



## Junior Agent of Change Journey—Power of Team Award Activity Plan 2

**Purpose:** When girls have earned this award, they'll understand how, as a team, their individual strengths and powers come together to form a group of leaders ready to Take Action.

**Planning Guides Link:** Leadership

**Activity plan Length:** 1.5 hours

**Involve Family and Friends:** Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
  - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
    - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
  - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
  - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

**Girls Take the Lead:** Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
  - If you use "Plan Your Junior Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
  - If you are adapting the "Plan Your Junior Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
  - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
  - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
  - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
  - Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting

- During the opening, have 1-2 girls share their answers to a get-to-know-you question.
- Have girls fulfill their kaper chart responsibilities.
- Try to find something in each activity that you can let girls decide or manage.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *It's Your World—Change It! Agent of Change Journey*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Power of Team Award if:

- They understand and appreciate each others' qualities as they come together as a team
- They have explored tasks that a team can accomplish and practice working together as a team
- They have explored ways that their team power can help them improve their communities

Girls can continue their Agent of Change Journey by earning the Power of Community Award.

**Moving to Take Action:** To complete the Agent of Change Journey, girls plan and carry out a Take Action project that addresses the root cause of a community issue in a sustainable way. During the process, here are some things to think about.

- Girls should play an active part in determining the “what, where, when, how and why” of their project, but Girl Scout Juniors will need your support and guidance throughout the process.
- Help girls scale the project to a manageable size, so they can have a successful experience. Even if the project has a small scope, what they are doing is important.
- Take Action projects are different than community service projects. Take Action projects pick up where short-term community service projects leave off and are long-term solutions, rather than short-term ones. Take Action Projects are also:
  - measurable (can be evaluated in a concrete way, such as number of people involved or number of recycling bins placed in the park)
  - sustainable (continues on, even after the girls' specific role in it is complete)
  - identify the root cause of an issue (addresses the underlying problem(s) that are causing an issue to occur). Created to address the root cause of a community issue.

Examples:

Community Service	Take Action
Take part in a park clean-up.	Organize a park clean up with your neighbors.
Assemble and give first-aid kits to flood victims.	Teach younger kids about severe weather procedures and have them help you make first aid kits to give to flood victims.
Plan a meeting for a younger troop.	Mentor younger girls on healthy friendships.
Make and donate blankets to an animal shelter.	Teach younger kids about the responsibilities of owning a pet and have them help you make blankets to donate to the animal shelter.

- It's up to the girls to find a Take Action project that they are passionate about, but to get started, here are a few ideas:
  - Family project: Work with your families to research food needs in your community. Create a monthly food drive for a local food shelf and together educate the community about what you have learned through your research.
  - School project: Work with other girls in school and share the important stories of heroines throughout history. Spread the good news of women leadership and inspire those around you.
  - Community project: Team up with members in the community to create and plant a community garden. Work with your community to keep the garden space vibrant year after year.

## Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.
- Learn more about Girl Scout Juniors by attending an Extra! Extra! For Girl Scout Junior Leaders training session.

## Resources

- This activity plan has been adapted from the *It's Your World—Change It! Agent of Change Journey*, which can be used for additional information and activities.

## Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below if needed.
  - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

## Activity #1: Dez’s Web of Friends

Journey Connection: Links to Journey theme

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Yarn

Steps:

Have girls do this activity to see how their individual qualities, when joined together, create a strong and powerful team.

1. Invite the girls into a circle.
2. Hand the ball of yarn to one girl and ask her to list a power that she brings to the team, for example: "I'm good at motivating other people" or "I love working with little kids."
3. Once the first girl has spoken, she holds onto the thread end of the yarn, tosses the ball to another girl so they yarn unwinds, and calls out, "What about you?"
4. The second girl states a power that she adds to the team, and then tosses the ball of yarn while still holding onto part of its thread, and so on around the circle.
5. When every girl has had a chance to share, point out that the yarn has formed a web, connecting all the girls and symbolizing the team's strength and power.

## **Activity #2: Teamwork**

Journey Connection: Session 2—Trust Me!

Time Allotment: 30 minutes

Prep Needed:

- Gather materials and supplies.
- Display the assortment of items on the table.

Materials Needed:

- Relay items which could include:
  - Balloons
  - Spoons
  - String
  - Tape
  - Dice

Steps:

1. Teams are made up of leaders who step up to the plate and take action. But team leaders don't do it all themselves. They reach out to others. They talk. They listen. They grow and strengthen their teams.
2. Through this activity, girls will learn how to best operate as a team. They will identify the strengths of their team as well as challenges they face.
3. Divide girls into two teams.
4. Tell girls that the teams will be designing and participating in a relay.
5. Give the teams ten minutes to design a relay using some or all of the provided supplies.
6. Next, have the teams try each other's relays.
7. Optional: Try the relay:
  - Without talking
  - With everyone's eyes except for one girl on each team
  - With arms behind backs
  - Other ways you brainstorm
8. Discuss with the girls how their teams functioned, both in designing the relay and taking part in one. In what ways did their team work well together? In what ways could they improve? What was the most challenging thing about working in a team on this challenge?

## **Activity #3: Team Take Action Snack Chat**

Journey Connection: Journey Session 2—Great Leaders and Great Teams

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies, including snack.
- Cut strips of construction paper measuring 8 ½" x 3."

Materials Needed:

- Precut strips of construction paper

- Glue sticks or tape
- Food items, dependent upon snack chosen

#### Steps:

1. Invite girls to have snack and ask them to brainstorm what they can accomplish as a team, including ways they could help their school or community.
2. Discuss service projects versus take action projects. Take Action is different than community service. While community service is an important and fundamental part of Girl Scouting, it typically only addresses a community need for a short period of time. Take Action projects pick up from where short-term community service projects leave off. An easy way to remember the difference between community service and Take Action is whether the project is being done *for* the community or *with* the community. If a girl is doing something *for* the community she is most likely working on a community service project. If a girl is doing something *with* the community, she is most likely working on a Take Action Project. Also think of it this way: A community service project is a short-term solution; a Take Action project is a long-term solution. Take Action Projects are also measurable and sustainable, and identify the root cause of an issue.
3. Have girls brainstorm ideas for a Take Action project. Discuss what ways they can work together to complete a Take Action project.
4. Ask each girl to write one take action idea on a strip of construction paper. It can be an idea that was already shared or a new idea. Remind them about what they have worked towards so far in the Agent of Change Journey. They have learned about the power of me, and the power of team. What skills do they have separately and together that can help them complete a take action project?
5. Girls will then work together to make a take action chain with the construction paper.
6. One at a time, have girls take their paper strip and make a link (circle) to form a take action chain they can hang from the ceiling or wall.
7. After the chain is complete have girls vote on one idea in which they can complete their take action project together in order to complete their Agent of Change Journey. Use the questions below to help guide the discussion.
  - What project would be fun to do?
  - How can we involve others in this project?
  - What supplies do we need to complete the project?
  - What can you do to tell others about the project and inspire them to take action too?
8. Remind girls they will make a difference in the community together! By working together, they can accomplish great things. That's the power of team!

### Wrapping Up

Time Allotment: 15 minutes

#### Materials Needed:

- Optional: Make New Friends printed on poster board

#### Steps:

1. Instruct girls to get into a Friendship Circle. Have girls 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."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

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.

### More to Explore

- Field Trip Ideas:
  - Visit a local charitable organization or volunteer group to see a team of people working together to do good things.
- Speaker Ideas:
  - Invite a city official to the troop meeting to discuss how teams of officials, employees and citizens work together for the common good.

### Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [troopsupport@girlscoutsv.org](mailto:troopsupport@girlscoutsv.org).

### Family Follow-Up Email

Use the email below as a template to let families know what you did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today discovering the power we have when we come together as a team, and the good we can do with that power. We have earned the Power of Team Award.

We had fun:

- Discovering each other's strengths and positive qualities
- Working as a team to design and participate in an obstacle course relay
- Exploring ways to help our school and community with our team power

Continue the fun at home:

- Work together to take action on a project at home.
- Share with your Girl Scout the characteristics that you value most about her and why. Ask her which of your characteristics she values most.
- Look at the *Agent of Change* Journey book with your Junior and read about the adventures of Dezi the spider.

Thank you for bringing your Junior to Girl Scouts!