

Get Moving Journey in a Sleepover

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95	Book Signing	15 min. Together
		Total Time: 8 hours

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Session 1

33 How do you use energy?

15 min.

Supplies:

Girl Book (pg 10-11)

Ask the girls to think of all the ways they've used energy or seen energy being used in the past 24 hours.

Ask: Did you take a shower, play with the cat, text a friend? Did you toss a ball? Figure out a math problem?

Have the girls look in their books page 10-11 to see examples of different types of energy.

Make a game of it. Have the girls sit in a circle and see if they can go around two more times naming ways they've used energy.

Next, ask the girls if they know the terms "energy efficiency" or "energy-efficient" and explain what they mean. If no one knows, say something like "Energy-efficient means using less energy to do the work needed."

Have the girls go around the circle again giving examples of ways to be energy efficient.

34 Explain 3 badges: energize, investigate, innovate

15 min.

Supplies:

Girl Book (pg. 7, 106-109)

Energize: To earn this award, you will explore what personal energy is, and all the ways you can use your personal energy to its fullest. Leaders are full energy! They know how to energize themselves and everyone around them! That's what this journey is all about.

Investigate: As a team, you will investigate energy at home and in this building. You'll come up with recommendations for how to improve its energy efficiency. Investigating is something all good leaders do! Leaders investigate issues and ideas in order to accomplish their goals.

Innovate: As a team, you will create and put in place a plan for how your community can conserve energy and use energy wisely. Great leaders are innovators! They come up with ways to do things better. But they don't do it on their own. They take in opinions from everyone around them in order to achieve the best results.

35 Make recycled notebooks

30 min.

Supplies:

Cookie boxes	Scissors
Pink paper	Crop a dile (both hand and lever action)
Yarn	Paper trimmer (optional)
Tape (for ends of yarn to thread through)	

Explain to the girls that part of being energy-efficient is to use what you have on hand rather than purchasing new things. Everything we are using to make our journals were from troop supplies left over from other things. We will use this for jotting down notes throughout the journey.

1. Girls trim down cookie boxes with scissors. Let them get creative. One edge needs to be straight for binding.
2. Each girl gets 10 sheets or so of the pink paper and using the paper trimmer cuts to fit
3. Lining up and punches holes with crop a dile. They can do as may holes as they want. 3 are recommended.

<http://girlscoutleader101.blogspot.com/>

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4. Choose a yarn and cut length for threading. Tape the ends (think shoelace) to make it easier to get through the layers.
5. Using a pencil on the spine to give a little slack, tie square knots to hold the book together.

Give girls time to decorate/doodle up the first page. On the next page, have the girls write “How do you energy?” and together recall and list a few ways we discussed. If time, discuss the type of energy needed for each step in making the notebooks. Girls can jot those down in their notebook too if they want.

Session 2

37 Word for my energy to pick nickname for journey

15 min.

Supplies:

8 1/2x11 cardstock
Recycled notebooks

Invite the girls to sit in a circle. Explain that energy is all around us – it’s within us, too. Each person has her own unique personal energy and it’s something she can use to be a good leader. Some people are bright, bouncy, or bubbly. Others are calm, focused, and steady.

Invite the girls to think of a word and image that describes their unique energy. They can write their word and draw their image in their book. After they have done that, ask them to go around the circle and say the word aloud and how they might use that energy to be a good leader. Then, each girl will draw an image of her energy on the cardstock.

40 Team Energy Pledge

15 min.

Supplies:

Girl book (pg 26-31)
Recycle notebooks

Read about the Wasted Energy and talk about ways we can make our meetings more energy-efficient. Come up with some energy-saving “rules” to follow for our time at Silver Meadows. Encourage the girls to keep in mind that the more they use their own energy (to think, plan, do), the less of Earth’s energy they’ll need to use. Ask the girls to jot down their ideas in their notebook

41 Recycled paper bead earrings

30 min.

Making recycled earrings with paper beads and “on-hand” supplies!

Supplies:

Old magazines	Earring hoops
Mod podge	Small Beads
Wire charm pins	Needle nose pliers and looping pliers

Instructions:

1. First tear out a few aged pages from an old book. Take your paint brush and adhesive/sealant of your choice. Coat both sides of you pages, twice, let dry between coats.
2. Use one of the charm eyelet pins. Decide if you want beads on both ends or just one. Beads need to be added to the end with the eye BEFORE wrapping paper.



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3. Cut your paper into strips, long ways. Cut them just a little smaller than the area between the loops on your links, approximately $\frac{3}{4}$ ". So that you will have plenty of room to make a wrap on each side of the loop, between the link loop and the paper.
4. Start rolling one end of the aged paper strip (just enough to get a little curl in the end to make it easier to get started rolling). Unroll, and now place the link at the end of the paper in the little curl and start rolling. Roll as much as you want, depending on the size of bead that you want. Be sure to keep the paper straight as you roll. When you get to where you have about an inch left to roll, apply some of your adhesive/protector to the underside and finish rolling. Wipe off any excess, hold for a little bit till it starts to stick, then set your first wire wrapped paper bead to the side to dry, and repeat step #5 till you finish rolling the rest. **Let dry overnight.**
5. Add beads to the other end of the pin.
6. Using looping pliers, make a loop and thread through the earring hook.



43 Recycle Artists discussion (girl book 40-43)

15 min.

Supplies:

Girl book (pg 40-43)
Notebooks

Waste No More!

Point the girls to the stories about Recycle Cindy and Nancy Judd, the Recycle Runway artist, on pages 41-43 in the girls book. Have the girls brainstorm and think of a way to think of something they could use. Write this in their notebooks with the title "Waste No More!"

- Many people take trash and find a way to make it into something new and innovative – and often beautiful!
- Let's share one item we throw away that we'd like to find a new use for. This is one small step to saving energy.

Session 3

45 Role-play !Vamos Ya (girl book 85-101)

30 min.

Supplies:

Girl book (pg 85-101)

Juniors get a jump start on their Innovate project by reading and discussing the comic story in their book. Suggest a group read, and encourage girls to "take on" the roles of the fictional Juniors and narrator.

Questions for discussion:

- How do animals in the story use energy? And the girls? Is there a connection?
- The trip to the zoo leads to an unexpected event. What do the girls' reactions reveal about how they get along? What can be learned from the relationships in the story?
- How do the girls organize their project? What about their way of teaming up is good? What's not good?
- What about the girls' plan could help you energize your community to create a lasting change?

46 Sketch an animal, insect creating energy (show spider video)

15 min.

Supplies:

Lora's phone: spider video, panda video
Girl book (pg 50-51)
Notebooks

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Show the video and ask the girl's to think of ways the insects and animals are using energy and getting energy. Have the girls read through pages 50-51 and then, have them sketch in their notebooks an animal/insect creating energy

Questions for discussion:

- What sort of animal energy and animal movement did you see?
- How is movement necessary to an animal's survival?
- How do animals use sound energy?
- How do humans use the energy of animals?
- Did you read about the phrase "charismatic megafauna" from the story about the scientist who studies elephants in your book? Why do you think we like certain animals enough to want to protect them?

After completing this activity, let the girls know they have earned their Energize badge!

Session 4

53 Draft checks

30 min.

Supplies:

Notebooks pencils
Plastic wrap tape

Brr, That's Cold: Checking for Drafts

Start by asking: Do you know what a draft is? You might explain: A draft is air moving in or out of a building in a place where it's not wanted, such as around a window, door, or electrical outlet. The places where cables enter buildings can also be drafty.

If a building has drafty places, energy is being wasted because it's escaping from doors or windows. It means outdoor air is coming inside and indoor air is going out. So you may be heating or cooling that unwanted outdoor air, and you heated or cooled indoor air is escaping. This means that rooms can lose heat in the winter or lose cooled air in the summer. All of this wastes energy.

Okay, let's check for drafts!

Prepare:

Ask girls if they want teams, individual, or all together? Their decision.

Make a Chart:

Have girls make a chart in their notebook like on page 56 in the Leader book. Sample here:

Location	No Draft	Small Draft	Medium Draft	Large Draft

Make a Draft Checking Tool:

Instruct girls to cut a 6x12 inch piece of plastic wrap and tape one short edge to the plastic to a pencil, letting the rest hang free. The girls can gently blow on it to see how sensitive it is to the flow of air.

Encourage girls to explore the lodge to find places that may feel drafty. Ask:

- Where would you check for drafts? (Windows, doors, electrical outlets)
- Do you see cracks in the walls or other openings to outside?

Record findings on the chart and report back.

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55 Hot drink cozies from blue jeans

Hot drink cozies are a form of insulation – and they conserve resources by replacing paper cozies that usually get through away after each use. Encourage girls to gift the cozies to an adult who enjoys coffee or tea.

Ask: Do you think it will make a lasting change – by cutting back on the use of paper cup holders – that might catch on in a bigger way?

Supplies:

scraps of denim	scissors
cardboard template from a commercial coffee cup	embroidery floss or sewing thread
quilt batting	Velcro

30 min.



Instructions:

1. Use a cardboard coffee cup ring as a template for your coffee cozy. Lay onto your denim and cut one piece for the front and one for the back.
2. Cut a piece of an old quilted placemat or an old mattress pad and place the top piece on top and the bottom piece on the bottom. Notice I didn't leave any seam allowance. Just make the "sandwich" of fabrics and topstitch, leaving the seams "raw".
3. Take the cozy and place on the cup as the cardboard one had fit the cup to determine where to sew the button for closure. Mark the spot with a washable fabric marker and sew the button in place.
4. Lay the elastic hair band on the other side and pin into place. Zig zag stitch in place with the sewing machine.

Session 5 & 6

58-61 Building Audit (condense list to checklist/questions)

15 min.

Supplies:

Notebook
Pens/pencils

Go over your energy audit findings and make a list of problem areas and questions. Questions may include why something is the way it is, if there is a plan to improve, etc.

62 Communication Maze (copies for girls on pg 66&67)

15 min.

Supplies:

Copies of pages 66 & 67 from Leader's book

Give one girl in each pair a pencil and copy of the first maze face down. Then explain the game.

- The girl with the copy of the maze will follow directions from her partner. When it's time, she'll close her eyes and flip over the maze paper.
- Her partner will place the pencil point at the start of the maze and talk her through it. The partner will give directions like "Start drawing a line toward you. Now stop. No go left. Further, further, stop. Go left..." until the girl with her eyes closed reaches the end of the maze.
- When the first girl has finished, the partners switch roles and try the other maze.

When they're finished, engage the girls in a discussion about the game and communication. Ask questions like:

- Was it harder or easier than you thought it would be? Why?
- If things didn't go as smoothly as you would have liked, what would you change about your directions next time? What would you want your partner to do differently?
- How can you use your energy to communicate better?

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65 Communicate like an advocate

15 min.

Supplies:

Leader book copies of page 63-65

Lead the girls to review page 63-64 about tips Communicate with Style.

Then, review page 65 to “Say it Like an Advocate”. Tips include to be specific about your group, your idea, the importance.

74 Writing a letter for change

30 min.

Supplies:

Leader Book copies pages (74-75)

Lined paper for writing the letter drafts and final version

Have girls review the Letter Writing Do’s and Don’ts and start drafting a letter for change. They should have a final form letter by the time they finish.

Let the girls know they have now earned the Investigate Badge

Session 7

76 Innovate Puzzle

15 min.

Supplies:

Girls Book page 67

Leader Book page 76

Pencils

Ask girls to turn to page 67 in their book and read the story about Sarah Susanka and try their hand at the puzzle. Don’t show them the Leader book.

After the girls have tried to work on the puzzle alone, have them work together to brainstorm for an idea. If they don’t figure it out, show them the result and stress the importance of when you “innovate” you have to think outside the box for a solution.

76 Risk and Impact

15 min.

Supplies:

Notebook

Pen/pencil

Lead the girls in a discussion about what they’ve learned so far. Ask them to jot down a few things in their notebook and share with the group.

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78 Team Choice Innovate Project Brainstorm

30 min.

Supplies:

Notebook

Transition from the Rick and Impact to talking about using what they have learned to brainstorm for an idea on something they could do for an Innovate project.

- Listen to all options
- Give everyone a chance to speak
- Keep talking
- Compromise
- Vote

Suggestions: Signs for doors at lodge, signs for the bathrooms to conserve water, etc. Tell the girls we can laminate and bring back to install. We could also make more cozies and hand out at our cookie booth to customers.

Session 8

85 Make A Team Decision on an Innovate Project

15 min.

Supplies:

Leader book page 83

Have the girls work together to complete the Innovate project idea.

Session 9 & 10

83 Innovate Project

30-60 min.

Work on project and determine what can be done there and what the girls need to complete at home, deadlines, what leaders need to complete, etc.

Session 11

95 Team Photo

15 min.

To celebrate achievement, take some photos of the group with Innovate project props.

95 Book Signing

15 min.

Supplies:

Notebooks

Have the girls pass their books around to sign, write notes, etc. to each other like a yearbook.

Total Time: 8 hours