serious outdoor injuries
4. Know the signs of shock and know how to treat it
5. Learn to prevent and treat injuries due to weather

Purpose: When I've earned this badge, I'll know how to take care of people in an emergency, including younger children in my care.



GIRL SCOUT WAY BADGE

As a Girl Scout Cadette, you're carving out your unique place in the world, using your intuition and special talents to blaze a trail that's all your own. The Girl Scout Way is another compass that can help guide you: our proud traditions offer a strong foundation to build your dreams as part of a worldwide sisterhood. So dive right in and get started singing, celebrating, and bringing people together as you join hands with thousands of other Cadettes to blaze the Girl Scout trail into our new century.

Steps:

1. Lead a group in song
2. Celebrate Girl Scout Week
3. Share sisterhood through the Girl Scout Law
4. Leave a camp better than you found it
5. Enjoy Girl Scout traditions!

Purpose: When I've earned this badge, I'll know how to use the Girl Scout ways and traditions to make the world a better place.



GOOD SPORTSMANSHIP BADGE

It's good to be a great athlete, but the greatest athletes agree it's just as important to be a good sport. When you make good sportsmanship a habit in games and in life, others want to play with you, hang out with you, and generally live up to your example. So whether you're a dedicated athlete with a chosen sport or you just like to enjoy an occasional game among friends, this badge will help you have more fun in the field—and off.

Steps:

1. Create your own definition of sportsmanship
2. Be a good competitor
3. Be a good teammate
4. Psych yourself up
5. Put your definition of good sportsmanship into action

Purpose: When I've earned this badge, I'll know how I define sportsmanship and will have put my definition into action.



MARKETING BADGE

When you earn the Financial Literacy badge called Comparison Shopping, you have to sort through promotions, deals, and ads to find the best bargain for you. Now you can use some of what you learned to create a strong advertisement and marketing message for your cookie sale.

Steps:

1. Find out more about brand identity
2. Check out the competition
3. Research other products that have a philanthropic angle
4. Develop your marketing message
5. Create your marketing campaign

Purpose: When I've earned this badge, I'll know how to create a marketing plan for my cookie business.



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NETIQUETTE BADGE (ONLINE ETHICS)

Our digital world makes it easy to stay in touch and share friendships, memories and ideas. But we've all heard embarrassing stories in which people wish they'd never hit the "send" button. Once you've put it out there, it never goes away. But you can use that to your benefit, too. This badge is all about knowing how to make positive choice in the online world.

Steps:

1. Explore "oops!" and "wow!" moments
2. Dig into stories of "ouch"- and repair some hurt if necessary
3. Look at e-mail, commenting or blogging
4. Decide what makes a great social media profile
5. Spread better practices

Purpose: When I've earned this badge, I'll know how to make—and keep—my online works a positive place.



NEW CUISINES BADGE

Culinary possibilities are as diverse as the globe of people who cook them. Wherever you go in the world, a version of pocket bread holds something delicious and your sweet tooth can be satisfied with everything from date syrup to lingonberry jam. In this badge, cook up four dishes from across time and distance, and find out where your taste buds want to travel!

Steps:

1. Make a dish from another country
2. Create a dish from another region of the United States
3. Whip up a dish from another time period
4. Cook a dish that makes a statement
5. Share your dishes on a culinary "tour"

Purpose: When I've earned this badge, I'll be able to make amazing dishes from all over the world and way back in time.



NIGHT OWL BADGE

Night has captured human imagination since the dawn of time. But with modern-day electricity, it's easy to overlook the mysteries and beauty of the world after the sun goes down. So grow your imagination and expand what you know (or think you know!). Turn out the lights, tune in your senses, and step out into the night...

Steps:

1. Take a field trip to explore the night
2. Tour your world after dark
3. Meet people who work night hours
4. Explore nature at night
5. Host an Extreme Nighttime Party

Purpose: When I've earned this badge, I'll have uncovered the mysteries of the world after dark.



OUTDOOR ART APPRENTICE

Being outside in nature is a great way to spark your creativity. Some of our greatest works of art are inspired by nature—from early on, cave people drew pictures of sunsets, the sky, animals and trees. Get ready to observe and collect things outdoors that will drive your art and creativity—from colors and patterns to landscapes and wildlife.

Steps:

1. Explore art outdoors
2. Make something!
3. Get to know—and create—sounds of nature
4. Be a nature photographer
5. Design with nature

Purpose: When I've earned this badge, I will have been inspired outdoors and created nature-themed art.



PRIMITIVE CAMPER BADGE

Primitive camping can be a challenge, even for experience campers. Get ready to step up your outdoor skills, get out into nature, and make extra-special memories on a primitive camping trip.

Steps:

1. Plan a primitive camping trip
2. Prepare your gear
3. Make a camp meal
4. Learn a new primitive camping skill
5. Go camping!

Purpose: When I've earned this badge, I'll have planned and gone on a primitive camping trip with a group of Girl Scouts or family members.



PUBLIC SPEAKER BADGE

They call it a stage presence: the ability to be yourself and make a connection with people—even a crowd of people—and seem comfortable the entire time. And a great presenters' talent for conveying their points clearly and powerfully is useful everywhere, not just in politics or on the stage. Luckily, you don't have to be born with these skills; you can develop them. In this badge, start the process!

Steps:

1. Get a feel for performing solo
2. Focus on body language
3. Find your voice
4. Choose or create a piece to perform
5. Get onstage!

Purpose: When I've earned this badge, I'll have found my inner performer and be unafraid to speak up.



SCIENCE OF HAPPINESS BADGE (MENTAL HEALTH)

In this badge, you are the test subject and your life is your laboratory. You'll find out how scientists measure happiness, and you'll put their results into action. You'll also get to perform a happiness experiment on your friends or family—all with the goal of making your works a happier place.

Steps:

1. Make yourself happier
2. Think differently for happiness
3. Get happy through others
4. Do a helpful happiness experiment
5. Create a happiness action plan

Purpose: When I've earned this badge, I'll know how to use the science of happiness to make my world the happiest place it can be.



SCREENWRITER BADGE

When it thrills, makes you laugh, or has a fantastic twist, a movie or TC show can seem like magic. And a great show starts with a great script! Screenwriters write scripts meant to be filmed. In this badge, put all your viewing experience to use—let it inspire you as you try your hand at writing for the big (or small) screen.

Steps:

1. Decide what makes a good script good
2. Come up with an idea for a story
3. Get to know your characters
4. Build the plot
5. Write a 12-page script—and share it!

Purpose: When I've earned this badge, I'll know how to create a screenplay for a show or movie.



SPECIAL AGENT BADGE

A special agent wears many hats—detective, scientist, psychologist, enforcer of the law. No wonder novels and shows about their work are so popular! In this badge, grab your magnifying glass and your microscope, and uncover your skills in one of the most exciting—and demanding—jobs for investigative minds.

Steps:

1. Investigate investigation
2. Reveal reality
3. Try to the science
4. Key in to body language
5. Practice the art of detection

Purpose: When I've earned this badge, I'll know secrets form the worlds of forensic science and criminal psychology.



THINK BIG BADGE (BUSINESS GOAL SETTING)

When you earn the Financial Literacy badge called Financing My Dreams, you learn to think big about your future. Now it's time to think big about your cookie business! When you earn this Cookie Business badge, you'll know how to take your business plan to a whole new level.

Steps:

1. Come up with a big idea
2. Take your sales to the next level
3. Sell your big dream to others
4. Ask experts to help you take your plan up a notch
5. Share your experience in a big way

Purpose: When I've earned this badge, I'll know how to set bigger goals for my cookie sale and come up with creative ways to reach them.



TRAILBLAZING BADGE

Join in a favorite Girl Scout adventure! Head for the backcountry, where you'll explore nature and challenge your body on a trailblazing trek. In this badge, you'll stay at least one night at a backwoods or primitive site, so get ready to learn some new outdoor skills while you share fresh-air fun and games with your Girl Scout sisters.

Steps:

1. Start planning your adventure
2. Get your body and your teamwork skills ready
3. Create your menu
4. Gain some trailblazing know-how
5. Head out on the trail

Purpose: When I've earned this badge, I'll know how to take a safe and fun overnight backpacking trip.



TREES BADGE

Grab your naturalist hat and get ready to get to know trees—from the shade to the science, the fruit to the forest, and the legends to the limber. To know trees is to love them!

Steps:

1. Try some tree fun
2. Dig into the amazing science of trees
3. Make a creative project starring trees
4. Explore the connection between people and trees
5. Help trees thrive

Purpose: When I've earned this badge, I'll have done to the root of what trees are all about—and branched out as a naturalist.



WOODWORKER BADGE

Woodworking gives you a feeling of accomplishment—you can make stylish, useful things for yourself and others. Plus, it's fun! In this badge, add to your talents with a skill Girl Scouts have been refining for 100 years—the ability to do it yourself. You'll develop or refine your skills with a hammer, saw, and level, and complete the badge by creating a fantastic and unique wooden piece of your own design.

Steps:

1. Swing a hammer
2. Keep it level
3. Use a screwdriver
4. Saw some wood
5. Build something yourself

Purpose: When I've earned this badge, I'll know how to use some basic tools to make simple woodworking projects.



IT'S YOUR STORY—TELL IT! MEDIA JOURNEY AWARD

Taking a critical look at media from movies to music to TV, Cadettes learn how to reshape negative messages into positive ones. As they continue on the *MEdia* Journey, they may re-write hurtful song lyrics, start a blog about movies, or use social media to combat stereotypes.



IT'S YOUR PLANET—LOVE IT! BREATHE JOURNEY AWARD

A wind farm, an environmental scientist, and experiments using wind teach girls about the air we breathe. Cadettes work together to complete *Breathe* by planting an indoor garden, campaigning against smoking, and pushing for clean-air initiatives in their communities.



IT'S YOUR WORLD—CHANGE IT! AMAZE JOURNEY AWARD

Developing healthy relationships, navigating cliques, and moving beyond stereotypes are major themes in *aMAZE*. Cadettes team up on projects with younger girls, senior citizens, or classmates to share their new friendship-building skills.



OUTDOOR JOURNEY AWARD

The Cadette outdoor journey consists of three badges: Night Owl, Trailblazing, and Primitive Camper. It also includes a Take Action project and award. You'll find that the Cadette Outdoor Journey is rich and robust because it covers a lot of essential skills that girls need in order to be successful in their outdoor pursuits. To complete the Journey, girls will complete the badges in the following order—Night Owl, Trailblazing, Primitive Camper, and the Take Action project.