

Journey Assets

Brownie

The journey books are packed with information and activities on science, healthy living, and the arts. Because these topics are woven throughout the girl books and adult guides, we've created Journey Assets lists to give busy council staff and volunteers a fast, easy way to find the relevant pages for each topic area. You can use Journey Assets to plan events that address specific girl interests, provide examples to potential funders and partners, or recruit experts who can support girls and volunteers on the journeys.

Series: It's Your World—Change It!

Brownie Quest (girls' book)

Healthy Living

- 54: Go shopping for healthy snacks.
- 55: Lead your family to try a new healthy habit, like go for a walk or bike ride, make a healthy snack, drink more water, play an active game, etc.
- 56: Recipes for healthy snacks: Baked apples, fruit juice fizz, dips.
- 59: Make a family fun jar with suggestions for active fun, like bike rides, walks, relay races, etc. Suggestions for adding color to your plate, and a food diary to record colors of your food.

Science

- 43: How a woman in Kenya planted 20 million trees to help the environment.

Art

- 29: Create a haiku and add a drawing to go with it.
- 30: Alejandra makes posters that show how trees need space to grow.
- 66: Draw what your team looks like in action.

Brownie Quest (adult guide)

Healthy Living

- 12: Explain to friends and family about smart snacks.
- 14: Brownies share ideas about their healthy-living habit.
- 18: Cadettes: Bring fixings for a simple healthy snack to a session, assist girls in making the treat, and explain why that snack is better than something else. Teach girls a simple exercise or stretch and explain why it's healthy. Bring some music and get everybody moving.
- 31: Encourage members of Brownie Family and Friends to provide smart snacks, like fruit, veggies, trail mix, and yogurt.
- 48: Skip or hop around as you search for clues.
- 62: Make a promise to do one thing from the healthy-living list.
- 63: Healthy-Living Activities: Find healthy recipes, try a new healthy drink, be active together, etc.
- 68: Name healthy-living activities and give examples of how they could benefit the wider community (bike path, water fountains, better snacks at school).
- 73: Pack healthful snacks to share with nursery school children. Meet a nutrition specialist to talk about food groups and what makes a healthful meal. Organize healthier food selections for a food pantry. Learn about healthy eating and create a presentation.

Science

- 17: Cadettes think of an experiment Brownies can do during a session.

Art

- 17: Cadettes teach girls to craft a gift.
- 46: Decorate the Brownie Team star.
- 51: Decorate your Brownie Quest Mementos.
- 53: Create a star of your own using a paper plate, cardboard, foil, etc.
- 54: Make a family star.
- 59: Decorate your copy of the Discover Chant.
- 60: Decorate your Brownie Team Agreement.
- 73: Make storybooks to give and read to nursery school children. Interview local experts and create a presentation about saving water and energy.
- 85: Create a skit for the Take Action Project.
- 93: Perform songs, skits or chants girls may have enjoyed during their journey.

Series: It's Your Planet—Love It

Brownie: WOW Wonders of Water (girls' book)

Healthy Living

- 55: How to make a watermelon cooler.
- 111: Make colorful melon "cookies" by cutting fruit with cookie cutters.

Science

- 10: What happens to water after it rains.
- 11: How rainbows are made; colors in the rainbow.
- 12: What condensation is; how a snowflake is formed; what's a crystal; facts about snowflakes.
- 14-15: What groundwater is; the water cycle.
- 17: How pollution affects water.
- 18: What is runoff; tips for saving water.
- 24: Why Earth is the Blue Planet; makeup of the earth's poles; how much of the earth is water; where water is on the planet.
- 25: Definition of poles and glaciers.
- 26-27: Map of the world with facts about rivers, dams, water, rainfall, etc.
- 28: How Frances Lamberts planted gardens, collected rainwater and created a habitat for wildlife.
- 30: Learn where your water comes from and where it goes after you've used it.
- 34-35: What a wetland is like.
- 36: Why wetlands are important.
- 38: How Brownies saved a marsh; why marshes are important.
- 39: Definition of extinct; facts about wetlands.
- 40: What beavers do.
- 42-43: What deserts are like and how they get water.
- 46: How your body uses water and why you should drink plenty of water.
- 48: How we use water; tips for saving water.
- 49: How women in India constructed a pipeline of bamboo to carry water.
- 53: How an environmental engineer cleaned water in California with UV light.
- 58: How much water is used to make plastic.
- 59: Encourage people to replace water-hungry plants with ones that need little water.
- 62: Water pressure and how explorers stay safe in the ocean; definition of submarine.
- 64: What seaweed is; what is made from seaweed; what life underwater is like.
- 66-7: Definition of coral reef; life on a reef.
- 68: How coral reefs are changing; a teen scuba diver who wants to be a marine biologist.
- 70: Life in the Twilight Zone of the ocean: seamounts, jellyfish, etc.
- 72-3: Life in the Midnight Zone of the ocean: whales, how pollution affects sea life.
- 78-79: Focus on coral reefs—where they are, what they do for fish and sea animals, how they're being affected by pollution and climate change.
- 80-81: Match creatures to the region of the ocean where they live; facts about whales.
- 82-3: Biologist, deep-sea explorer and inventor Edie Widder and how she invented the Eye in the Sea to study sea creatures.
- 84: The world's largest dump, the Great Pacific Garbage Patch.
- 90: Definition of erosion; the power of water.
- 92-5: The rock layers and habitat of the Grand Canyon; animals; how a dam affects wetlands.
- 96: Facts about the Hoover Dam and how much water Lake Mead supplies to Las Vegas.
- 102-3: Beach erosion and the benefits of sea grass.

104: Tides; the power of ocean waves; whirlpools; wave farms to harness the energy of waves.

105: How an architect and a singer designed a floating river pool so people could swim safely in the Hudson River.

108: Do something with your team to protect water or keep it clean.

Art

30: Map your Wonders of Water.

56: Make signs to encourage people to turn off the faucet.

62: Make a model of your sub, maybe using materials that need to be recycled.

63: Draw your own sub.

71: How an artist turns plastic water bottles into sea creatures.

76: Make paintings to show life undersea.

100: Have an art show to educate others about the wonders of the deep.

110: Make a new water friend from recycled paper or a water bottle.

Brownie: WOW Wonders of Water (adult guide)

Healthy Living

13: Encourage family to provide watery treats for the journey, like slices of fruit floating in a pitcher or slices of melon.

49: Sample a water-filled food and guess how much water is in it.

93: Share water treats with guests.

Science

15: Suggestions for activities: watch a rainstorm, visit a wetland, see a dam.

16: Encourage girls to meet women working in environmental fields; use water and weather to teach about sciences like oceanography and meteorology.

17: How kitchen activities involve science: water boiling to vapor, mixing ingredients. Look for rainbows when you measure rainfall.

18: Day trips to local nature areas like swamps, parks and zoos; neighborhood walks to see water carry sticks and leaves into storm drains. Make a simple boat from found materials, such as fallen leaves.

24: Plan a SAVE activity to conserve water.

41: Outdoor adventures to deepen respect for nature, show the girls water issues firsthand.

45: Why it's important to save water and keep it clean.

46: Experiment: three ways to create a rainbow with water.

48: The science behind rainbows; how light is bent by water; name the colors in a rainbow. Collect favorite water in a jar for the next session.

49: How much water is in water-filled foods.

53: Where water comes from, fresh or saltwater.

54: Add facts about water to the team WOW map. Make tea to show girls how water travels through the water cycle from liquid to vapor to solid, the three states of water.

56: Remind girls that liquid water is always evaporating and condensing; how liquid turns to vapor.

57: Study ice, which is water in a solid state, and how it melts. Learn about condensation.

58: How to show water changing from liquid to vapor to solid using plain water instead of tea.

59: Why you love water and how to protect it.

60: Tips for saving water—turning off faucet, avoiding bottled water, etc.

61: Acting out the water cycle.

63: Set up gathering water stations.

64: Discuss how everyone shares the same water and hurting it one place hurts the water for everyone.

69: How people are saving the Earth's water.

70: Choose a SAVE project to protect water.

74: Projects girls can do to encourage others to save water.

80: How animals need water to survive and use it in many ways.

83: What Will You Design—gets girls thinking like an engineer.

93: Earth's systems work best when biodiversity is in play.

Art

24: Make signs or booklets for a SAVE activity.

41: Set aside time each session to make a craft, try a recipe or experiment with projects that girls can give as gifts or enjoy themselves. Make pets from recycled materials.

42-4: Start a team WOW map for girls to draw or write their favorite water activities.

54: Decorate your water jars any way you like.

64: Add more water wonders to the Team WOW map.

69: Make the team story into a large mural.

70: Make signs for faucets warning people not to waste water. Make a booklet, play or other creative endeavor to offer tips for protecting water.

71: Add your vision of the SAVE project to the Team WOW map.

75: Make a scrapbook documenting the SAVE project.

83: Water plays a role in many arts and crafts. Experiment with watery paints to show how water changes the intensity of the color. Paint your favorite water place or play with dripping colors onto paper. Make Save Water certificates.

87: Add new ideas or images to the Team WOW map, make Save Water certificates or draw a certificate in your book.

89: Put on a play or puppet show that shows how a character wastes water and learns to save it. Or create a short commercial or ad with ways to save water. Or create a visual representation of how much of the Earth's water is drinkable.