Girl Scout Cadette – *Breathe* Journey

**Basic Description:**

- Focuses on the many aspects of air through the use of all of the senses
- Girls learn about
  - Noise
  - Air Pollution
  - Global Warming
  - Deforestation
  - Renewable Energy—windmills
- Career section—girls can learn about a variety of jobs related to air
- Also includes little breaks for relaxation, cooking and self-reflection

**What do they earn and how do they earn them?**

- **Aware Award**
  - Keep an Air Log
  - Identify experts who can guide you to greater air awareness
  - Increase your awareness about the issues that impact the Earth’s air
  - Determine the most important reason you care about the Earth’s air
- **Alert Award**
  - As an ACT (Air Care Team), choose an air issue to act on together
  - Ideas for projects are listed on pages 68–69 of the leader guide
- **Affirm Award**
  - Gather proof of progress or improvement through your efforts to educate and inspire. How are your efforts benefitting the environment?
Possible Field Trips or Community Partners:

- Yoga studio
- Wind farm
- Visit the symphony or concert to explore sound
- Visit a sound studio

Additional Programming Ideas for Troop Meetings or Field Trips:

- Do some of the activities at camp or a retreat instead of troop meetings
- Make some of the recipes listed in the book or find other “air” recipes
- Spend time journaling in nature—listen to the sounds, feel the air—how does it feel?

Other Thoughts or Helpful Hints:

- It is helpful that each girl have her own copy of the Journey book
- The green boxes throughout the leader guide provide great ideas for additional programming

Interest Projects & Other Program Connections:

- Architecture and Environmental Design IPP
- Eco-Action IPP
- The Food Connection IPP
- From Stress to Success IPP
- Please note: Other Interest Projects and Program can fit in as well. This is just a list to get you started.

Leader in Action Award:

The Leader in Action (LiA) Award is an official award for Cadettes who mentor Brownies through the WOW—Wonders of Water Journey. It is different from the LiA received in the It’s Your World, Change It Journey. Requirements for earning can be found on pages 20–21 of the Cadette leader guide for Breathe.
Girl Scout Cadette Sample Meeting 1

**Goal:** Girls get to know each other better and begin to generate ideas for their troop year.

**Supplies needed:** Journey adult guides and girl books.

| Arrival Activity: | Invite the girls to make name tags if they don’t all know each other. Try to greet the girls as they arrive and encourage them to talk with each other as the rest of the group arrives. If they are engaged in conversation, let them continue for a while. |
| Cadette Girl Scout Circle: | **Part A – Business:** Sit in a circle. Take attendance and collect dues, which the girls can handle in subsequent meetings. Remind them of the quiet sign. If you have any new girls, quickly explain what this is. Introduce yourself to the girls, if they do not know you, as well as your assistant. Then encourage the girls to introduce themselves and share something they enjoy doing.  

**Part B – Sharing:** If the girls already know each other, do a “check-in” anyway. You can use the metaphor of the weather report for this. Ask them to describe how they are feeling using a weather term. For example, “lots of sun,” “overcast,” “cloudy but clearing.” Or have them share a little-known fact about themselves.  

If the group is active, try a Human Bingo game. Each square within the Bingo is something a girl may have done, such as climbed a climbing wall. The girls go around the room and try to find someone to sign each square. Each time they find someone who satisfies that square, she initials it. When she has 5 in a line, she yells, BINGO.
**Program Activity:** Introduce the Journeys for this grade level and any other Girl Scout resources and activity books that you think might interest the girls. Let them spend time going through them. You may want to have them look at these in small groups and encourage them to think about where they would like to start. Have each girl or small group report out with suggestions. In addition to the interest created by the books, brainstorm with them the things they would like to do in their Girl Scout troop. Again, this could be done in pairs, so everyone participates and then the pairs share their list so one troop list might be generated. Discuss next steps.

**Snack (optional):**
*(10 minutes)*
This will vary from group to group depending on the time of day the group meets and possibly the duration. Provide a healthy snack for the first meeting and then discuss with the girls how they want to handle this.

**Clean-up:**
*(5 minutes)*
If there is clean-up to be done, encourage total participation.

**Closing:**
*(5 minutes)*
A Friendship Circle & squeeze, or however the girls determine they would like to close.