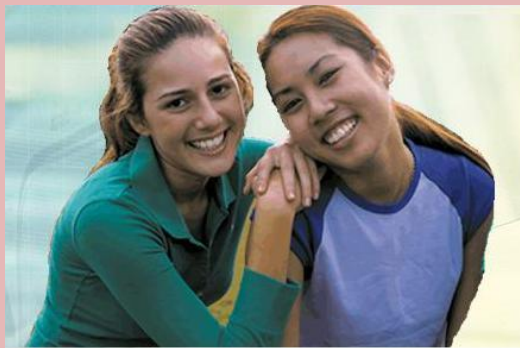


# Planning the Troop Year With Your Cadette Girl Scouts



This guide provides information, ideas, and tips for planning a year of engaging, interactive, and fun activities with your Girl Scout Cadettes.

To learn more about working with girls at the Cadette level, dig into the grade-level program resources available from GSUSA (described on the next page). The new Journeys are especially rich in ideas and facilitation tips that provide some great self-study about working with girls even if you don't plan to do a journey yet.

And, the best kept secret....talk with other Troop Leaders in your Service Unit. Hearing what others on the path ahead of you have tried is priceless information!

## Program Resources for Girl Scout Cadettes – 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade

Below is a brief description of your primary national program resources. You can purchase these at either of our council stores (Boise and Idaho Falls) or at our online store ([www.girlscouts-ssc.org](http://www.girlscouts-ssc.org)). You might be able to acquire a used copy from another leader or from your Service Unit Library to review before purchasing.

**aMAZE! The Twists and Turns of Getting Along - It's Your World, Change It Journey Series**



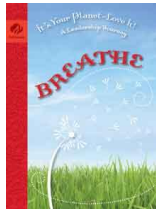
Life is a maze of relationships and this journey has Girl Scout Cadettes maneuvering through all its twists and turns to find true friendships, plenty of confidence, and maybe even peace. As girls work through the maze of this journey, they gain tips and strategies for creating healthy relationships and long-lasting friendships. On this journey, Cadettes earn the Interact, Diplomat, and Peacemaker awards.

**Adult Guide to aMAZE! Journey**



The journey adult guide offers information about the Journey, its awards and its leadership benefits, and sample plans for how journey sessions can unfold as girls meet. The adult guide also features sections on Girl Scout history and tips for understanding Cadette girls.

**Breathe - It's Your Planet, Love It Journey Series**



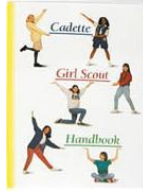
Cadettes engage all five senses as they clear the air -- their own and Earth's. While measuring air quality and acting to improve it, girls also find their flair, think about "Hair", and perhaps try an éclair. From cigarette smoking to deforestation, they get an aerial view of many issues. As girls become more Aware, they Alert others, and then Affirm their impact as they add these three uplifting awards to their collection.

**Adult Guide for Breathe Journey**



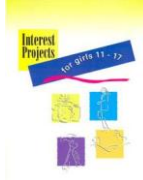
This guide provides facilitation pointers, facts, and ideas for adults who are working with their Girl Scout Cadettes on the Breathe Journey.

## Cadette Girl Scout Handbook



Girls have provided part of the content of this handbook in the form of poetry and statements on issues of interest to them: travel, friendship, family relationships, fun activities and more!

## Interest Projects for Girls 11 to 17



These projects are great for focusing on girls and troops' individual interests in specific activities. New Interest Projects are being developed continuously and can be found at: [http://www.studio2b.org/lounge/gs\\_stuff/ip\\_intro.asp](http://www.studio2b.org/lounge/gs_stuff/ip_intro.asp)

## The Big Picture

At the beginning of the year, you will start planning the general layout of the program activities for the year. Here is a generic troop year structure that you might use as a starting point.

<p style="text-align: center;"><b>October</b></p> <ul style="list-style-type: none"> <li>• Founder's Day Event</li> <li>• Investiture</li> <li>• Yearly Planning</li> </ul>	<p style="text-align: center;"><b>November</b></p> <ul style="list-style-type: none"> <li>• Journey Start</li> <li>• Badgework, etc.</li> <li>• Service Project</li> </ul>	<p style="text-align: center;"><b>December</b></p> <ul style="list-style-type: none"> <li>• Journey, cont.</li> <li>• Badgework, etc.</li> <li>• Service Project</li> <li>• Cookie Program Goal Setting</li> </ul>
<p style="text-align: center;"><b>January</b></p> <ul style="list-style-type: none"> <li>• Journey, cont.</li> <li>• Badgework, etc.</li> <li>• Cookie Program</li> </ul>	<p style="text-align: center;"><b>February</b></p> <ul style="list-style-type: none"> <li>• Cookie Program, cont.</li> <li>• Thinking Day Activity</li> <li>• Journey, cont.</li> </ul>	<p style="text-align: center;"><b>March</b></p> <ul style="list-style-type: none"> <li>• Cookie Program, cont.</li> <li>• Girl Scout Week Activity</li> <li>• Journey, cont.</li> </ul>
<p style="text-align: center;"><b>April</b></p> <ul style="list-style-type: none"> <li>• Journey, cont.</li> <li>• Badgework, etc.</li> <li>• Service Project</li> </ul>	<p style="text-align: center;"><b>May</b></p> <ul style="list-style-type: none"> <li>• Day/Overnight Trip</li> <li>• Journey Wrap-Up</li> <li>• End of Year Celebrations</li> </ul>	<p style="text-align: center;"><b>June</b></p> <ul style="list-style-type: none"> <li>• Troop Camping</li> <li>• Destinations</li> </ul>

Many leaders suggest loosely planning the entire year structure with 'room to move.' These leaders find that they add detail or make changes to the basic plan as they have planning discussion with their girls, and then make changes throughout the year as they notice what the girls enjoy doing and how long it takes them to accomplish activities.

You and your co-leaders might get together and discuss the following:

- Given our meeting schedule, how many troop meetings are we planning?
- Which journey do we feel best equipped to do this year?
- How many meetings should we devote to the journey?
- Will we do an Investiture/Rededication ceremony at our first meeting?
- How many meetings do we have available for badge-earning activities?
- How many trips might we have the time and resources for?
- How many service projects do we think the girls might like to do?
- What Service Unit events are being planned that we might want to participate in?
- How much time will we devote to the cookie program?

## The Planning Partnership

At the Girl Scout Cadette grade level it is important to have a planning meeting with your girls to give them a lead role in shaping the year. At this grade level 'Troop Leaders' transition to 'Troop Advisors' offering suggestions and supporting girls' decision making.

Planning should not be new to Cadettes and they will want to have a say in what happens during the year. Let the girls lead most of the planning, organizing, and implementation of their projects. But, you'll want to assist them in thinking through the scale and scope of projects, and guide them to realistic decisions based on their time and resources.

Planning facilitation questions might include:

- Given our meeting schedule, how many troop meetings are we planning?
- Which journey should we do?
- How many meetings should we devote to the journey?
- Will we do an Investiture/Rededication ceremony at one of our first meetings?
- What badges do we want to do and when will we do them?
- What trips do we want to plan?
- What service projects do we want to do and how long will they take?
- What Service Unit events are being planned that we might want to participate in?
- How much time will we devote to the cookie program?

Offer girls possibilities and options for the year and open the discussion up for suggestions from them. At this grade level you will need buy-in from the girls on the activity and program or they will not fully embrace it. To get this buy-in, engage the girls in the decision making process.

Another option to keep it girl-led is by letting them explore their own interests by earning Interest Projects independently, as a group, or in smaller groups. Let everyone report back to the group so girls can share their experiences.

*"Being ready for any challenge is a quality that unites Girl Scouts. In fact, "Be Prepared" has always been the Girl Scout motto. Girl Scouts were expected to be prepared 'for any old thing' that came at them. As they grew, they would be productive world citizens who could face any challenge."*

*-Excerpt from Breathe, the It's Your Planet, Love It Journey Series.*

## GSLE'ing Any Activity

With a little planning, any activity can become a Girl Scout Leadership Experience (GSLE). Let's say your Girl Scout Cadettes are excited about changing the world and want to plan a community service project. So, as part of your planning meeting, you and your co-leader facilitate a brainstorming for a service project and together the girls decide to put their efforts into helping a local homeless shelter. Helping others in need is a wonderful thing to do and already contains many of the components of a leadership experience. You can take it to the next level by intentionally applying the GSLE leadership keys and processes.

### Applying the GSLE Keys

<b>Discover</b>	By girls wanting to help people in need they start to identify what is important to them and realize that they have the power to make a difference. Have girls reflect upon their experience and write in their journals.
<b>Connect</b>	Have girls do research in their community as to why there is a homeless population and how many people the shelter serves. Girls will feel more connected to their community when they are aware of the facts.
<b>Take Action</b>	After some research, encourage the girls to decide on a specific project that will have a positive impact on the shelter and the people it serves.

### Applying the GSLE Processes

<b>Girl-Led</b>	At this grade level the entire plan for the project can be girl-led. Have them get in touch with a local professional who has project management expertise to provide tips and coach them through this process.
<b>Learning By Doing</b>	By having girls research, problem solve, and take action to help the homeless shelter the girls will gain intimate knowledge of this population and the problems that exist within it. Have them schedule a tour and meet the director of the shelter.
<b>Cooperative Learning</b>	To make an impact, girls will have to work as a team. Don't direct girls – instead stand back and step in only when asked or when you are needed to make a course correction. This will foster team building within the troop and make girls rely upon each other for direction and help.

## Traditions at the Cadette Level

This section provides detail about traditional Girl Scout activities and where you can find information to help you plan with your Cadette Girl Scouts.

### General Resources:

- **Traditions** link on **Resource Central** on our council website ([www.girlscouts-ssc.org](http://www.girlscouts-ssc.org))
- **Girl Scout Central** under **Program** on the GSUSA website ([www.girlscouts.org](http://www.girlscouts.org))
- Let's Celebrate! Girl Scout Ceremonies, a GSUSA Program Resource
- [www.scoutingweb.com](http://www.scoutingweb.com)

### *Investiture/Rededication Ceremony: Usually held at the beginning of the year*

Investiture is a ceremony that welcomes new members, girls or adults, to Girl Scouts and includes girls and adults making the Girl Scout Promise for the first time. Point your Cadettes to the available resources and let them take the lead in planning. Girls will receive their Girl Scout Membership Pin.

Rededication is a ceremony for invested Girl Scouts to renew their Promise and review what the Girl Scout Law means to them. It is often held at the beginning of the year but can be conducted at any time. At this grade level, girls can often plan and lead the ceremonies.

#### **Find out more:**

- Cadette Girl Scout Handbook, page 18-19

### *Founder's Day or Juliette Low's Birthday: October 31st*

This is a great day to celebrate the Girl Scout Founder, Juliette Gordon Low, by participating in an event or party with your Service Unit. Your troop might want to help plan this celebration and invite a sister troop. At this grade level girls might host an event or a station at an event for younger girls.

### *Girl Scout Cookie Program: January through March*

Each year our cookie baker, Little Brownie Baker, develops great **Cookie Activity Kits** with suggestions on how to design a fun, educational, and successful cookie program. These will be available at the start of the membership year.

### ***World Thinking Day: February 22nd***

This is an important day to think about our sister Girl Scouts around the nation and the world. Girl Scout Cadettes can take time to mentor a younger troop or help them with their Thinking Day Activities. Girls can earn their World Trefoil Pin if they have not already. Make sure you plan to attend your Service Unit Meetings since many Service Units plan a special Thinking Day activity for all troops.

#### **Find out more:**

- Cadette Girl Scout Handbook, Page 21-22
- Interest Projects for girls 11-17

### ***Girl Scout Birthday/Girl Scout Week: March 12th***

**Girl Scout Sunday/Sabbath:** The Sunday that begins the week in which March 12<sup>th</sup> falls. This gives girls an opportunity to attend their place of worship and be recognized as a Girl Scout. If a place of worship is the group sponsor, girls may perform a service, such as greeting, ushering, or doing a flag ceremony. These days can also be a time when girls explore other faiths.

**Girl Scout Birthday:** On March 12<sup>th</sup>, 1912 Juliette Gordon Low started Girl Scouting in Savannah, Georgia. The week in which March 12 falls is Girl Scout Week. During this week Girl Scout troops hold ceremonies within their Service Units or with sister troops. Juliette Gordon Low wanted to show young people that they can make their world a better peaceful place and the ceremonies should reflect this sense of goodwill.

**Girl Scout Week:** The week of March 12<sup>th</sup> is a special time in Girl Scouts where the public can recognize Girl Scouting in their local community. Most mayors within the council will read a proclamation stating that it is Girl Scout Week. This is a perfect time to have a ceremony or special activity in your Service Unit. Another way for Cadettes to honor this week is to do a service project for their community.

#### **Find out more:**

- Cadette Girl Scout Handbook, Page 21
- Cadette Girl Scout Handbook, Religious Awards, Page 139-140



***Trips:*** Girls can take and help plan trips at any point during the year

At the Girl Scout Cadette grade levels girls can plan overnight trips with their troop, go on GSUSA world-wide Destinations, or other Girl Scout “Wider Opportunities”.

- Cadette Girl Scout Handbook
  - Wider Ops, Page 23-36
  - Studio 2B destinations, Page 31
  - Create a Budget, Page 30
  - Go Girl! A Travel Action Plan, Page 32-33
  - Globe-Trotting, Page 184-185
- Interest Projects for girls 11-17
  - Travel, Page 40-41
  - Backpacking, Page 150-151
  - Camping, Page 152-153
  - A World of Understanding, Page 108-109
- Destinations [www.studio2b.org](http://www.studio2b.org)

***Service Projects:*** anytime during the year

Plan service projects with your girls based on their interests. Some samples that are good for the Cadette grade level include:

- Adopting a soldier and sending care packages
- Helping with a community fair or event
- Plan service projects in conjunction with the Silver Award (see Highest Awards).

***Bridging:*** At the end of the year for girls moving to Seniors



At the end of the final year as a Girl Scout Cadette your girls can choose to bridge to Girl Scout Seniors. If girls earn this award it should be presented at their end of year ceremony along with a membership star and white disc.

- Cadette Girl Scout Handbook
- Updated Bridging Requirements on the **Bridging** link on **Resource Central**