

BRIDGE TO GIRL SCOUT CADETTE ACTIVITY PLAN

Award Purpose: Bridging is an important transition in a Girl Scout's life. It's a defining moment when a girl becomes aware of her achievements and is ready for new adventures and responsibilities. Celebrating this change should be fun, personalized, and memorable for everyone involved.

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	Prepare Your Junior Passport <ul style="list-style-type: none"> Create passports of memories to reflect on your time as a Junior Girl Scout 	<input type="checkbox"/> Plain white paper for interior passport pages—about three per girl <input type="checkbox"/> Colored paper for passport cover—one per girl <input type="checkbox"/> Information from troop experience as Juniors <input type="checkbox"/> Drawing/coloring utensils <input type="checkbox"/> Stapler <input type="checkbox"/> Optional: rubber stamps and ink or stamping markers <input type="checkbox"/> Optional: small head shot photos of each girl (or images from troop activities) an
10 minutes	Create a Destination Poster <ul style="list-style-type: none"> Design a destination poster to brainstorm and dream of travel opportunities as Cadettes 	<input type="checkbox"/> Plain paper <input type="checkbox"/> Information on Cadettes <input type="checkbox"/> Drawing/coloring utensils
15 minutes	Travel to Cadettes <ul style="list-style-type: none"> Award each girl a “travel gate” to prepare for their years as Cadettes. 	<input type="checkbox"/> Decoration for gateways <input type="checkbox"/> Tape or other way to display destination posters <input type="checkbox"/> Bridging awards <input type="checkbox"/> Stickers or stamps <input type="checkbox"/> Seating area for families



15 minutes	Wrapping Up and Refreshments	<input type="checkbox"/> Refreshments <input type="checkbox"/> (Optional) Make New Friends lyrics poster
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Getting Started

Time: 15

minutes

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

1. Welcome everyone to the meeting, recite the Girl Scout Promise and Law.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.
3. Play a game to help girls get to know each other better.
 - Use this example, if needed:
 - Have girls stand in a circle. Give one girl a ball of yarn and ask her to hold on to one end while unwinding a little of the yarn. Then, have her think of one thing she did this year in Girl Scouts with someone else in the group. When she's thought of one, have her toss the ball to that person, holding onto the end and telling the group what she remembered. The second girl catches the ball and thinks of something she did with one of the other girls in the group. She throws the ball, holding onto the yarn and letting the ball unwind further. Continue until everyone has had the ball and the whole circle is joined with crossing yarn paths.

Activity #1: Prepare Your Junior Passport

Time: 15 minutes

Award Connection: Bridge to Cadette Award Step 1

Prep Needed:

- Gather photos, documents, calendars and reminders of the girls' time as Juniors.
- If desired, pre-assemble blank passport booklets.

Materials Needed:

- Plain white paper for interior passport pages—about three per girl
- Colored paper for passport cover—one per girl
- Information from troop experience as Juniors
- Drawing/coloring utensils
- Stapler
- Optional: rubber stamps and ink or stamping markers
- Optional: small head shot photos of each girl (or images from troop activities) and glue

Steps:

1. Hand out the pre-assembled passports or have girls put together booklets by folding three-page sheets and one cover sheet in half, and staple at the fold if desired. On the inside front cover, have the girls write their names and personal information, like the front of a



passport. They can draw a photo of themselves or you can have them attach a photo instead.

2. The remaining pages are for stamps of the things they've done and places they've been as Juniors. They can simply write the dates and titles, drawn in a box to look like a passport stamp; you can designate stamps to represent some or all of your activities; or you can have the girls draw a simple image or icon to represent each one.
3. Prepare to share: let the girls know that they will be asked to share one skill they've practiced or one thing they've learned as a Junior at the ceremony. They may wish to write a note to themselves in their passport as a reminder.
4. Give the girls one or two minutes to pass around their passports and collect signatures from the other girls on the inside back cover of their passports. If they think of other people who have been part of their Junior Girl Scout experience, they can write those names in themselves. Let them know that they will get to share one thing they did to 'team up' with one or more of these people at the ceremony

Activity #2: Create a Destination Poster

Time: 10 minutes

Award Connection: Bridge to Cadette Award Step 2

Prep Needed: If desired, collect information from Cadette troops about what they've been doing to give the girls ideas

Materials Needed:

- Plain paper
- Information on Cadettes
- Drawing/coloring utensils

Steps:

1. Hand out one sheet of paper to each girl.
2. Learn what kinds of activities Cadette Girl Scouts might do—Silver Award, Program Aide, destinations travel, troop trips, resident camp, service, specific badges or journeys, etc. You may choose to look at the Cadette Girl's Guide to Girl Scouting, Cadette Journey Books or talk to Cadette Girl Scouts.
3. Have the girls make a simple travel poster to describe one thing they might want to do. It could be a location (Chicago), an activity (making digital movies) or a combination (canoeing on the St. Croix River.)
4. Prepare to share: Remind them that they will share this information at the ceremony.

Activity #3: Travel to Cadettes

Time: 20 minutes

Award Connection: Bridge to Cadette Award Step 3

Prep Needed:



- For each girl, think of a unique, individualized award to describe a way they have taken action to make the world a better place within the troop or in the broader community. Examples could be ‘Welcome Wagon: makes others feel included’ or ‘Light Bulb Award: comes up with creative solutions.’ Make a certificate for this award—if made on a half sheet of paper, it will fit as an ‘attached visa’ in the passport.
- You can also ask the girls beforehand to contribute nominations or include parents in the process.
- Make (or have the girls make) signs and/or doorways out of crepe paper to indicate three stages: Discovery Gate, Connection Gate, Taking Action Gate.
- Arrange time to set up the room before the meeting.
- Decide what adults or older girl helpers are going to help out—you can have someone new at each of the gate areas, or you and your co-leaders can walk the girls through each stage together.

Materials Needed:

- Decoration for gateways
- Tape or other way to display destination posters
- Bridging awards
- Stickers or stamps
- Seating area for families

Steps:

1. Assemble girls on one side of the stage area. Tell the audience that these girls have accomplished many things as Junior Girl Scouts and they will bring all of their new skills, knowledge, and experience to their next adventure as Cadette Girl Scouts.
2. Note: You may choose to have everyone go through the first gate before everyone moves on to the second, or you can have each girl go through all the stages individually before moving on to the next. If you have girls who are less comfortable with public speaking, give them rehearsal time, or opportunities to share with posters/pictures or having the adults read their answers.
3. Discovery Gate: Ask the first girl if she has her passport. She replies that she does and can hold up her info/photo page to demonstrate. Ask her to name a skill or talent that she practiced or learned about herself. Give her passport a sticker or stamp to show she has indeed met the Discovery challenge and is ready for the next gate.
4. Connection Gate: Ask the girl if she has been traveling with other people. She replies that she has and can show her signatures page to demonstrate. Ask her to share something she did as a team with one or more of these people. Sign her signature page and tell her she is completing her bridge to Cadettes as part of her team and thank her for being on the team.
5. Taking Action Gate: Ask the girl if she wants to make the world a better place. When she says she does, tell her that you know she has been a helper already as a Junior Girl Scout. Announce her special award to the audience and hand her the visa/certificate to add to her passport.
6. Now Boarding for Cadette Girl Scouts: Ask the girl what she would like to make one of her destinations as a Cadette Girl Scout. Have her share her destination poster, which can be displayed with the others. Hand her the bridging award and welcome her to Cadettes.



7. When everyone is through, tell the audience that they all will be sharing in the experience as the girls face their new challenges in girl scouting. Then lead the applause for the new Cadette Girl Scouts.

Wrapping Up and Refreshments

Time: 15 minutes

Materials Needed:

- Light refreshments (cookies or cupcakes, punch or lemonade)
- Optional: Make New Friends printed on poster board

Prep Needed:

- Set up refreshments before ceremony

Steps:

1. Instruct girls to get into a Friendship Circle and invite their guests to join them. Have girls and guests stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."
3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says, "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.
6. Invite girls and their guests to enjoy light refreshments to celebrate!

More to Explore

- Field Trip Ideas:
 - Hold your ceremony outdoors in a park with a real bridge or archway
 - Join with other bridging Junior troops to have a larger ceremony
- Speaker Ideas:
 - Invite a Cadette Girl Scout or Leader to speak at your ceremony

Email to Families

As Girl Scouts transition from one program level to the next, it is helpful to share with families what they can look forward to in the coming year. Bridging to a new program level means new traditions to explore, new skills to try, and new memories to create. Below is an email template



you can use to share the importance of Girl Scouts with your families and encourage them to continue participating in all the amazing troop experiences you will have next year.

Hello, Troop [#####] families!

We had a wonderful time today celebrating the end of our second year as Girl Scout Juniors! Bridging is an important part of the Girl Scout experience. It allows girls to reflect and take pause for all their accomplishments and lessons learned during their time as a Junior. It may seem like just a fun tradition, but it is so much more than that! Bridging is a powerful tool to help girls reflect on the value of their Girl Scouting experience. There is so much growth in a year and by celebrating the growth per program level, it signifies all the incredible work your Girl Scout has done in challenging herself, taking risks, and supporting her troop and community!

As we move onto the next year of Girl Scouts, here's some exciting things to look forward to as Cadettes!

Benefits of being a Cadette Girl Scout:

- Develops a strong sense of self
- Seeks challenges and learns from the setbacks
- Develops healthy and lasting friendships
- Grows community problem-solving skills
- Embraces positive values

What's next as a Cadette:

- Look through the Girl's Guide to Girl Scouting with your new Senior to find other activities you can try at home or review our [planning guide online](#).
- The badge opportunities for Cadettes expand even more in the themes of STEM, Outdoors, Entrepreneurship, and Life Skills. Explore all the exciting options on the [Badge Explorer Site](#).
- As a Cadette, there are numerous leadership opportunities within and beyond the troop to join including; [The Silver Award](#), [Leadership in Action \(LiA\)](#), and [Program Aid](#).
- **Include anything special your troop has planned for the coming year.**

In this section, share any additional information for your Girl Scout troop families.

Thank you for bringing your new Cadette to Girl Scouts! We look forward to another great year of Girl Scouts!

Sincerely,

[Your name, contact information] and [your co-leader(s) name and contact information]

Additional Resources



- The River Valleys shop has bridging kits for purchase. Each girl's kit includes a bridging patch, a membership star and disk for this year, a Girl Scout pencil, a bridging certificate and a skill-building set of petal requirements for the next level. To purchase a kit, visit a [River Valleys Shop or shop online](#).
- Small, portable bridges are available for checkout through Girl Scout service centers. Call River Valleys' 800-845-0787 number and ask to reserve one for your ceremony or [reserve online](#).
- For additional bridging ceremony ideas, check out River Valleys' Pinterest page: <http://pinterest.com/girlscoutsrv/girl-scout-celebrations/>
- For additional information on Bridging and other Girl Scout Ceremonies, see the [Ceremonies, Tradition, and Celebrations article](#).

