

CADETTE BREATHE JOURNEY MEETING 3

Award Purpose: When you've earned this award, you'll know ways to improve air quality while supporting and nourishing your own abilities as a leader who is aware, alert, and able.

Activity Plan Length: 1.5+ hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Plant the Idea <ul style="list-style-type: none"> Create signs to educate people on how houseplants can help improve indoor air quality. 	<input type="checkbox"/> Poster board <input type="checkbox"/> Paper <input type="checkbox"/> Index cards <input type="checkbox"/> Markers
Varies	Seeds of Change <ul style="list-style-type: none"> Plant houseplants into pots for your Take Action project and get them out in the community to make a difference in indoor air quality. 	<input type="checkbox"/> Plants <input type="checkbox"/> Pots <input type="checkbox"/> Soil <input type="checkbox"/> Trowels, hand shovels, or spoons <input type="checkbox"/> (Optional) Paints and paintbrushes
20 minutes	Connect + Reflect Snack Chat <ul style="list-style-type: none"> AFFIRM the results of your Take Action project. 	<input type="checkbox"/> Journal or notebook <input type="checkbox"/> Writing utensils <input type="checkbox"/> Healthy snack
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: Plant the Idea

Time: 20 minutes

Award Connection: Session 7 – ALERT! It's Happening!

Materials Needed: Poster boards; paper; index cards; markers

Prep Needed:



- Research the houseplants you will be planting so you can make signs about how they help improve indoor air quality.
1. Decide what size signs would be best for the community site where you are placing plants: poster board, regular paper, or index cards.
 2. Use your flair to create catchy signs that will ALERT people about the ways that houseplants can help improve indoor air quality.

Activity #2: Seeds of Change

Time: varies

Award Connection: Session 7 – ALERT! It’s Happening!

Materials Needed: Plants; pots; soil; trowels, hand shovels, or spoons; (optional) paints and paintbrushes

Prep Needed:

- Connect with the community site where you would like to place your plants. If it’s a school, contact the principal, for example. Ask for permission to place your plants and your signs there, and make a plan for plant care.
1. Now you get to really dig in to your Breathe Journey! Re-pot your plants into various pots. Be sure they each have enough soil to help the plant stand upright and be supported.
 2. Optional: Paint the pots with decorations and messages. (If you want to do this option, it may be easiest to paint the pot before planting it.)
 3. Deliver your plants to the community site you’ve contacted. Place your signs near the plants. Be sure to follow through on plant care, whether you’ve agreed to come back and water the plants, or if someone at the site has agreed to take on the plant care task.

Activity #3: Connect + Reflect Snack Chat

Time: 20 minutes

Award Connection: Session 8 – Take the Pulse and Session 9 – Signs of AFFIRMation

Materials Needed: Journal or notebook; writing utensils; healthy snack

1. Take some time to connect with your group. AFFIRM that you’ve all used your flair to tackle an air care issue!
2. While having a healthy snack, discuss the following questions as a group:
 - What were the intended results of your Take Action project?
 - What were the actual results?
 - What will you do the same the next time you tackle a group project?
 - What will you do differently?
 - How did each person’s flair contribute to the project in unique ways?

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 various community sites that could use some houseplants to help improve indoor air quality.
- Speaker Ideas:
 - Invite a leader from your community site to speak to your group about the mission of the organization, and how your Take Action project can impact the people they serve.

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.

The most important part of a Take Action project is that girls are involved in doing something to make a difference in their community.

Other ideas for Take Action projects for Breathe:

- Media Manners Manual: Create an etiquette manual for using cell phones and text messages. Come up with ways to stay connected while still respecting others and keeping the noise down.
- No-Butt Zones: Research the effects of secondhand smoke. Surveys nonsmokers to find out how they feel about friends who smoke. Start an anti-smoking campaign at school.

