

Journey Assets

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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!

Amaze! The Twists and Turns of Getting Along (girls' book)

Healthy Living

- 35: Snack friends: Peanut butter and apples, carrots and yogurt, etc.
- 40-45: What is peer pressure; dealing with stress.
- 46-47: Balancing friends, family, boys.
- 48-49: Dealing with jealousy.
- 50: Create your own no-pressure zone.
- 52: For your peacemaker kit: dealing with conflict and pressure.
- 54-59: What are cliques; how to recognize and deal with them.
- 60-62: Gossip and how it hurts; a pledge not to gossip.
- 63-69: Steps and strategies for conflict resolution (compromise, seek help, etc.).
- 70: When it's time to let go of a friendship.
- 74-93: What is bullying, how it hurts people, and how to deal with the anxiety, loneliness and stress.
- 94: Take a martial arts class, do yoga, play sports, etc., to improve your mood and confidence; make a Zen garden to combat stress.
- 99-111: What is cyberbullying, what to do about it, how to stay safe online.
- 118-119: How a skit taught antibullying skills.

Science

- 19: Description of instinctive, spontaneous reactions.
- 22: Facts about stereotypes and how they become part of thinking.
- 23: Exercise to determine characteristics vs. stereotypes.
- 34: Study friendships and determine what's healthy and what's not.
- 38: Create a friendship Bill of Rights; think about what situations are important to your friendship.
- 53: How Jane Goodall studied chimps.

Art

- 12: Design your own note cards.
- 25: Create a peacemaker kit.
- 36-7: Paste photos of your friends in photo frames and write down their qualities.
- 117: Create a skit about the difference between friendship circles and cliques.
- 127-8: Come up with ads or publicity for your project: Write an article or post a blog, create posters and fliers, etc.
- 129: Creating signs to mark "No Ridicule Zones."
- 133: Write a cinquain about what you learned.

Amaze! The Twists and Turns of Getting Along (adult guide)

Healthy Living

- 15: Ideas for local experts who can offer expertise with relationship issues.
- 21: Amazing Snacks: Experiment with snacks that are festive and uplifting: lowfat cheese on wheat crackers, herbal iced tea, hummus on pita.
- 28: Team-building activities build trust; retreats encourage relaxation.
- 39: How stereotypes impact relationships; healthy friendships.
- 44: Qualities important in a friend; how girls choose friends; why friendships are important.
- 45: How to make sure girls feel safe in their environment so they can talk freely.
- 49: Girls identify various types of peer pressure and practice managing peer pressure, conflict resolution.
- 50: What are cliques and what is peer pressure; guide girls to explore hurtful

dynamics.

- 52: Taking a stand against peer pressure.
- 54: Is your group cliquish or inclusive? How to change group dynamics.
- 55: Keys to resolving conflicts, using "I Statements."
- 59: Girls identify and learn to address bullying behavior; develop strategies for building safe online relationships.
- 60-61: What bullying is, how to take back the power, strategies to disarm bullies.
- 64: Recognizing bullying in cyberspace.
- 81: To celebrate, create an obstacle-course-like maze with jump rope, race, etc.)
- 86: How to "increase the peace" in your life and the world around you.

Science

- 85: Plant a peace garden.

Art

- 29: Encourage girls to share their favorite to-do's with each other: crafts, foods, DIY projects. Encourage them to create a visual record of their activities and record their thoughts in journal pages in the book.
- 32: Draw a maze of your own.
- 33: Think of a phrase or slogan about why our lives are like a maze. Encourage girls to create "life is a maze" poems, drawings or song lyrics.
- 35: Create a team poster with pictures from magazines.
- 39: Create a peacemaker kit.
- 41: Encourage girls to make peacemaker souvenirs for their journey.
- 47: Create and decorate a mask showing inner and outer feelings.
- 63: Act out "flipping the script" ways to deal with bullies.
- 69: Develop a mini-series or awareness campaign for your project.
- 81: Create a new team poem together.
- 85: Create a group "peace" poem by using the word's five letters to start each line; create a maze that shows the start (us) and the end (world peace), and draw what goes in between.

Series: It's Your Planet—Love It!

Breathe (girls' book)

Healthy Living

- 9: Make some space for yourself to improve your mood.
- 27: Secure breathing room for yourself (meditation): Light a candle and watch the flame, lie in the grass and look at the trees, etc.
- 29: Exercise: Achieving Focus.
- 44: How you can improve air pollution in your community.
- 45: Activities to do outside in the air.
- 50-51: Recipe for éclairs—put some healthful fruit inside.
- 64-5: What's in your air, what it can do to you.
- 66-7: Increase in asthma rates due to pollutants.
- 76-9: Why smoking is bad; how to persuade people not to smoke.
- 81: Form an air care team; designate no-smoking areas; focus on deep breathing.
- 82-3: How plants improve a room's air quality.
- 85: Why exercise is good for your lungs and health.

Science

- 6: What air does.
- 11-13: Science and engineering/air-related jobs you might consider.
- 16-26: What is sound; what is has to do with air; think like an engineer; how

sound is measured; noise pollution.
 28: How technology is changing people.
 33: What is air and what is it made of; greenhouse gases; facts about planets.
 34: Global warming and climate change; layers of atmosphere.
 35: Fossil fuels and what they do.
 36-37: Elements in air and what they do.
 38: CFCs and the ozone hole; what people did to stop it.
 39: How NASA studies air.
 40-42: Scientists combat air pollution.
 43: Other effects of rising CO2 levels.
 48: Naturalist Rachel Carson inspired the environmental movement.
 52-55: How trees clean the air; how scientists are measuring CO2 to combat global warming; facts about clear cutting; encouraging selective cutting.
 56-7: Profile of a Girl Scout who created an illustrated list of birds to encourage people to protect the environment.
 58-61: Environmental scientist studies lichens; how lichens are air monitors.
 63: Studying deforestation; reducing paper use.
 64-5: What's in your air and what it can do to you.
 68: Experiment: Measure the particles and dust in your air.
 69: Quiz: What's in the air?
 70: Investigate what products are in the air around you.
 75: How to do research.
 82-3: How plants improve a room's air quality.
 85: How exercise improves lung capacity.
 91-3: Sustainable wind energy.
 94-5: What a wind engineer does.
 96-7: How a wind turbine lights a billboard in Times Square.
 98: Air-related jobs like astronaut, atmospheric scientist, etc.
 103: Identify experts who can help: meteorologists, biologists, etc.
 109: Facts about animals and insects.

Art

46: Profile of a playwright who writes about air pollution.
 47: Write jingles, poems, etc. about air.
 49: Make a playlist of songs about air.
 56-7: Profile of a Girl Scout who created an illustrated list of birds to encourage people to protect the environment.
 62: Write down the names of animals that rhyme with air.
 87: Draw a green roof on your home or school.
 99: Write an air haiku.
 105: Create a play, slide show, performance art, etc., to urge people to act on your issue.
 108: Create a mascot for your project; make a short film about the project.

Breathe (adult guide)

Healthy Living

13: Make snacks that are airy and uplifting: whipped yogurt cheese on wheat crackers, etc.
 21: Inspire Brownies to try a healthy habit—watery treat, exercises, etc.
 27: Girls develop strong sense of self, practice healthy living, develop healthy relationships.
 33: Retreats give girls a chance to breathe.
 41: Girls explore relaxation and breathing techniques.
 42: Have experts lead girls in yoga or meditation, aromatherapy.
 44: Put together an aromatherapy bath bag.
 45: Make rose-scented lotion.
 50: Share some deep breathing and moments of silence; enjoy some cardio fun together.
 65: Health effects of pollution, smoking, noise pollution, etc.
 71: Meditate as the meeting starts, or spend a few minutes exercising.

Science

10: Identify experts who can guide you: meteorologists, astronauts, etc.; record what you see and smell in the air.
 11: Research an air issue, follow steps to reach your Air Care Team goals, gather proof of progress, share the impact.
 14: Exposing girls to science in daily life, encouraging them to continue interest in science careers.
 15: Science in life: Sirens in the night are a chance to discuss decibels, cell phones beeping = distraction, smog = atmosphere, etc.; women working at NASA.

16: Visit a wind farm to discuss sustainability.
 20: Lead younger girls through experiments: flying kites, making rainbows, etc.
 22: Girls learn to explore questions, discover answers, share ideas and observations, etc.
 23: Ask critical questions, challenge girls to think deeply, experiment with ways to solve real problems.
 38: Study sense of sound; listen to nature sounds.
 43: Study sense of smell.
 44: Start a Compare Air log.
 46: What are particulates; measure particulates in air.
 47: Brainstorm air experts who could help the team.
 49: What's in the air, do airy science experiments
 50: Observe the air and add to compare air logs, check particulates.
 51: Experiment: Turn on the fan and observe air flow.
 52: Balloon experiment/air has weight; pitcher experiment/air has mass.
 53: Experiment: How much oxygen is in air, what rust is.
 54: Experiment: Collapsing milk jug/air pressure.
 55: Experiment: Cup and lid/air pressure.
 56: Field observation and interviews on smoking, noise, etc.
 57: Have an expert share with girls.
 60: Tips for observation and fieldwork.
 68: Research chemicals used in your school, positive effects of plants on air quality.
 69: Brainstorm and choose an ALERT project.
 77: Continue making the most of experts: aromatherapy, cooking skills, etc.
 85: Gather and assess evidence of impact.
 86: Think like an engineer: design a gadget; check out airy careers.

Art

20: Make a puppet show or act out a scene from the ELF adventure with younger girls.
 33: Encourage girls to share their favorite to-do's and DIY projects; encourage them to create a visual record of their journey.
 57: Ask girls how they might creatively document their observations.
 67: Girls decide on how to reach out to an Air Care Team: create a mascot, poem, song, etc.
 72: Create a flier, web page, newsletter article.
 73: Hold a workshop or panel discussion; create a short play, video or PSA, mascot, etc.
 74: Create a Powerpoint presentation, posters, signs, a skit, etc. Brainstorm short, pithy phrases for bumper stickers, a jingle, etc.
 79: Brainstorm advertising strategies; make funny signs, a video, a Facebook page, etc.
 86: Write down words with air sounds.