Purpose: When girls have earned this award, they will realize they have the power to change things for the better.

Planning Guides Link: Leadership

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop’s Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
  - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
    - Offer this activity plan as a starting place and point out that they may choose alternative activities using the Customize It! section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.

- At home:
  - Encourage families to ask questions about their girls’ badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?

- Throughout the year:
  - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
  - If you use “Plan Your Brownie Year”, share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
  - If you are adapting the “Plan Your Brownie Year”, get the girls’ input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she’s excited about.

- Short Term Planning
  - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
  - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
  - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
  - Use a rotating list of helper tasks, called a ‘kaper chart’, to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.

- At the Meeting
• During the opening, have 1-2 girls share their answers to a get-to-know-you question.
• Have girls fulfill their kaper chart responsibilities.
• Try to find something in each activity that you can let girls decide or manage.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *A World of Girls Journey*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Change a Story Award if:
  • They are aware they can make the world a better place
  • They can identify issues in the world and think of ways to change them for the better
  • They can share their confidence with others to make the world a better place

Girls can continue their *A World of Girls Journey* by earning the remaining awards: Tell a Story Award and Better World for Girls! Award.

**Moving to Take Action:** To complete the World of Girls journey, girls plan and carry out a Take Action project that addresses the root cause of a community issue in a sustainable way. During the process, here are some things to think about.
  • Girls should play an active part in determining the “what, where, when, how and why” of their project, but Girl Scout Brownies will need your support and guidance throughout the process.
  • Help girls scale the project to a manageable size, so they can have a successful experience. Even if the project has a small scope, what they are doing is important.
  • Take Action projects are different than community service projects. Take Action projects pick up where short-term community service projects leave off and are a long-term solution, rather than a short-term solution.
  • Consider contacting Girl Scout Cadettes in your area to help with the Take Action project. This will help the Cadettes earn the Leader in Action (LiA) Award. See the World of Girls adult guide for more information.
  • It’s up to the girls to find a Take Action project that they are passionate about, but to get started, here are a few ideas:
    o Family project: Girls work with their families to develop an energy saving or household chore plan. Girls and their families spend one month living their plans and talk about the impact.
    o School project: Girls share the importance of helping others and encourage classmates to bring hold the door for one another, help someone with a hard question in class, or assist a teacher with handing out worksheets before being asked.
    o Community project: Girls plan a friendly neighbor program and encourage residents to do something helpful for a neighbor like raking leaves or shoveling snow.

**Tips and Tools**
  • Girl Scout Cadettes who are working on the *It’s Your Story—Tell It!* MEdia Journey can earn their Leadership in Action (LiA) Award by assisting with these activities. Contact your Service Unit Manager to find girls in your area who may be interested in assisting your group. Requirements for the *A World of Girls* LiA award can be found in the *It’s Your Story—Tell It!* MEdia adult guides.
  • Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

**Resources**
  • This activity plan has been adapted from *It’s Your Story—Tell It!* A World of Girls, which can be used for additional information and activities.
  • Book Suggestions for Activity #4: We Can Make a Change!:
    o *Charlotte’s Web* by E.B. White
    o *Horton Hears a Who* by Dr. Seuss
    o *Miss Rumphius* by Barbara Cooney

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The Story of Johnny Appleseed by Aliki
My Freedom Trip by Ginger Park and Frances Park

Getting Started
Time Allotment: 15 minutes

Materials Needed:
• Optional: Girl Scout Promise and Law printed out on poster board

Steps:
1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

<table>
<thead>
<tr>
<th>Girl Scout Promise</th>
<th>Girl Scout Law</th>
</tr>
</thead>
<tbody>
<tr>
<td>On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</td>
<td>I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</td>
</tr>
</tbody>
</table>

3. Play Sun and Ice. This version of freeze tag is a team variation that stems from Mexico.
   • To play: Split the group into two teams. Decide which team will be the first to try and tag the other team’s players. Once a player is tagged, she has to say “ice” and remains frozen until one of her own teammates tags her and says “sun”. Have the teams switch roles after a few minutes.

Activity #1: Everyday Heroes
Journey Connection: Session 3—From Story Clues to Story Change
Time Allotment: 15 minutes

Steps:
1. Reflect with the girls about what they have learned about how stories can give a person clues about problems and how within stories are often positive changes that make the stories better.
2. To get each girl thinking about her ability to make change in her world, have her think about stories from home or school where someone faced, solved or made a problem better. This can be done individually or in small groups.
   • If the girls are having a hard time coming up with scenarios, use the following situations to get them started:
     • Someone didn’t think before speaking and hurt someone else’s feelings
     • A neighbor found a stray pet
     • An older sibling opened the door for someone in a wheelchair
     • A parent was having a hard time carrying groceries
     • Grandma went on a trip and didn’t have anyone to take care of her plants
3. Have each girl or group role-play the situation. Ask the girls in the audience to pay careful attention to what the acting group’s story tells them, find the clues and discover how they made positive changes.
4. At the end of all the role-plays, ask the girls how it makes them feel to make positive changes.
Activity #2: Rescue Mission
Journey Connection: Session 4—Planning for Change a Story
Time Allotment: 15 minutes
Prep Needed:
• Gather materials and supplies.

Materials Needed:
• Small stuffed animals or toys, such as Beanie Babies
• Tarp, blanket or flat sheet large enough for all the girls to stand on (note: If you have a large group, split the girls into two groups)
• Paper plates or other item to be used as “stepping stones”

Steps:
1. Lay the tarp out on the floor and randomly place the stuffed animals in the area outside of the tarp. Instruct all of the girls to stand completely on the tarp (all hands and feet inside). Tell them that they were all on a ship that was headed to Madagascar with several animals aboard when all of a sudden a huge wave came along! The boat was hit by the large wave and tipped over. Now, they are stranded on the bottom of the capsized ship and the animals need to be rescued.
2. Instruct the girls that they must work together to turn the ship over in order to save all of the animals. The only problem is they cannot step off of the ship (touch the ground/”ocean”) at any time. If a girl “falls in” the water, the group can start over from the beginning. Hint: Most solutions typically involve lifting and twisting one end of the tarp and moving people from one side to the other.
3. After they turn the ship over, they must rescue all of the stranded animals. Give each of the girls one “stepping stone”. Again, no one can step into the “ocean” (ground) but they may use their stepping stones to travel and reach the animals. Every stepping stone must remain in contact with the girls at all times. If the stepping stone is untouched for even a second, it will “sink” into the ocean and the girls will have to return to the ship. If someone falls and the stepping stone is untouched by anyone, that stone will be removed as well. Hint: Most solutions typically involve setting the stepping stone down as someone steps onto it, so it does not “sink.”
4. Watch the girls as they work together as a team to solve the problem and rescue all the animals.
5. After the game, ask the girls how it made them feel to be part of a team to solve a problem and save the animals.

Activity #3: Bento Box Snack
Journey Connection: Session 4—Planning for Change a Story
Time Allotment: 15 minutes

Prep Needed:
• Gather materials and supplies.
• Cut fruit and vegetables.

Materials Needed:
• Bread
• Cheese
• Mayo, mustard other condiments
• Deli meat
• Fresh cut fruit and vegetables
• Different shapes of large cookie cutters
• Paper plates
• Napkins
Steps:
1. Tell the girls that since they are on this journey exploring a world of girls just like them, they should know that those girls have parents like theirs, too. Adults in Japan often create characters and shapes made out of food in their children's lunchboxes. Today, the girls will be making their own “bento box” for snack.
2. Help the girls create their sandwiches and choose what they want to eat. The girls can then use the cookie cutters to make slices of cheese and/or their sandwiches into different shapes.
3. Have the girls use the fruit and vegetables to create a scene or story of their own.

Activity #4: We Can Make a Change!
Journey Connection: Session 4—Planning for a Change Story
Time Allotment: 15 minutes
Prep Needed:
• Gather materials and supplies (see the Resources section above for details)

Materials Needed:
• Poster board (four)
• Writing/coloring utensils
• Optional: One–two books or other stories about making a difference (see the Resources section above for details)

Steps:
1. If you would like, read a story about making a difference to the Brownies. Write one of the following words on the top of each of the poster boards: home, school, community and world. Underneath the word, make two columns, one side for “issues” and the other for “changes.”
2. Ask the girls to think about some things within their worlds they think might need a positive change and write their answers on the sheets of poster board.
3. Next, instruct the girls to write or draw a picture on the sheets of poster board of things they can do in each of the places indicated to make their world a better place. Below are a few basic ideas:
   • Home: clean up room, wash dishes, take out the dog, help make dinner, put toys away
   • School: help the teacher clean up, assist a classmate with homework, clean up the whiteboard, hand out worksheets
   • Community: rake leaves, pick up trash, help a neighbor with their garden, gather school supplies for kids, donate winter clothing at a shelter
   • World: Reduce-reuse-recycle, bike or walk instead of using the car, turn off lights when not in a room
4. Keep the girls’ ideas for a future meeting and encourage girls to think about what type of project they might want to do to make a difference.

Wrapping Up
Time Allotment: 15 minutes

Materials Needed:
• Paper
• Writing/coloring utensils
• Traveler’s suitcase from previous meeting
• Optional: Make New Friends printed on poster board

Steps:
1. Have the girls draw a picture to represent some of the places they visited during today’s meeting to add to their “traveler’s suitcase”
2. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
3. Sing “Make New Friends.”
### Make New Friends

<table>
<thead>
<tr>
<th>Verse One</th>
<th>Verse Two</th>
<th>Verse Three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make new friends, but keep the old.</td>
<td>A circle is round, it has no end.</td>
<td>You have one hand, I have the other.</td>
</tr>
<tr>
<td>One is silver, the other is gold.</td>
<td>That’s how long, I will be your friend.</td>
<td>Put them together, We have each other.</td>
</tr>
</tbody>
</table>

4. After the song, ask everyone to be quiet.
5. Assign one girl to start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
6. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### More to Explore

- **Field Trip Ideas:**
  - Go to a historical society or history museum to explore how girls and women have changed the world.
  - Attend a local cultural or World Thinking Day event to explore different cultures around the world.

- **Speaker Ideas:**
  - Invite a member of a local service organization to learn more about giving back and taking action in the community.
  - Invite a high school service club to talk about what they do in their school and how the Brownies can make a positive change at their schools.

### Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

### Family Follow-Up Email

Use the email below as a template to let families know what you did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today discovering the world of girls we live in and are we earned the *A World of Girls Change a Story* Award.

We had fun:

- Practicing how to be everyday heroes to make a change
- Working as a team to solve a problem
- Exploring ways to make a positive change in our world

Continue the fun at home:
• Have your Brownie investigate for clues at home and encourage her to think of a plan to make a change for the better.
• Make a Bento Box Lunch with your Brownie so she can share what she learned about other cultures.
• Look at the A World of Girls Journey Book and read about the adventures of Campbell, Jamila and Alejandra as they travel around the world.

Thank you for bringing your Brownie to Girl Scouts!