

## JUNIOR aMUSE JOURNEY (TRY OUT!) – MEETING 3

**Journey Award Purpose:** When girls have earned this award, they will have the courage and confidence to try out new roles and Take Action to help stop stereotypes.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
10 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	The Real Me <ul style="list-style-type: none"> <li>Girls think of stereotypes they encounter in their daily lives.</li> </ul>	<input type="checkbox"/> The Real Me worksheets (one per girl) <input type="checkbox"/> Writing utensils
30 minutes	Break Through! <ul style="list-style-type: none"> <li>Girls use storytelling to combat stereotypes.</li> </ul>	<input type="checkbox"/> Large paper <input type="checkbox"/> Scrap paper <input type="checkbox"/> Writing and coloring utensils <input type="checkbox"/> Decorating and art supplies (i.e. glue, glitter, paint, construction paper, stickers, etc.)
10 minutes	Snack Chat <ul style="list-style-type: none"> <li>Girls enjoy snack and discuss new roles they see for themselves.</li> </ul>	<input type="checkbox"/> Healthy snack
15 minutes	Showtime <ul style="list-style-type: none"> <li>Girls present their story to an audience.</li> </ul>	<input type="checkbox"/> Breakaway banners (from Activity #2) <input type="checkbox"/> (Optional) Light refreshments
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

### Getting Started

Time: 10 minutes

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

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



## Activity #1: The Real Me

Time: 15 minutes

Journey Connection: Session 5 — First, the Stereotype

Materials Needed: “The Real Me” worksheets (one per girl); writing utensils; whiteboard or large paper; markers

Prep Needed:

- Make copies of “The Real Me” worksheets (one per girl).
1. Ask the girls to reflect on what they’ve learned about stereotypes so far. Be ready with some discussion points to prompt them if they get stuck. Remind them that a stereotype puts others into a group without thinking about them as individuals.
  2. Give the girls a few minutes to fill out their “The Real Me” worksheet, listing how other people see them in one column, and who they really are/how they see themselves in the second column.
  3. After they’re done, have the girls share the stereotypes they’ve encountered in their personal lives. How does hearing these stereotypes make them feel? How does it limit what they try to do?

## Activity #2: Break Through!

Time: 40 minutes

Journey Connection: Session 5 – Next, the Story Line and Session 6 – Time to Create!

Materials Needed: Large paper; scrap paper; writing and coloring utensils; decorating and art supplies (i.e. glue, glitter, paint, construction paper, stickers, etc.)

1. Now that the girls have come up with a list of stereotypes they’ve encountered, ask them to pinpoint one stereotype from their list that they want to challenge and Take Action against.
2. The girls should work on stories about their personal stereotype and how they’ll challenge the stereotype in the future.
3. After they’ve finished their narratives, give them time to work on their breakaway banners. The girls should write their personal stereotype in large letters on the banner (so it’s visible to the audience) and then decorate it as they please.
4. During the final ceremony, they’ll “bust through” their stereotypes and then share their stories. Have the girls practice their story before presenting it to everyone (they can practice the story, but should reserve bursting through the paper until their audience comes!)

## Activity #4: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

While enjoying snack, here are some things for girls to talk about:

- What are some ways you encourage yourself (and/or your friends) to be courageous and try new things?
- What new roles can you see yourself pursuing?
- Are there any other stereotypes you’d like to “burst through”?
- What information would you share with other people about stereotypes?

## Activity #4: Showtime

Time: 15 minutes



Journey Connection: Session 8 – Showtime! And Session 9 – Looking Ahead: My Dream Role, My Story

Materials Needed: Breakthrough banners (from Activity #2); (optional) light refreshments

Prep Needed:

- Invite another troop or families to attend this meeting to provide an audience for the Girl Scout Juniors.
- 1. Explain to the audience that the girls have been learning about stereotypes and how those stereotypes can impact the various roles that girls and women play in their everyday lives.
- 2. Have the girls “bust through” their breakaway banners and tell their stories. (Solicit help from the other girls to hold up the banner for their fellow troop members to go through.)
- 3. Afterwards, ask the audience what they learned from the performance and how it made them feel. Have the girls share instructions with the audience on steps they can take to “break through” their own personal stereotypes.
- 4. If serving, enjoy the light refreshments and celebrate with the girls on a job well done!

NOTE: If you’re able, research some places where girls can perform their skit to a larger audience (i.e. the local library, community center, their school) for an even greater impact!

## Wrapping Up

Time: 10 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:
  - Attend a play or show at a theater, children’s theater, or puppet theater.
  - Visit a museum to see how artists tell their stories through different mediums (painting, photography, etc.)
- Speaker Ideas:
  - Invite someone who works in advertising or marketing to share how they use storytelling as part of their job.
  - Invite a female firefighter, engineer, architect, or business owner to talk about their experiences with stereotypes.

## 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 the girls are involved in doing something to make a difference in their community.



## The REAL Me

People think I...

But REALLY, I...

Break Through Stereotypes! (Inspiration to share with others)



### **Break Through Stereotypes!**

1. What's a stereotype? Stereotypes put others into a group without thinking about them as individuals. For example, "Girls aren't good at math" is a stereotype. So is "Boys are always tough."
2. Think about a stereotype (or stereotypes) that other people might have about you.
3. Stereotypes can keep people from fulfilling different roles they want to play. How does this stereotype limit you? How will you bust through?
5. How can you help others who might be harmed by this stereotype?

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