

JUNIOR aMUSE JOURNEY (REACH OUT!) - MEETING 1

Journey Award Purpose: When girls have earned this award, they'll understand the many roles women and girls play in the world around them and the leadership skills they use to play them.

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
10 minutes	Flurry of Roles <ul style="list-style-type: none"> Girls explore the many different roles girls and women can play in life. 	<input type="checkbox"/> Sticky notes with roles
10 minutes	Take the Stage <ul style="list-style-type: none"> Girls role-play different roles. 	<input type="checkbox"/> Slips of paper with various roles
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing what they've learned. 	<input type="checkbox"/> Healthy snack
20 minutes	Quick Draw <ul style="list-style-type: none"> Girls discuss how stereotypes might limit who can play particular roles. 	<input type="checkbox"/> Pencils with erasers <input type="checkbox"/> White paper (1 sheet per girl) <input type="checkbox"/> (Optional) Coloring utensils
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 and recite the Girl Scout Promise and Law.

Activity #1: Flurry of Roles

Time: 15 minutes

Journey Connection: Session 1 – Flurry of Roles

Materials Needed: Sticky notes with roles

Prep Needed:



- Write the roles below (or others, if desired) on sticky notes—one role per sticky note. Then, stick them on the wall, or put them all out on a table.

○ Athlete	○ Cartoonist
○ Pilot	○ Surgeon
○ Lawyer	○ World traveler
○ Veterinarian	○ Writer
○ News Reporter	○ Friend
○ Princess-in-training	○ Actor
○ Artist	○ Chef
○ Dancer	○ Coach
○ Scientist	○ Fashion stylist
○ Insect expert	○ Game creator
○ Ice skater	○ Architect
○ Song writer	○ Mayor
○ Astronaut	○ Mother
1. Gather the girls around the table (or wall) with the sticky notes and explain that each note names one of the many roles girls and women can play in life.
 2. When you say, “Start,” all girls will have one minute to grab some roles and stick them on themselves and one another.
 3. Girls should place only those roles they think are truly good fits for themselves or whomever else they’re placing them on.
 4. When the minute ends, call, “Time!” and bring the girls together. Ask them not to remove any of their sticky notes.
 5. Give them a moment to look around at all the roles stuck to them. Ask:
 - What do you think about the roles you chose for yourself? The roles other girls chose for you?
 - What about the roles you gave other girls?
 - Which roles do you think are the best fit for you? Which aren’t a good fit at all? Why?
 - Which roles weren’t chosen by anyone? Why do you think that is? Are they roles you never imagined trying? Why?

Activity #2: Take the State

Time: 10 minutes

Journey Connection: Session 1 – Take the Stage

Materials Needed: Slips of paper with various roles

Prep Needed:

- On slips of paper, list a variety of active roles (one role per slip). You can use the following, or add some of your own: ballerina, karate teacher, builder, painter, orchestra conductor, theater usher, referee, baseball coach, dog walker, hair stylist, drummer, traffic officer, etc. Add any of your own.
1. Get the girls moving with this role-play game about “active” roles for girls and women.
 2. Invite the girls, one at a time, to choose one of the slips of paper with an active role written on it.
 3. After each girl chooses a role, ask her to jump into the “spotlight” and act out the role quickly, in just five to ten seconds, as the other girls try to guess what role she’s playing.
 4. When her time is up, have the girl say who guessed her role correctly or call out what her role was.
 5. Then, another girl takes the stage.
 6. Continue the game until all the girls have had two or more turns at playing a role.

Activity #3: Snack Chat

Time: 15 minutes

Journey Connection: Questions link to multiple sessions

Materials Needed: Healthy snack



While enjoying snack, ask the girls to list the women they see daily and what roles those women play. Discuss:

- Which of these women plays more than one role?
- Which of these women do you consider leaders? Why?
- What leadership traits do you see in the women around you that you also see in yourself?
- What leadership traits do you see in the women around you that you aspire to?
- Think about the Girl Scout Law. Which of its values do these women seem to honor in the roles they play?
- Which of these values do you also honor?
- Which of the roles played by these women might you like to try?

Activity #4: Quick Draw

Time: 20 minutes

Journey Connection: Session 2 – Quick Draw Parts 1 and 2

Materials Needed: Pencils with erasers; white paper (one sheet per girl); (optional) coloring utensils

1. Hand out the supplies and let the girls know that they are about to try a fun way to learn how they picture various roles.
2. Tell the girls that you are going to call out roles, and they have one minute to draw the first picture that comes to mind. Just a quick sketch is needed—even a stick figure is fine. Possible roles include:
 - Tennis player
 - Newscaster
 - Farmer
 - Model
 - Dentist
 - Dancer
 - Mayor
 - Doctor
 - Nurse
 - Waiter
 - Flight Attendant
 - Basketball Player
 - Firefighter
 - Police Officer
 - President
 - Skier
 - Bike Racer
 - Mail Carrier
 - Banker
 - Pet Shop Owner
 - Veterinarian
 - Gym Teacher
 - Science Teacher
 - Librarian
 - Secretary
 - Math Teacher
 - English Teacher
 - College Student
 - Scientist
 - Scuba Diver
 - Pilot
3. Now get the girls talking about who they see on TV or in the movies in those roles, whether they are mostly males or females, and how what they see may affect the way they think about certain roles.
4. Now, call out one of the characteristics listed below and ask the girls to erase and change one of their drawings to the opposite of what it is now.
5. For example, if the girls drew a male dentist and you call out “gender,” they erase and change the dentist’s hair and face to be female.
6. Point out that these attributes are some of the ones that people might unthinkingly use to limit a person’s roles, and that no one should feel limited. When we limit the roles people can play—even just in our minds—we put people in a role we choose for them, rather than a role they choose for themselves. That’s called stereotyping!
7. Do as many rounds of “Quick Draw!” as the girls like, using these characteristics:
 - Gender (male/female)
 - Age (young/old)
 - Size (short/tall; large/small)
8. As girls discuss these stereotypes, add in even more characteristics and encourage girls to do the same.



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.

More to Explore

- Field Trip Ideas:
 - Visit a local theater group and talk about the roles that they have played.
- Speaker Ideas:
 - Invite women from the community to your meeting to talk to the girls about different roles they play in their lives.

