

JUNIOR AGENT OF CHANGE (THE POWER OF ONE) – MEETING 1

Journey Award Purpose: When girls have earned this award, they'll see how their personal qualities—and those of other women and girls—give them the power to do good things in the world.

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
20 minutes	What Is Power? <ul style="list-style-type: none"> Girls discuss the definition and meaning of power. 	<input type="checkbox"/> Word poetry <input type="checkbox"/> Paper (one sheet per team of four to five girls) <input type="checkbox"/> Writing utensils
10 minutes	Discovering My Power <ul style="list-style-type: none"> Girls think about their own powerful qualities. 	<input type="checkbox"/> Writing utensils <input type="checkbox"/> Paper
15 minutes	Women Leaders Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing past and present female leaders. 	<input type="checkbox"/> Healthy snack <input type="checkbox"/> (Optional) Resources on past and present female leaders
15 minutes	I Am a Leader <ul style="list-style-type: none"> Girls brainstorm what personal qualities make them a good leader. 	<input type="checkbox"/> Construction paper <input type="checkbox"/> Old magazines and newspaper <input type="checkbox"/> Scissors <input type="checkbox"/> Glue <input type="checkbox"/> Writing and coloring utensils
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends 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: What Is Power?

Time: 15 minutes

Journey Connection: Session 1 – Thinking About Power

Materials Needed: Word poetry, paper (one sheet per team of four to five girls), writing utensils

Prep Needed:

- Print off and cut out word poetry.
 - Clear an open space at your meeting location and mark a line down the middle (with tape, string or some other objects).
1. Ask girls to stand single-file along the marked line. Designate one side of the line as “Agree!” and the other side as “Disagree!”
 2. Read the statements below aloud to the girls. Direct girls to jump to the “Agree!” side of the line if they think the statement is a good definition or example of power, and to jump to the “Disagree!” side of the line if they don’t think the statement is a good definition or example of power. If girls’ responses differ, ask them for reasons and explanations.
 - Power is telling other people what to do.
 - Only adults can be powerful.
 - Being part of a team is powerful.
 - Power is when you work to solve problems.
 - Skills and talents are powers.
 - Power is when you teach someone to do something.
 - Power is forcing other people to act or think a certain way.
 - Power is making a difference.
 - Kids like me don’t have any power.
 - Expressing an opinion is a powerful act.
 3. Divide girls into small teams of four to five.
 4. Give each team a sheet of paper, a writing utensil, and a set of word poetry.
 5. Direct teams to create a definition of power using the word poetry. If they are missing words that are critical to their definition, they can simply write them in.
 6. Ask teams to share their definitions with the large group.

Activity #2: Discovering My Power

Time: 10 minutes

Journey Connection: Session 1 – Discovering My Power

Materials Needed: Writing utensils, paper

1. Explain to the girls that it takes strength, skill, know-how, patience, and all sorts of other qualities to do something well. Everyone, famous or not, has a special blend of qualities that give them the power to do good things.
2. Ask the girls to think about their own powerful qualities.
3. Have the girls write their name vertically down the page on the left side.
4. Now have the girls think about powerful qualities, skills, or interests they possess, and what good they can do with those powers. They should think of one quality per letter of their name and write alongside the letters. For example, if the girl’s name is Tessa, she can write:
 - **T**houghtful—I can use my thoughtfulness to help others.
 - **E**nergetic—Even when something is hard to do, I am persistent and keep trying.
 - **S**mart—I can use my intelligence to help solve problems.
 - **S**ocial—I can be kind and helpful to my friends.
 - **A**nimal-lover—I can help animals by spending time with them at the shelter.



Activity #3: Women Leaders and Snack Chat

Time: 15 minutes

Journey Connection: Sessions 1 and 2 – Looking Back at Herstory

Materials Needed: Healthy snack, (optional) resources on past and present female leaders

1. People who put their powers to good use are leaders. A leader can be anyone, anywhere. A leader cares enough to want to do something. She inspires others to do their best and makes others feel great about their work. A leader listens, takes advice and strives for group success.
2. While enjoying a healthy snack of your choice, ask the girls to share some of their favorite female leaders throughout “herstory.” These leaders can be well known, or people the girls know personally.
3. Discuss with the girls:
 - Why do you consider this person to be a great leader?
 - What powers (strengths, skills, interests, and other qualities) does she have?
 - Do you have anything in common? What leadership traits do you see in her that you see in yourself?
 - What leadership traits do you see in her that you aspire to?
 - What values of the Girl Scout Law does she represent?

RESOURCE SUGGESTIONS:

- *Rad American Women A-Z* by Kate Schatz
- *Women in Science: 50 Fearless Pioneers Who Changed the World* by Rachel Ignotofsky
- *The Book of Heroines: Tales of History’s Gutsiest Gals* by Stephanie Warren Drimmer

Activity #4: I Am a Leader

Time: 15 minutes

Journey Connection: Journey Session 2 – What Makes Me Me?

Materials Needed: Construction paper; old magazines and newspapers; scissors; glue; writing and coloring utensils

Prep Needed:

- Gather materials and supplies.
1. Ask girls to brainstorm the qualities of a leader. Ask them to think about the personal qualities they have that make them a good leader, and qualities they don’t yet have but would like to develop to become an even better leader.
 2. Distribute the construction paper and art supplies, and have girls draw an outline of themselves on their paper. They just need the general body shape, not all the little details.
 3. Next, direct girls to look through the magazines and find words, phrases, and pictures that represent the leadership qualities they already have. Have girls affix those items inside their “Me” outlines.
 4. Next, direct girls to look through magazines and find words, phrases and pictures that represent leadership qualities they don’t yet have but would like to develop. Have girls affix those items to the page surrounding their “Me” outlines.
 5. After the girls are finished, have them share their “I Am a Leader” collages.

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:
 - Go to a library to learn about other great female leaders of the past.
- Speaker Ideas:
 - Invite a local female community leader to your meeting.



Word Poetry

power	lead	is
voice	a	leader
good	team	advice
world	opinion	strong
the	skills	talents
interests	when	someone
people	others	change
everyone	improve	anyone
listen	care	do



is	great	the
feel	to	inspire
it	takes	makes
not	success	does
adult	who	be
can	when	kid
use	girl	they
boy	best	can
that	help	dream

