Bridge to Girl Scout Cadettes Ceremony
Activity Plan

**Purpose:** Bridging is an important transition in a Girl Scout's life. It's a defining moment when a girl becomes aware of her achievements and is ready for new adventures and responsibilities. Celebrating this change should be fun, personalized and memorable for everyone involved.

**Planning Guides Link:** Celebrating Success

**Award Link:** Bridge to Cadettes Award

**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 Junior 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 an assistant tour guide.
  - If you are adapting the “Plan Your Junior 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 to the 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 badge, or simply try different activities, go for it! There are many ways to earn this award. Encourage girls to help plan a ceremony that is meaningful to them, including skits, songs, dances, photos and stories.
  • For additional bridging ceremony ideas, check out River Valleys’ Pinterest page: http://gsrv.gs/1f5HpxG

Tips and Tools
• Prior to the ceremony, complete the two required bridging steps: Pass It On and Look Ahead. These are found in the packet (https://girolscoutsvr.box.com/shared/static/ef3qs8n6dowyovci6lx0.pdf) or in the Junior Girl’s Guide to Girl Scouting.
• Invite a Cadette troop to attend the ceremony and welcome the Junior girls into Cadettes.
• Check out ways to stay safe using Safety-Wise at http://gsrv.gs/safetywise.
• 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
• For more information about planning Bridging Ceremonies, check out the Guide to Bridging packet at: http://gsrv.gs/1f5HpxG
• For additional information on other Girl Scout ceremonies, see the Celebrations and Ceremonies packet here: http://gsrv.gs/1f5HpxG
• See the Additional Resources Section at the end of this Activity Plan.

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 Bridging Ceremony.
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,</td>
</tr>
</tbody>
</table>
3. Play a game to help girls get to know each other better.

Use this example, if needed:

Have girls stand in a circle. Give one girl a ball of yarn and ask her to hold on to one end while unwinding a little of the yarn. Then, have her think of one thing she did this year in Girl Scouts with someone else in the group. When she’s thought of one, have her toss the ball to that person, holding onto the end and telling the group what she remembered. The second girl catches the ball and thinks of something she did with one of the other girls in the group. She throws the ball, holding onto the yarn and letting the ball unwind further. Continue until everyone has had the ball and the whole circle is joined with crossing yarn paths.

**Activity #1: Prepare Your Junior Passport**

**Award Connection:** Bridge to Cadette Award  
**Time Allotment:** 15 minutes  
**Prep Needed:**
- Gather photos, documents, calendars and reminders of the girls’ time as Juniors.  
- If desired, pre-assemble blank passport booklets.

**Materials Needed:**
- Plain white paper for interior passport pages—about three per girl  
- Colored paper for passport cover—one per girl  
- Information from troop experience as Juniors  
- Drawing/coloring utensils  
- Stapler  
- Optional: rubber stamps and ink or stamping markers  
- Optional: small head shot photos of each girl (or images from troop activities) and glue

**Steps:**

1. Hand out the pre-assembled passports or have girls put together booklets by folding three page sheets and one cover sheet in half, and staple at the fold if desired. On the inside front cover, have the girls write their names and personal information, like the front of a passport. They can draw a photo of themselves or you can have them attach a photo instead.

2. The remaining pages are for stamps of the things they’ve done and places they’ve been as Juniors. They can simply write the dates and titles, drawn in a box to look like a passport stamp; you can designate stamps to represent some or all of your activities; or you can have the girls draw a simple image or icon to represent each one.

3. Prepare to share: let the girls know that they will be asked to share one skill they’ve practiced or one thing they’ve learned as a Junior at the ceremony. They may wish to write a note to themselves in their passport as a reminder.

4. Give the girls one or two minutes to pass around their passports and collect signatures from the other girls on the inside back cover of their passports. If they think of other people who have been part of their Junior Girl Scout experience, they can write those names in themselves. Let them know that they will get to share one thing they did to ‘team up’ with one or more of these people at the ceremony.
Activity #2: Create a Destination Poster
Award Connection: Bridge to Cadette Award Step 2
Time Allotment: 10 minutes
Prep Needed:

- If desired, collect information from Cadette troops about what they’ve been doing to give the girls ideas.

Materials Needed:
- Plain paper
- Information on Cadettes
- Drawing/coloring utensils

Steps:
1. Hand out one sheet of paper to each girl.
2. Learn what kinds of activities Cadette Girl Scouts might do—Silver Award, Program Aide, destinations travel, troop trips, resident camp, service, specific badges or journeys, etc. You may choose to look at the Cadette Girl’s Guide to Girl Scouting, Cadette Journey Books or talk to Cadette Girl Scouts.
3. Have the girls make a simple travel poster to describe one thing they might want to do. It could be a location (Chicago), an activity (making digital movies) or a combination (canoeing on the St. Croix River.)
4. Prepare to share: Remind them that they will share this information at the ceremony.

Activity #3: Travel to Cadettes
Award Connection: Bridge to Cadette Award
Time Allotment: 20 minutes
Prep Needed:

- For each girl, think of a unique, individualized award to describe a way they have taken action to make the world a better place within the troop or in the broader community. Examples could be ‘Welcome Wagon: makes others feel included’ or ‘Light Bulb Award: comes up with creative solutions.’ Make a certificate for this award—if made on a half sheet of paper, it will fit as an ‘attached visa’ in the passport.
- You can also ask the girls beforehand to contribute nominations or include parents in the process.
- Make (or have the girls make) signs and/or doorways out of crepe paper to indicate three stages: Discovery Gate, Connection Gate, Taking Action Gate.
- Arrange time to set up the room before the meeting.
- Decide what adults or older girl helpers are going to help out—you can have someone new at each of the gate areas, or you and your co-leaders can walk the girls through each stage together.

Materials Needed:
- Decoration for gateways
- Tape or other way to display destination posters
- Bridging awards
- Stickers or stamps
- Seating area for families

Steps:
1. Assemble girls on one side of the stage area. Tell the audience that these girls have accomplished many things as Junior Girl Scouts and they will bring all of their new skills, knowledge, and experience to their next adventure as Cadette Girl Scouts.
2. Note: You may choose to have everyone go through the first gate before everyone moves on to the second, or you can have each girl go through all the stages individually before moving on to the next. If you have girls who are less comfortable with public speaking, give them rehearsal time, or opportunities to share with posters/pictures or having the adults read their answers.
3. Discovery Gate: Ask the first girl if she has her passport. She replies that she does, and can hold up her info/photo page to demonstrate. Ask her to name a skill or talent that she practiced or learned about herself. Give her passport a sticker or stamp to show she has indeed met the Discovery challenge, and is ready for the next gate.

4. Connection Gate: Ask the girl if she has been traveling with other people. She replies that she has and can show her signatures page to demonstrate. Ask her to share something she did as a team with one or more of these people. Sign her signature page and tell her she is completing her bridge to Cadettes as part of her team and thank her for being on the team.

5. Taking Action Gate: Ask the girl if she wants to make the world a better place. When she says she does, tell her that you know she has been a helper already as a Junior Girl Scout. Announce her special award to the audience and hand her the visa/certificate to add to her passport.

6. Now Boarding for Cadette Girl Scouts: Ask the girl what she would like to make one of her destinations as a Cadette Girl Scout. Have her share her destination poster, which can be displayed with the others. Hand her the bridging award and welcome her to Cadettes.

7. When everyone is through, tell the audience that they all will be sharing in the experience as the girls face their new challenges in girl scouting. Then lead the applause for the new Cadette Girl Scouts.

Wrapping Up and Refreshments
Time Allotment: 15 minutes
Prep Needed:
• Set up refreshments before ceremony.

Materials Needed:
• Light refreshments (cookies or cup cakes, punch or lemonade)
• Optional: Make New Friends printed on poster board

Steps:
1. Instruct girls to get into a Friendship Circle and invite their guests to join them. Have girls and guests stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”

<table>
<thead>
<tr>
<th>Make New Friends</th>
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<tbody>
<tr>
<td>Verse One</td>
</tr>
<tr>
<td>Make new friends, but keep the old.</td>
</tr>
<tr>
<td>One is silver, the other is gold.</td>
</tr>
</tbody>
</table>

3. After the song, ask everyone to be quiet.
4. 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.
5. 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.
6. Invite girls and their guests to enjoy light refreshments to celebrate!

More to Explore
• Field Trip Ideas
  o Hold your ceremony outdoors in a park with a real bridge or archway.
  o Join with other bridging Junior troops to have a larger ceremony.
• Speaker Ideas
  o Invite a Cadette Girl Scout or Leader to speak at your ceremony.

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 girls 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 celebrating the end of our second year as Girl Scout Juniors!

We had fun:
• Reflecting on our accomplishments, badges and Journey award as Juniors.
• Thinking about what adventures to pursue as Cadettes.
• Bridging to Girl Scout Cadettes.

Continue the fun at home:
• Ask your girl to share her favorite memories or activities as a Junior and find out what she is looking forward to as a Girl Scout Cadette.
• Look through the Girl’s Guide to Girl Scouting with your new Cadette to find other activities you can try at home.

Thank you for bringing your new Cadette to Girl Scouts!
Additional Resources

Creating a Bridge and Other Props
Small, portable bridges are available for checkout through Girl Scout service centers. Call River Valleys’ 800-845-0787 number and ask to reserve one for your ceremony.

Try making your own bridging ceremony bridge. This example is easy to transport and very small for storage. There is no building or construction needed at all.

Materials:
- 2 yards of rainbow fabric, cut into strips as shown
- 2 daisy garlands (6’ long each), cut into 8 pieces each
- 8 wooden dowels
- 8 plastic tumblers
- 6 lbs. of plaster of paris
- 8 pipe cleaners

This bridge can be used from year to year. Take four of the dowels and cut a few inches off them to make them a little shorter for the ends. Mix the plaster of paris and fill the tumblers about 2/3 full, then insert the dowels when it starts to set. Then use the pipe cleaners to tie the strips of rainbow fabric to the tops of the dowels. Next, tie a bunch of daisies to the dowels using the same pipe cleaners, and put more daisies in the tumblers. This is easy to set up since it is all tied together.

From: [http://gsrv.gs/1PiYilG](http://gsrv.gs/1PiYilG)

For additional ideas, try:
- A park with a small bridge or archway
- Girls can join a circle or horseshoe made up of girls in the next age level.
- Overturn a folding card table so the legs face up. Attach streamers from the floor to one leg, across to the opposite leg, and back to the ground. Repeat on the other side to form the “sides” of the bridge.
- To create a “stream” with “stepping stones” for younger girls, paint a blue stream and several stepping stones on a large, flat piece of cardboard.
- Find even more ideas on ScoutingWeb.com under “Bridging”: [http://gsrv.gs/1h0Qlqe](http://gsrv.gs/1h0Qlqe)

Bridging Kits
The River Valleys shop has bridging kits for purchase. Each girl’s kit includes a bridging patch, a membership star and disk for this year, a Girl Scout pencil, a bridging certificate and a skill-building set of badge requirements for the next level. To purchase a kit, visit a River Valleys Shop or shop online: [http://gsrv.gs/gsrvshop](http://gsrv.gs/gsrvshop)

Alternate Bridging Ceremony Ideas

Bridge to Cadette Girl Scouts Ceremony 2 (with Cadette Girl Scouts)

Materials:
- Candles (one for each Junior Girl Scout)
- Bridge (real or symbolic)

Junior Girl Scouts form a horseshoe at one end of the bridge; Cadette Girl Scouts form a horseshoe on the other side. The leader gives each Junior Girl Scout a candle. The leader brings one girl at a time to the center of the bridge. When they reach the center of the bridge, they are met by Cadette Girl Scout.

Leader: May I present Junior Girl Scout ________, who is eager to accept the challenge of Cadette Girl Scouting.
Cadette Girl Scout: I, ______, challenge you, ______, to serve your younger sister Girl Scouts, your community, and your country; as we have served you. If you accept this challenge, I will light your candle in respect, that you will live your challenge to the fullest. Do you accept this challenge?

Junior Girl Scout: I will accept this challenge (Cadette lights the candle)

Leader: ______, please recite the Girl Scout Promise

Both girls cross the bridge and return to the Cadette horseshoe. Girls in the Cadette horseshoe congratulate the new Cadette Girl Scout and welcome her (exchange the Girl Scout handshake)

Repeat for each girl until all girls are bridged. Close the ceremony by singing a song or taps, friendship circle, etc.

**Bridge to Cadette Girl Scouts Ceremony 3**

(The challenges listed below are based on the old Worlds to Explore. You can change them to match the topic areas in the Planning Guides, or to correspond to goals that important to your girls. Feel free to adapt.)

**Materials:**
- Candles (one for each Junior Girl Scout)
- Bridge (real or symbolic)
- Silver keys – charms, certificates, or other token

Leader: We present to you a Silver Key, which symbolizes that you are seeking to unlock the door to Cadette Girl Scouts as you begin your work on the Silver Leadership and Silver Award. Wear it as a symbol that you are in pursuit of the gold at the end of the Rainbow of the Girl Scout World.

Girls cross the bridge. After they cross the bridge:

Leader: You are about to enter another adventure of Girl Scouting. You will find yourself entering a world of new experiences where you will gain an understanding of your own self worth and individuality. As you accept more responsibility you will experience a growth in your knowledge, abilities and judgments. In these tools place your new enthusiasm for the future- use them wisely.

Leader: ________, are you willing to accept the challenges and responsibilities of a Cadette Girl Scout?

Girl: I am

Leader: As you say the challenges, light the candles before you as a symbol of this acceptance.

The Challenge of Cadette Girl Scouting:

- I challenge myself to a greater understanding human life
- I challenge myself to better serve the people of the world
- I challenge myself to accept the changing world of tomorrow
- I challenge myself to have a better insight and appreciation for the arts
- I challenge myself to understand and preserve the out-of-doors
- I challenge myself to learn leadership and provide service
- I challenge myself to accept and live the challenge of living the Girl Scout Promise and Law
- I challenge myself to achieve the highest Girl Scout Award as a Cadette Girl Scout the Silver Award.