

JUNIOR GET MOVING! JOURNEY (INNOVATE) - MEETING 3

Journey Award Purpose: When girls have earned this award, they'll have identified an energy issue in their community and involved others to complete their Take Action project.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Pitch Perfect <ul style="list-style-type: none"> Girls learn how to effectively communicate their ideas to the community to make the most impact. 	<input type="checkbox"/> Pitch Your Idea! handouts (one per group of 3-4 girls) <input type="checkbox"/> Writing utensils <input type="checkbox"/> Computers with internet access
20 minutes	Make the Pledge <ul style="list-style-type: none"> Girls create a pledge for community members to sign. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils <input type="checkbox"/> Coloring utensils
25 minutes	Spread the Word <ul style="list-style-type: none"> Girls go out into the community and encourage people to get involved. 	<input type="checkbox"/> Pledges from Activity #2 <input type="checkbox"/> Writing utensils <input type="checkbox"/> Clipboards
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Pitch Perfect

Time: 15 minutes

Journey Connection: Session 5 – Communicate with Style

Materials Needed: “Pitch Your Idea!” handouts (one per group of 3-4 girls); writing utensils; computers with internet access

Prep Needed:

- Print out copies of the “Pitch Your Idea!” handout (one per group of 3-4 girls).
- Familiarize yourself with the Meatless Monday campaign before sharing with girls at the meeting.



1. Remind girls that during their last meeting, they talked about how much energy it takes to grow food, and how it takes more energy to grow certain foods than others. Introduce them to the idea of “Meatless Monday.” Ask them if they’ve ever heard of this campaign, and discuss how making small changes can make a big impact.
2. Explain to the girls that they’ll be sharing the idea of “Meatless Monday” with members of their community and help others start to save energy by making different food choices.
3. Divide girls into groups of 3-4 and hand each group a “Pitch Your Idea!” sheet. Give them time to work as a group to answer the questions. They can also do some research online on the Meatless Monday website (www.meatlessmonday.com) to come up with answers.

Activity #2: Make the Pledge

Time: 20 minutes

Journey Connection: Session 8 – Moving in New Directions

Materials Needed: Paper; writing utensils; coloring utensils

1. Explain how just like they made an energy pledge to reduce and conserve their energy consumption, the girls will be creating a pledge for their community to commit to Meatless Monday.
2. Provide time for the girls to come up with wording for their pledge (remind them that they can use their answers from Activity #1 if they get stuck).
3. Once the girls have finished creating their pledges, have the girls break off into pairs and practice pitching their idea to each other. One should play the role of the Girl Scout and the other a community member, and then switch so each girl can have a chance to play both roles.

Activity #3: Spread the Word

Time: 25 minutes

Journey Connection: Session 8 – Moving in New Directions

Materials Needed: Pledges from Activity #2; writing utensils; clipboards

Prep Needed:

- For this activity, girls will be going out into the community to ask people to sign their pledges. If your regular meeting space isn’t located in a place with much foot traffic, consider holding your meeting somewhere with more foot traffic (ex. the library, community center, etc.)
1. Now that the girls have practiced their pitch and created their pledges, it’s time to go out and get others involved.
 2. Have the girls break off into pairs and give each pair a clipboard and a writing utensil. Provide time for them to go up to community members and ask for signatures for their pledges.
 3. (Optional) Alternatively, girls can set up an information table. Encourage girls to stand in front of the table and actively invite people who pass by to sign their pledges (as opposed to sitting silently behind the table and waiting for people to approach them).
 4. After they’ve collected signatures, have the girls regroup and reflect on how it felt to advocate for a cause they care about.

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

NOTE TO LEADERS



Take Action projects are an important part of the Journey process and can seem intimidating. This activity plan is a suggestion (with instructions) of a project that your troop can do.

If your troop is inspired to plan and complete a different Take Action project, go for it! The most important part of a Take Action project is that girls are involved in doing something to make a difference in their community.



Pitch Your Idea!

So you have an innovative idea? Great! How will you share your idea with others to get them on board? Here are some steps to keep in mind:

1. Who are you? (Ex. I'm a Girl Scout Junior and a 5th grader at Juliette Gordon Low Elementary School!)
2. What's the problem? And why should people care about this problem?
3. What's your solution?
4. What resources do you need to carry out your plan? (Ex. a meeting with someone in charge, volunteers, etc.)

